

# Pit Stop Farm World 2011



## About

Pit Stop is a health program that aims to engage men of all ages by likening areas of the body to parts in a car. It is run as a series of stations, each involving a quick, simple health check. The environment of the Pit Stop stations is non-medical, and is a comfortable and fun setting that allows participants to overcome any apprehension they may have about going to a doctor, or presenting with a specific problem. Developed by the Gascoyne Public Health Unit in Western Australia, the Pit Stop program was designed to be a mobile service that could go to male dominated areas and events and provide a quick health check up in a masculine and welcoming environment.

Pit Stop delivers:

- A masculine, mechanical concept that is attached to a series of men's health screening tests and provides an engaging comfortable backdrop while introducing an element of humour.
- A mobile campaign that can be taken to where men are including; agricultural field days, drag races, shopping centres, festivals etc.
- Presented in leisure time settings where people are not held to strict time schedules and service is immediate, no waiting rooms or appointments needed.
- Reduces the stigma associated with "admitting a problem". Men don't have to present with a problem. They can join the challenge of "passing the pits" and may choose to discuss a health issue if they fail a test.

Pit Stop is used as an engagement tool to encourage men to take better care of themselves. After participants take their bodies through 'the pits' they are issued with either a roadworthy registration sticker or an un-roadworthy canary sticker. Participants who are issued with a canary sticker are advised to follow up with a General Practitioner.

Health professionals are able to give advice via the following 'stations' but are not limited to:

- Lube Service (Circulatory System)
- Chassis Check (Diabetes Risk)
- Oil Pressure (Blood Pressure)
- Fuel Injector (Prostate >45 years)
- Spark Plugs (Testicles <44 years)
- Extractor (Bowel Cancer)
- Fuel Additives (Alcohol)
- Shock Absorbers (Coping Skills)



## Farm World 2011

A working group was formed in 2009 involving employees from Central West Gippsland Primary Care Partnership, Central West Gippsland Department of General Practice, Relationships Australia Victoria, Latrobe Community Health Service, and the local office of Department of Veterans Affairs to deliver the Pit Stop program. Since the working group formed, six Pit Stops have been run across various locations and events throughout Gippsland, including Farm World 2010 and 2011.

At this year's Farm World event forty-two employees and volunteers from partner agencies supported the Pit Stop program over the two day event. Below is a summary of results from participants who completed the Pit Stop (data was collected from participants 'Work Orders'), an evaluation report from Pit Stop 2010 is available, and if you would like a copy please let us know.

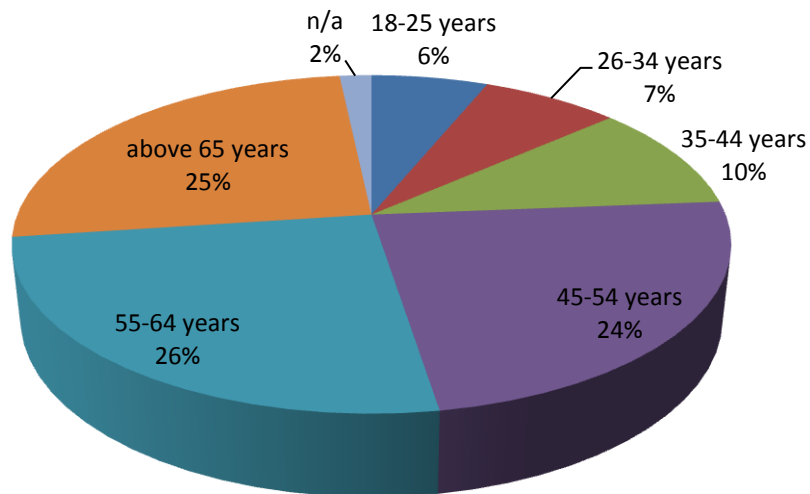


Staff supporting Pit Stop 2011

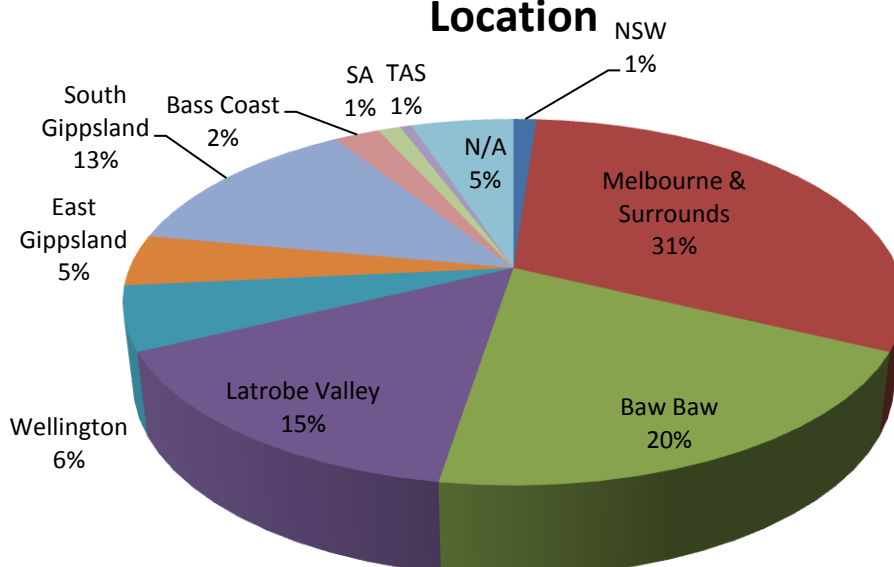
## Participant Results

Overall 177 men went through the Pit Stop this year. This is an increase of 55% from last year's participation rate. Other increases this year was the size of the tent, staffing levels and the use of mechanical props such as the sprint car, tyres and props on the station desks.

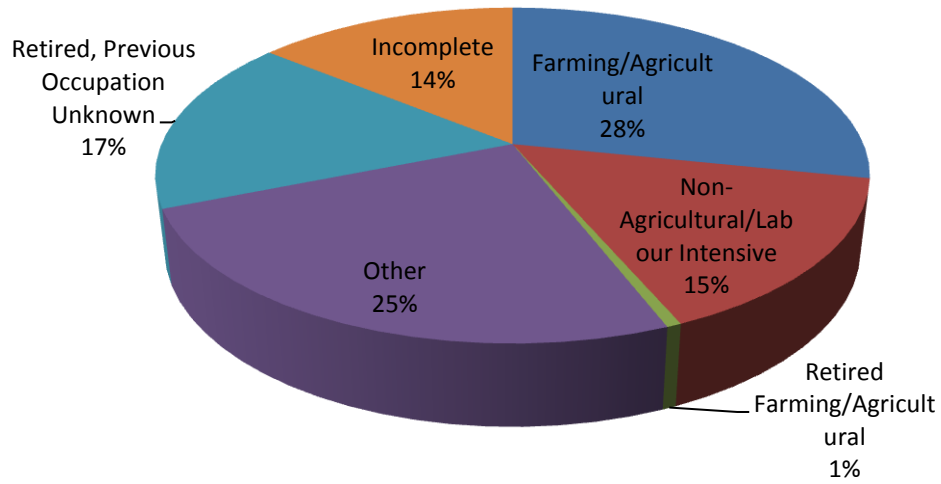
### Age Distribution



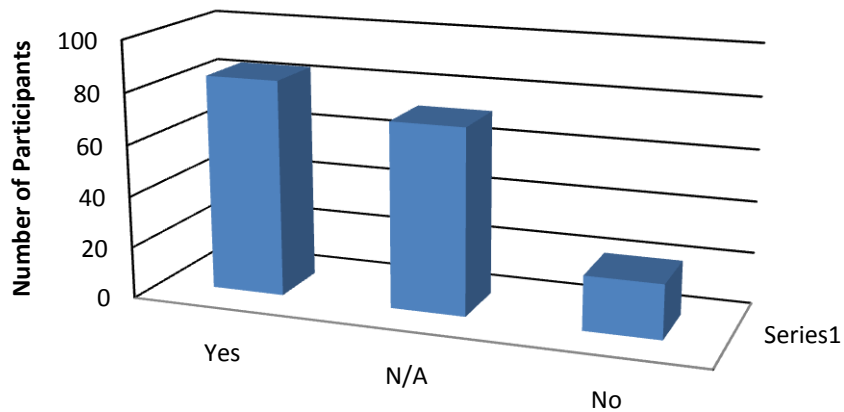
### Location



## Occupation

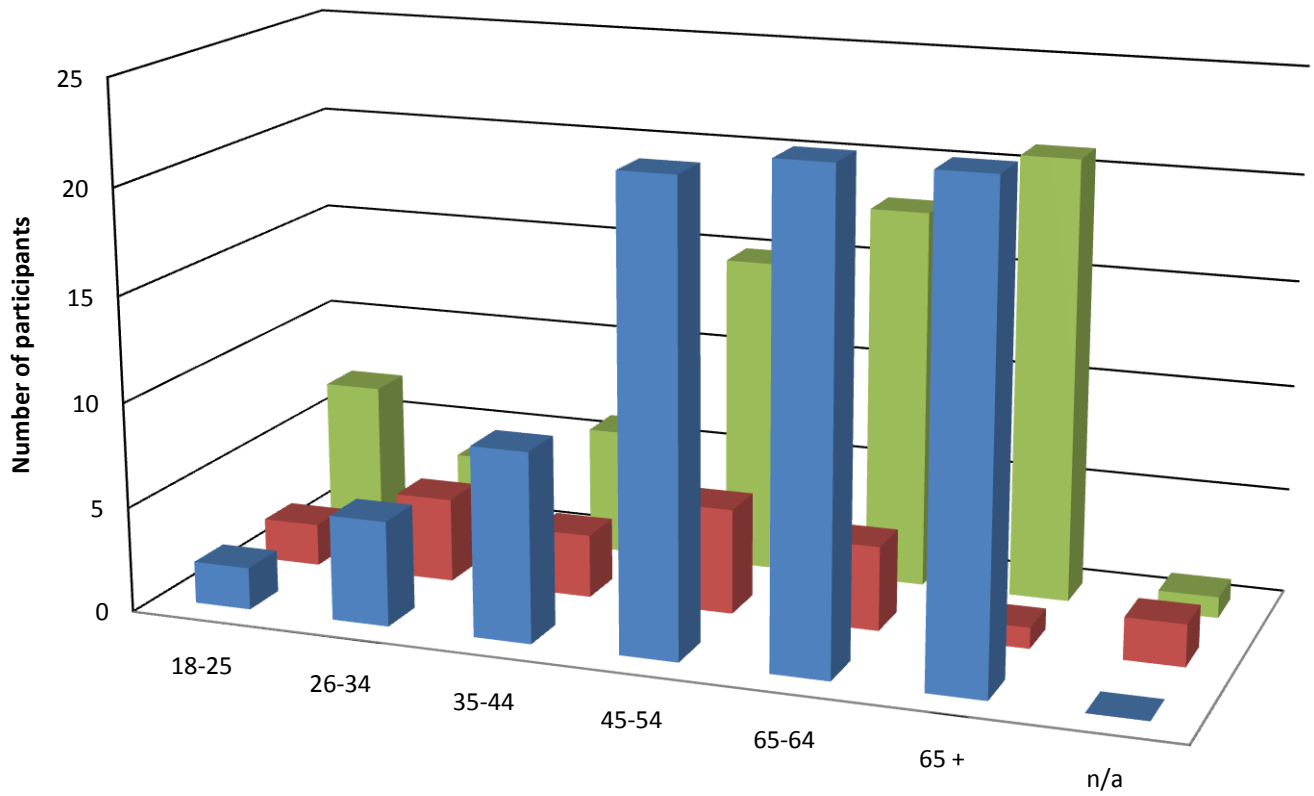


## GP Referral



	Yes	N/A	No
Series1	84	72	21

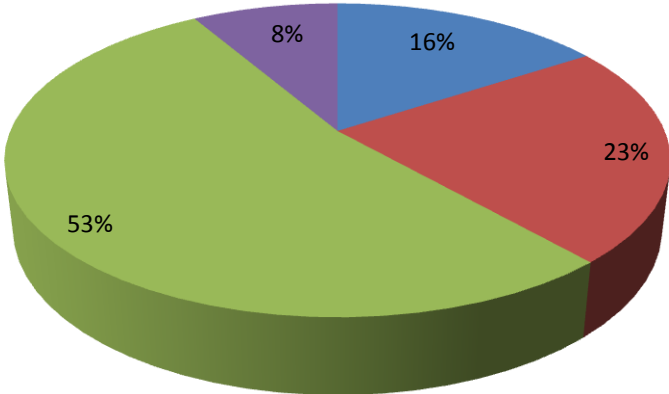
## GP Referral & Age



	18-25	26-34	35-44	45-54	65-64	65 +	n/a
GP referral	2	5	9	22	23	23	0
no GP referral	2	4	3	5	4	1	2
N/A	7	4	6	15	18	21	1

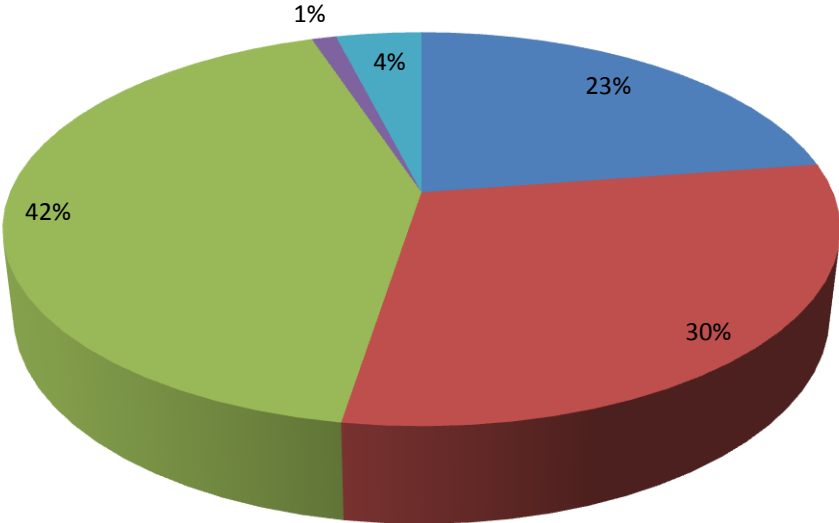
# Cholesterol

■ High ■ Medium ■ Normal ■ N/A



# Blood Pressure

■ Normal - 120/80 ■ Medium - 120-139/80-89 ■ High - 140-179/90-109

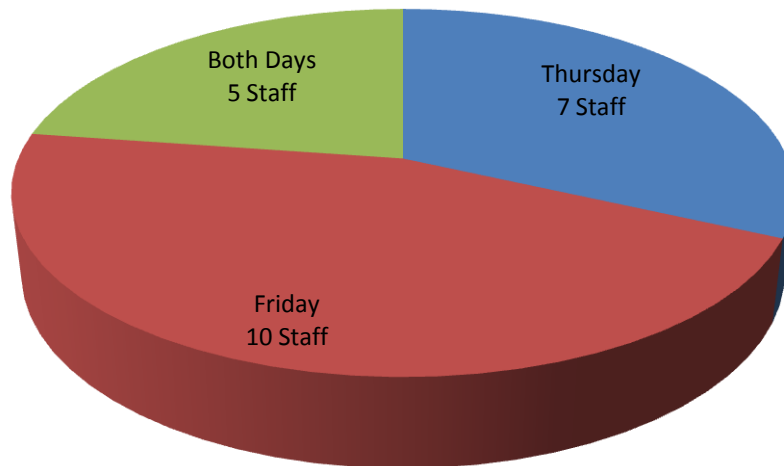




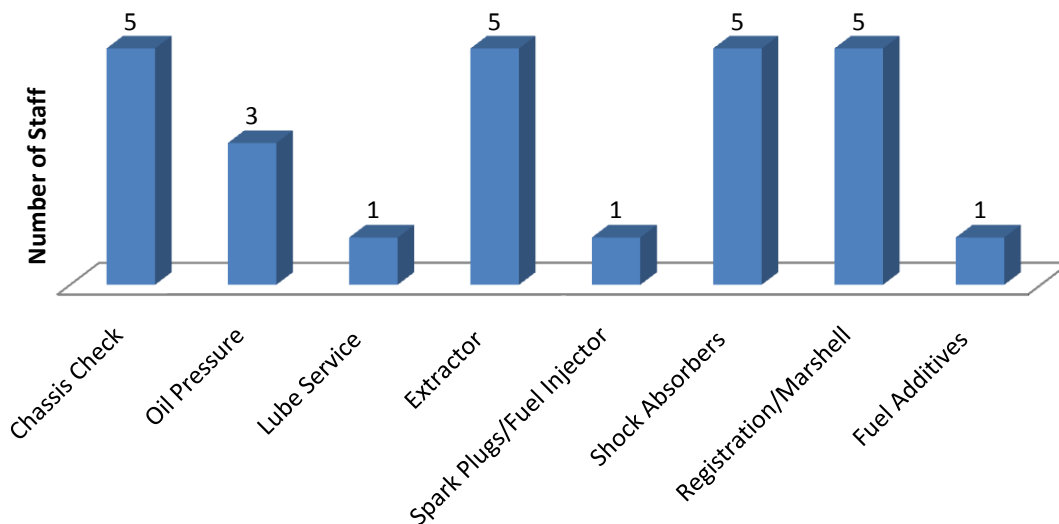
## Staff results

Staff who attended the event were asked to complete a survey regarding their experience of Pit Stop, below are the results from this survey. At the time of this report 19 staff had completed the survey.

### What Day Did You Participate On?

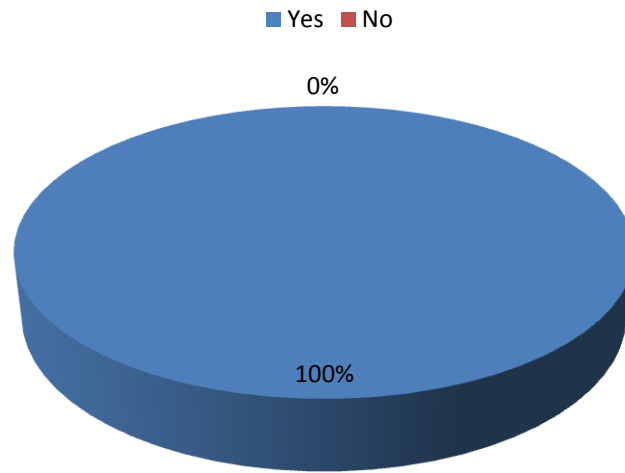


### What Station(s) Did You Work On?

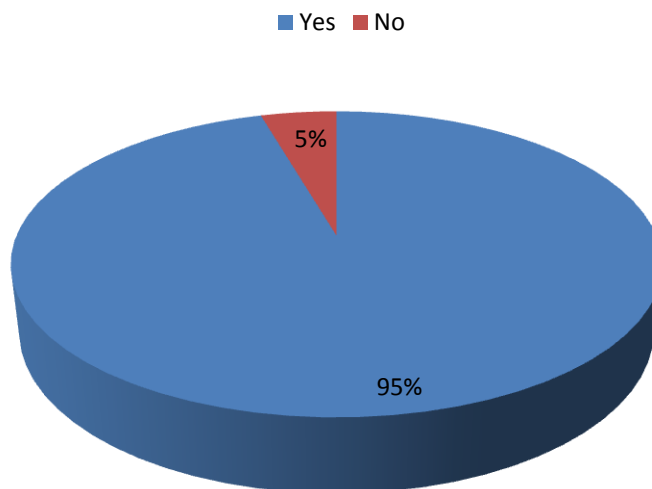




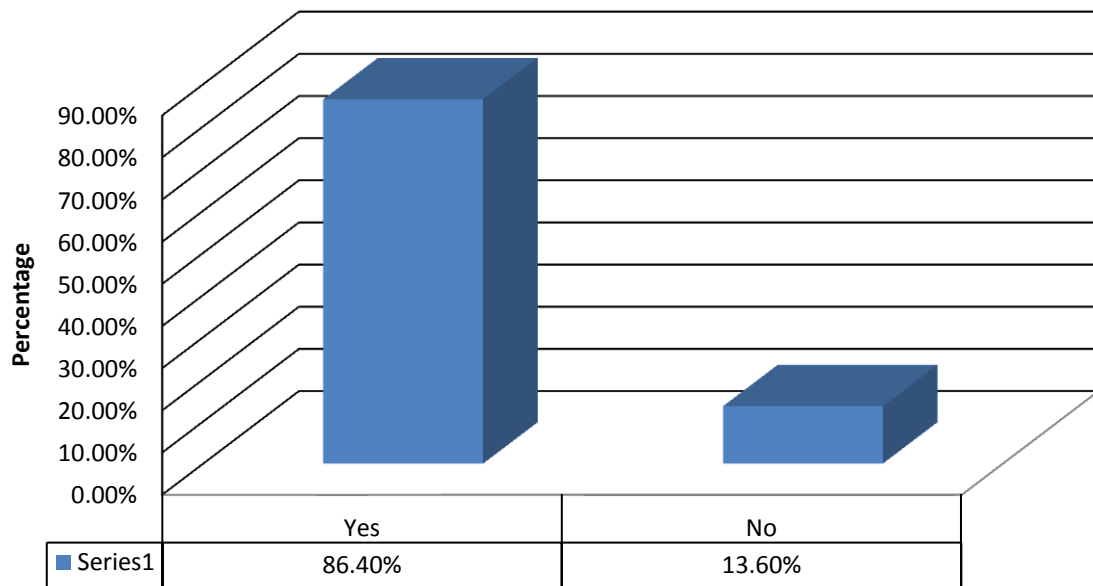
## Was the information given prior to Farmworld appropriate?



## Were the instructions, testing guide & resources adequate?



## Did you receive feedback from Participants?



## Staff Feedback

### Staffing levels

- Increase station staff and rotate to give break
- Adequate number of staff at stations
- Having 2 staff on stations worked well

### Completion of 'Work Order'

- Worked well and good
- Can be confusion over order of stations

### Breaks, closing over lunch period

- Essential to give staff a break
- Could stagger break so Pit Stop does not have to close
- Worked well/good
- Could consider staggering lunch breaks over two periods and remain open
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### Catering

- Good, to receive a voucher

- Limited healthy food options at Farm World
- More fruit
- Other options for lunch
- More variety than last year
- 

### **Agency partnerships, networking**

- Great to work with other agencies
- Once Pit Stop started everyone was flat out
- Excellent/good
- Excellent opportunity to network with others

### **Other**

- Bigger tent
- Can be stuffy when tent is full
- Need better chairs
- Review Blood Pressure machines – giving high readings
- consider changing hat colour to red for Marshalls as tended to look like police on the beat when outside the tent

## **General Comments**

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- Follow up with participants in 3 or 6 months time to see if they have made any changes.
- Impressed with the whole day.
- “I cannot think of any ways to improve on efficiency. I could suggest however that each staff member has at least one rotation to a different station during the day. I really loved participating in this program. I felt like it had real impact. I sensed from almost everyone I saw that they had made a real mental shift from ignoring or putting off health concerns, to wanting to acknowledge then, learn more and engage with health professionals. As a nurse it was a very satisfying experience and I hope I get a chance to participate again. Thank-you”.
- “It was great to be a part of a important information tool for men I look forward to seeing the men’s pit stop at more sites within the shire spreading the word. Now if we can incorporate kidney health brilliant.....”.
- “I thought it was well organised and ran very efficiently. It was a pleasure to be invited to take part”.

- "All really well done, marshals looked after us really well, there were enough of us to have little breaks, fresh air etc".
- "I enjoyed my time working on pit stop and would certainly do it again if asked".
- "The site was not good for through traffic. Had we been on the other side where the road goes all the way through I think it would have been better. Common comments from the men who refused to participate - "I'm alive aren't I" "I don't want to know" and "I am scared of the results".
- "I enjoyed my days. I think all support crew were great- helpful, supportive and informative".
- "I found it beneficial to bring handouts which related to the self completed shock absorber survey, for example info on sleep difficulties, managing stress etc".
- "Very well organised this year. Need to change work stations from AM & PM as it gets boring doing the same thing all day. Long day...maybe start a little later 0830".
- "Need to consider rotating pit crew on stations where possible, so there is more variety and less opportunity to get bored/tired of repeating same information. Great way to engage with men in their own setting in a non-threatening way!"