



What are the best practices health clinics can use to increase access by young men?

The Ajax/Pickering Youth Centre provides teens and young parents in the community with medical and counselling services and health promotion programs. Amy Nagel, health promoter at The Youth Centre, requested research on the barriers that deter young men from accessing health services and how they might increase the number of young men who use their clinic services. Katie Sharp, a graduate student in Applied Health Sciences, volunteered to help the Centre as part of her work in a graduate course, *Knowledge Mobilisation to Serve Society (Arts 600)*. Science Shop staff assisted with the completion of the project.

Katie conducted a systematic review of the research literature and found 14 relevant articles. The review includes the journal article citations, their published abstracts, and a clear language summary of each study. The summary is presented in a table and includes characteristics of the study methods, as well as a summary of the findings as they address the following questions of the Centre:

- What barriers prevent young men from accessing community health services?
- What aspects of service design, including clinic environment and physician characteristics, are appealing to young men?
- What do young men think would be effective methods of service promotion and what methods have been effective in promoting services to young men?

Katie's report also states 9 evidence-based recommendations such as:

- Encourage providers to use everyday language, humour and demonstrations.
- Use schools to promote the centre and raise awareness through word of mouth
- Hire male outreach workers to inform youth of services, location and hours

To obtain a **copy of the research review**, please email contact@scienceshop.ca with the following information.

Subject: Promoting Health Services to Young Men

Message:

1. Your name
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