

Health Check-In

RFDS Victoria Outreach Health Assessment
Program
Partnering with Baker IDI



Background

- Regional Australians
 - ↑ risk coronary artery disease or stroke
 - ↓ cardiologists in non-metro areas
- Diabetes
 - 60% of type 2 can be prevented
 - Often underdiagnosed
 - Key risk factor for cardiovascular disease (CVD)
 - HbA1c estimates average BSL over 3 months

Background

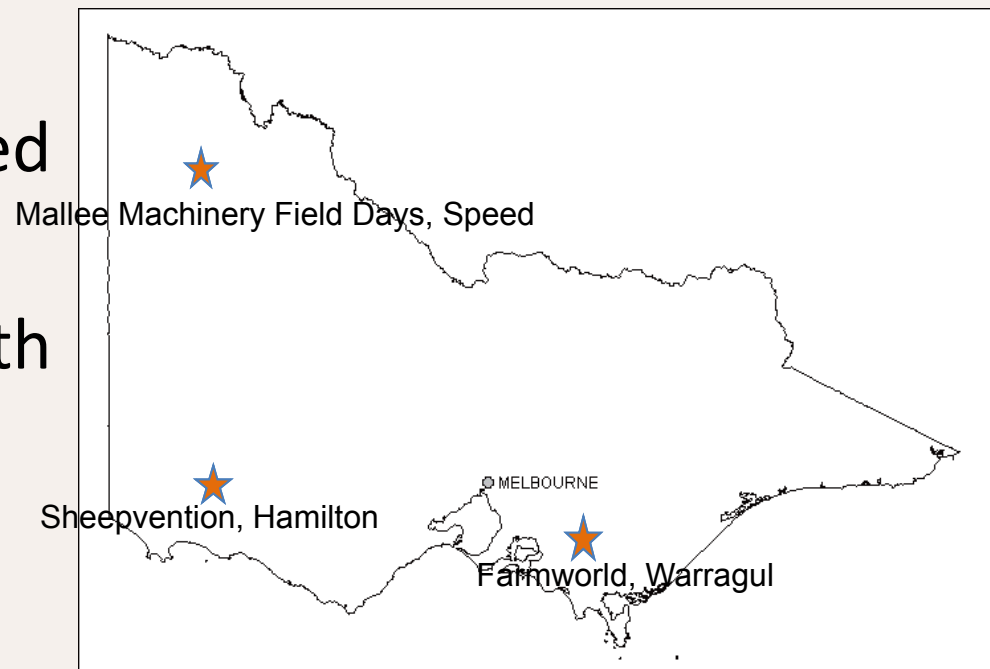
- Key risk factors for diabetes and CVD
 - High blood pressure
 - At least one risk factor could be modified & reduce burden of disease
 - Body fatness
 - Identified by:
 - BMI - commonly used
 - Waist circumference

Key objectives

- Free diabetes & cardiovascular health checks
- Identify pre-diabetes
- Identify CVD risk
- Appropriate early intervention

Methodology

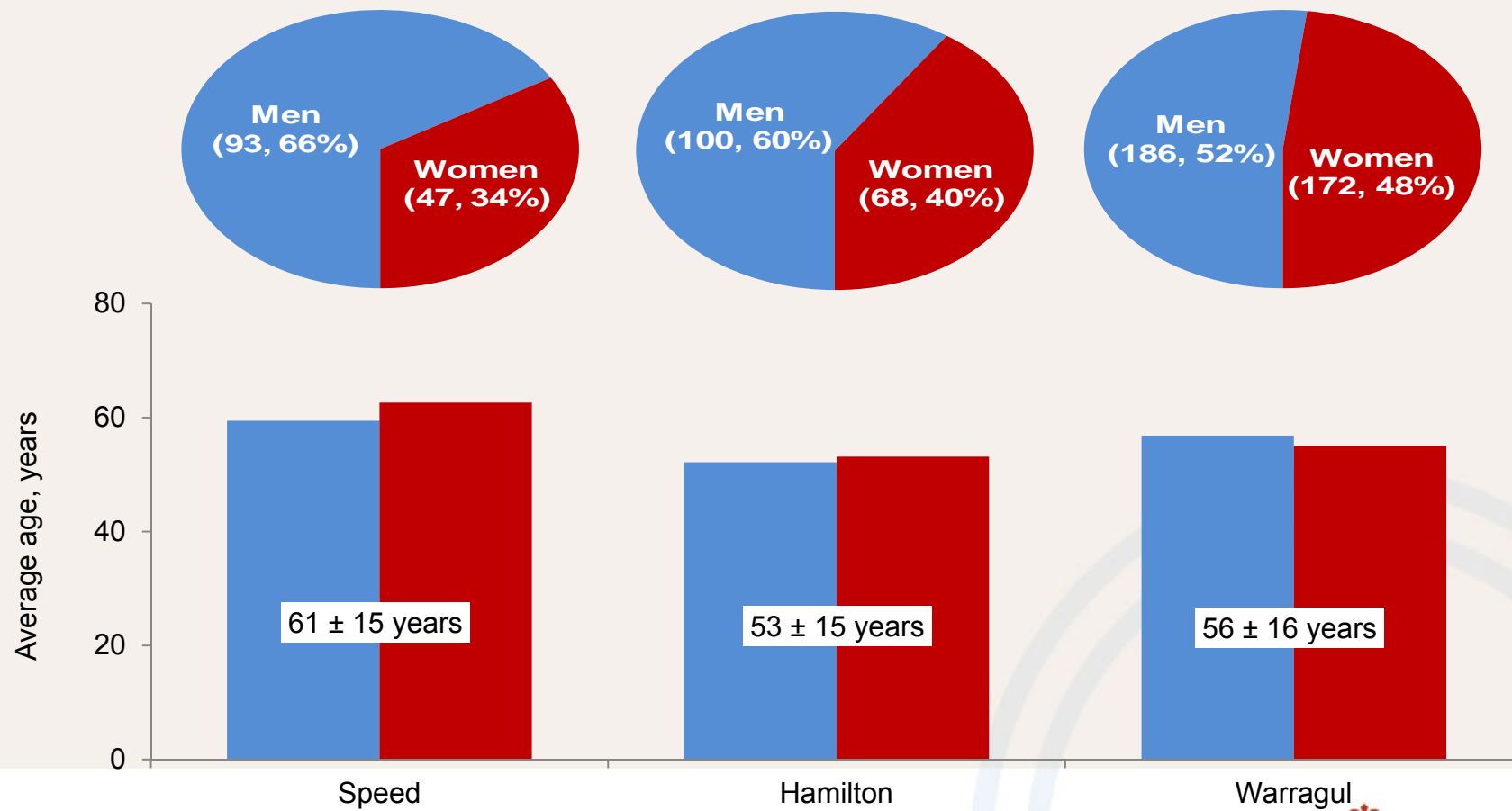
- Screening at x3 regional events
- Provision of customised report
- Follow up in one month



Methodology cont.

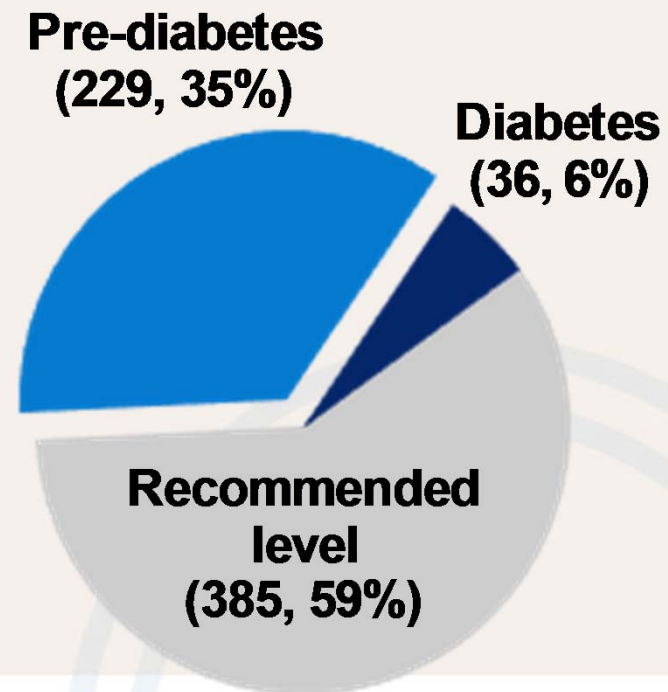
- Information flyer & explanation
- Station 1 – registration & anthropometric measurements
- Station 2 – BP
- Station 3 – HbA1c & Australian Type 2 Diabetes Risk (AUSDRISK) assessment tool
- Station 4 – results & advice

Results – Gender & Age Distribution



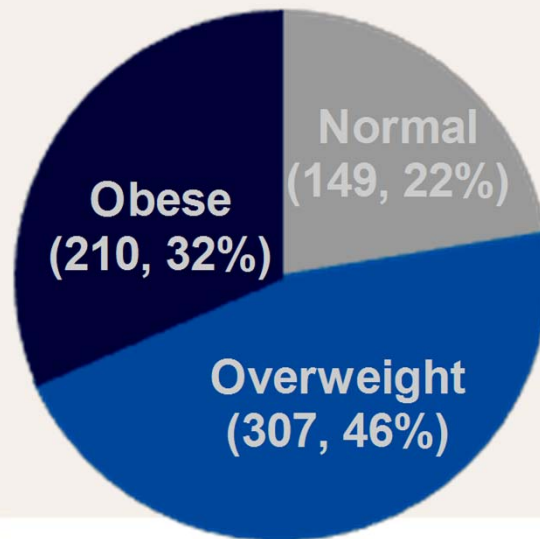
Results – Diabetes & CVD

- Previous history was low
 - Diabetes 5%
 - CVD 8%
- Speed pre diabetes 50%

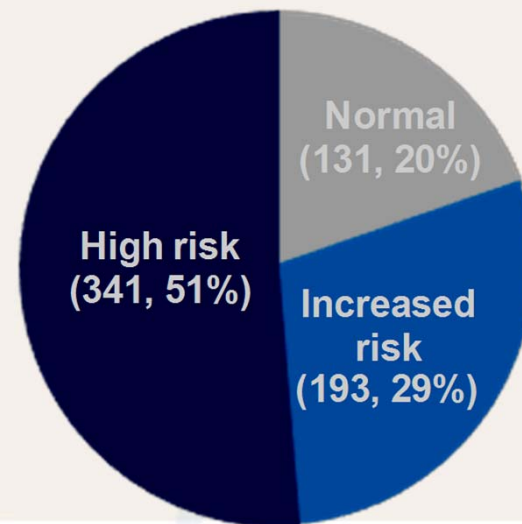


Results – Body Fatness

- Average BMI – 28.5
- Men more likely to be overweight (84% vs 67%)
- Women ↑ risk abdo fat deposition (85% vs 78%)



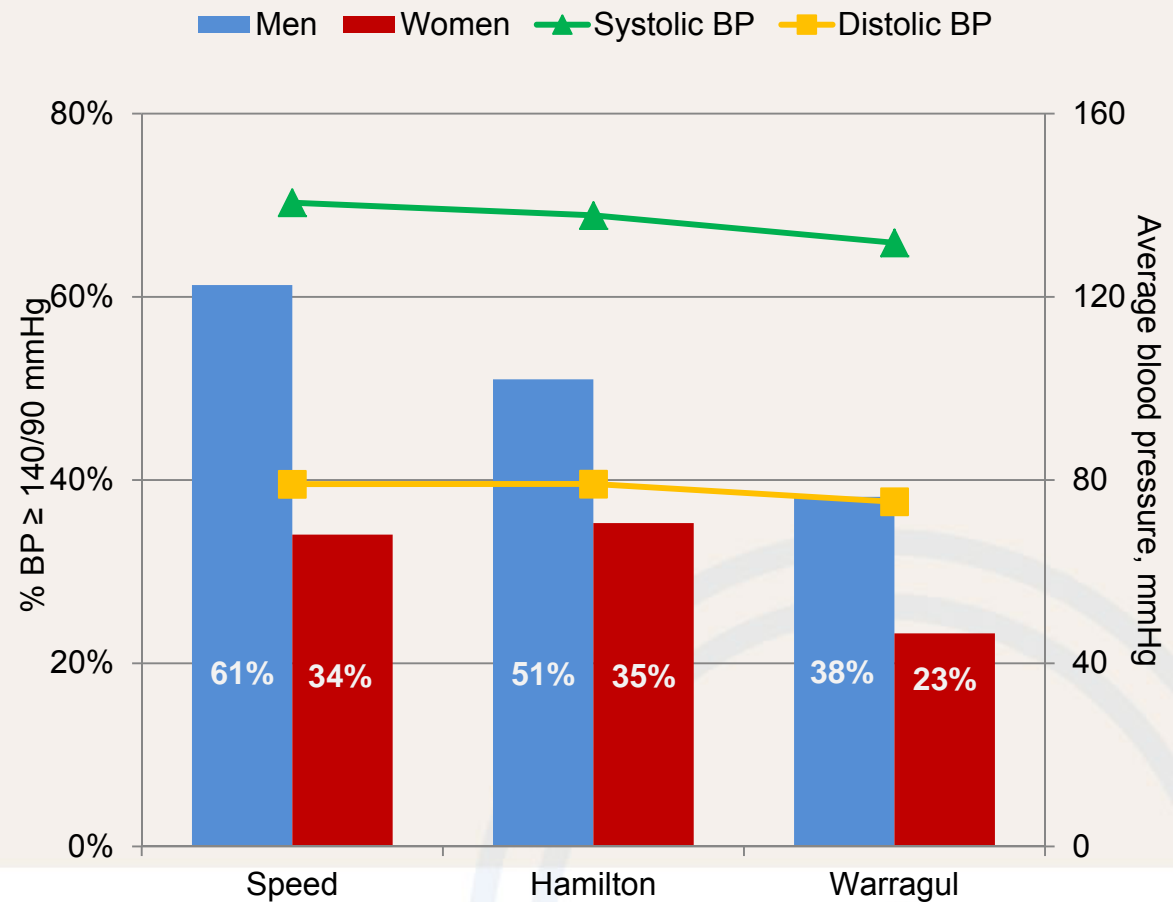
Body Mass Index



Abdominal Obesity

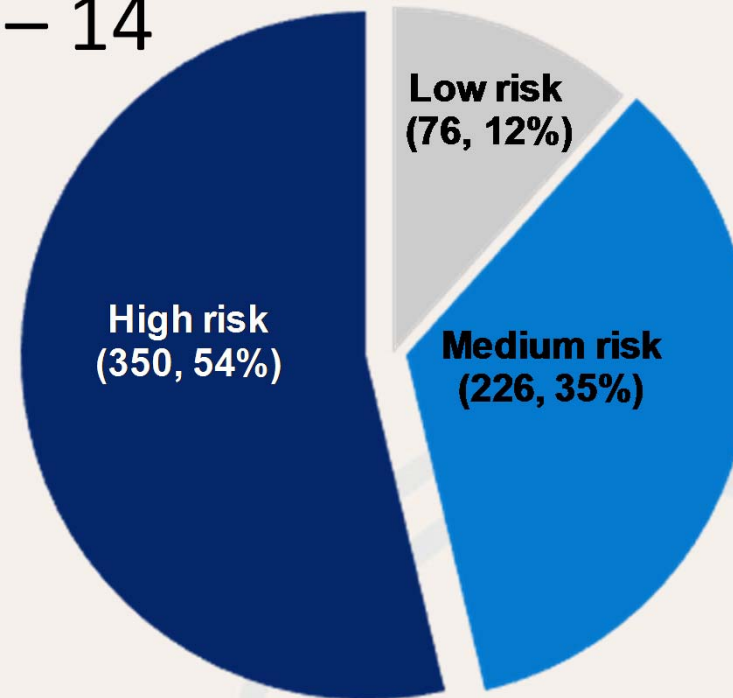
Results - BP

- Av BP 135/77
- >1:3 had BP > 140/90
- More men had ↑ BP (47% vs 28%)
- Hamilton highest (52%)
- Warragul lowest (31%)

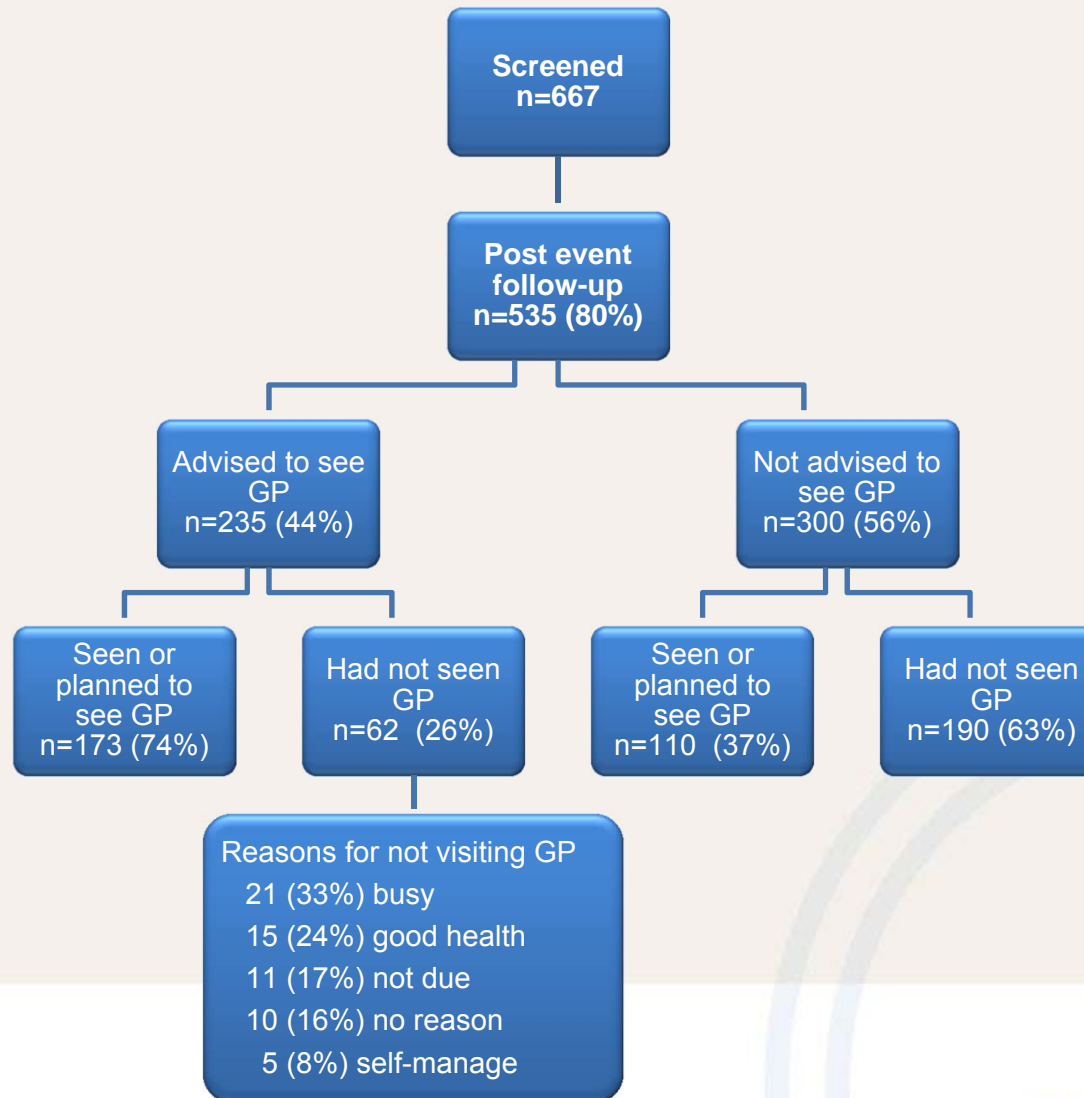


Results – AUSDRISK

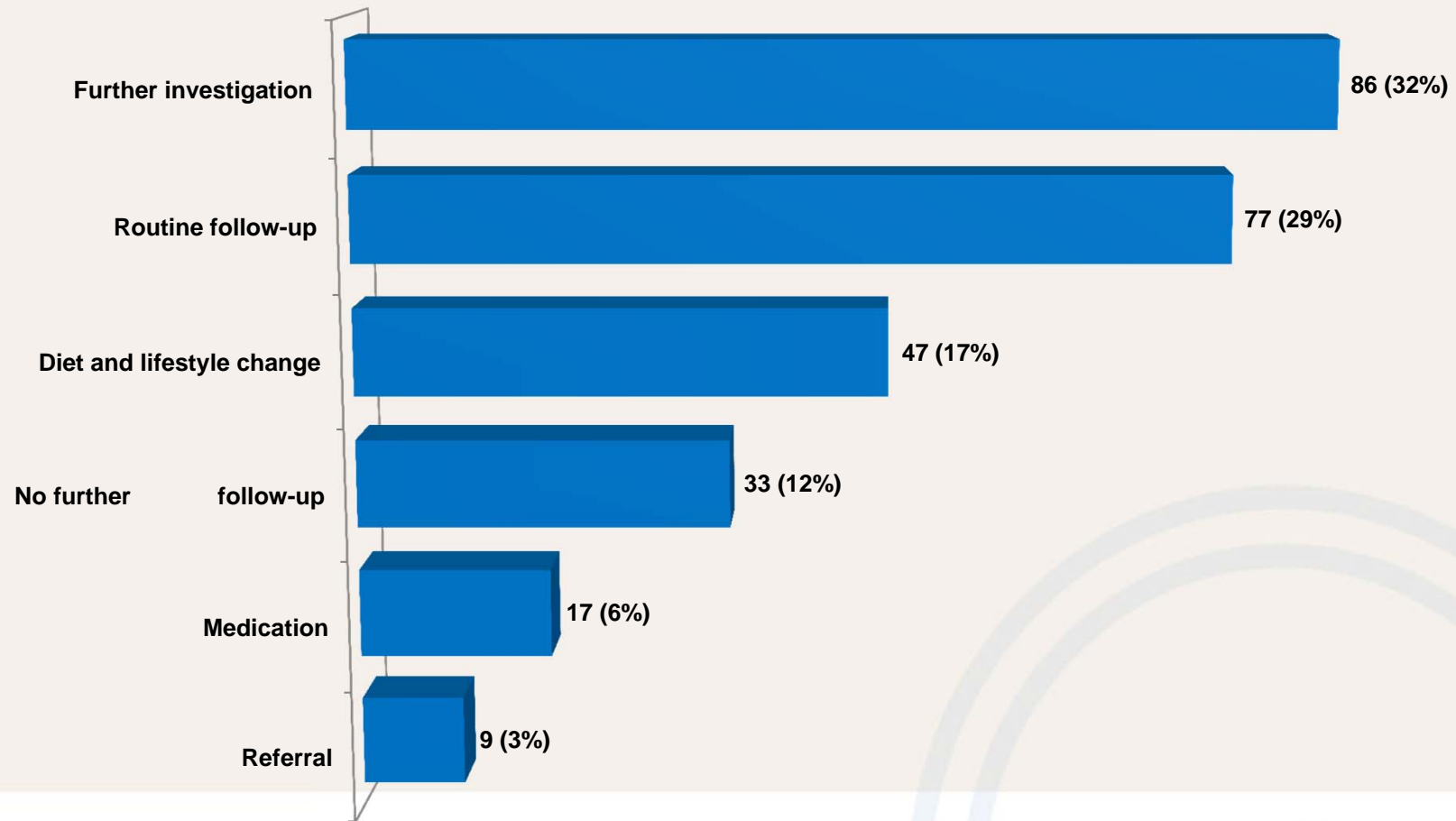
- Average score – 12
- Speed higher average – 14
- $>1/2$ deemed high risk



Results – Post-event Follow-up



Results – Post-event Follow-up cont.



Results – Attendee Satisfaction

- 88% found program useful & informative
- Many not satisfied were aware of condition
- No difference in scores between events
- Women more likely to score higher



Limitations

- Self-selected cohort
- Sustainability of improved risk unknown
- External elements made control difficult



Conclusions

- Identified potential serious risk factors
- 1:3 hypertension and/or pre-diabetes
- >2/3 took subsequent action
- Pre-trained volunteer model
- Well received
- Screening programs of value to detect & intervene

Learnings for RFDS Vic.

- Screenings at Field Days is a legitimate way to raise awareness and identify risk
- The use of volunteer students to undertake screenings was successful
- Important to ensure follow up to measure outcome/success

References

- Australian Institute of Health and Welfare (AIHW). Prevention of cardiovascular disease, diabetes and chronic kidney disease: Targeting risk factors. 2009: cat. No. PHE 118
- Australian Institute of Health and Welfare (AIHW). Diabetes prevalence in Australia; detailed estimates for 2007-08. 2011: diabetes series no. 17, cat no. CVD56
- American Diabetes A. Diagnosis and classification of diabetes mellitus. Diabetes Care. 2010;33 Suppl 1:s11-66
- Australian Institute of Health and Welfare (AIHW). Prevention of cardiovascular disease, diabetes and chronic kidney disease: Targeting risk factors. 2009: cat. No. PHE 118
- National Health and Medical Research Council (NHMRC). Australian dietary guidelines. 2013