

7TH NATIONAL CONFERENCE

Australian Men's Sheds Association

Prof John Macdonald

ACKNOWLEDGEMENT

- We acknowledge

the traditional owners and custodians
of this land

The Aboriginal people

And I acknowledge our own elders:

All the Shedders who are present

And those who have passed



“SHEDS ARE NOT ABOUT HEALTH”

- If “health” = clinics and hospitals

- This is true

- Sheds are not clinics or hospitals



HEALTH?



HEALTH?



DISEASE

- We need disease to be treated
 - To get rid of illness
- So that we can be healthy
 - BUT
 - Hospitals are for disease



?

IS THIS HEALTH





IS THIS HEALTH

?





AND
THIS?

?





Is there
health
• in this
picture?

Is it a
hospital
?

A
clinic?



Professor John Macdonald states in his book "Environments for Health - A Salutogenic Approach" (2005) p.98: "Health is so embedded in the psychological, physical, social, cultural and spiritual environment that one can say: health is environment. Or better: health is the successful interaction/relationship which individuals and communities have with their environment."



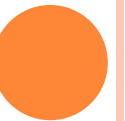


What
is
health

~
For a
child
?



ENOUGH TO EAT



MATERIAL SECURITY



SOCIAL CONNECTION...LOVE



TRUE FOR CHILDREN, TRUE FOR ALL.

- Enough to eat

- Material Security

- Social Connection..love



WHAT'S THIS GOT TO DO WITH SHEDS?



Australian Men's Shed Association
SHOULDER TO SHOULDER





❓ We
Do
Not
Usually
Provide
food or
Shelter



BUT



SHEDS DO OFFER

o SOCIAL SUPPORT



SO

- **Sheds can
build
health**



THE CORTISOL STORY (TRUE)

- Luckman's dad retired
 - Got depressed

Health really suffered
family worried

Joined a men's group
(in Africa)

Got really healthy again



SO

- Luckman (the son)
- Studied men before and after they joined a Shed
 - **ALL** of them had improved health

“But this s not proof that Sheds are good for your health” said some doctors



SO

- He measured (among other things)
 - Their **cortisol** levels
- Cortisol is the stress hormone in the body
- It is normal and disappears quickly after stress
- But in depressed people it does not go down



SCIENCE (THE MAYO CLINIC)

- “The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:
- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment”



WHAT DO YOU THINK HAPPENED TO THE STRESS HORMONE?

- For most Shedders interviewed
the stress hormone cortisol **DROPPED**
after belonging to a Shed for some months



CONCLUSION

- Doctors had to admit:
 - SHEDS ARE REALLY GOOD FOR PEOPLE'S HEALTH
 - (Of course WE already knew that, but good for doctors to learn it!)
 - THANKS
- 