

PIT STOP 3 MONTH POST INTERVENTION EVALUATION REPORT

*Conducted in July 2012 as a follow up from the initial event at
Farm World in March 2012*

Report 2 of 3



ABSTRACT

This report provides a 3 month post intervention evaluation of the Pit Stop program conducted at Farm World on the 24th and 25th of March 2012.

This report should be read in conjunction with the *Pit Stop Initial Evaluation Report – Farmworld 2012*, which provides a comprehensive overview of the project, evaluation and initial findings.

This report outlines the findings of the three month post intervention survey. Of the 124 men who participated in the Pit Stop program, one hundred and three (103) consented to participating in the 3 month follow up (ninety eight by telephone and five by email).

Sixty Five (65) responses were received, which represented a 63% response rate.

Men who consented to the survey were contacted via telephone by Central West Gippsland Primary Care Partnership (CWGPCP) or Latrobe Community Health Service (LCHS) Health Promotion workers, and asked a range of questions to assess their recollection of their Pit Stop experience, and whether they had made any changes as a result of their visit.

Data was captured by the staff members conducting the survey using the online survey program - Survey Monkey.

Overall, respondents reported their Pit Stop experience being of benefit, and 44% of respondents reported taking action as a result of their Pit Stop experience. This report explores their responses in greater detail.

PIT STOP

Q1. Name of Participant For reasons of confidentiality, names of survey respondents have not been included in this report.

Q2. What Consumers remembered about their Pit Stop experience?

Consumers were asked to respond to the request “Tell us what you remember about your Pit Stop experience”

Sixty five people provided a response to this request.

The themes arising from responses were:

- The information provided was useful
- Implementing Pit Stop was a good idea as many men (farmers) do not “look after themselves”
- The staff were very friendly
- They (the men) were asked a series of questions about their health and habits and given advice on how to change for the better.
- Remembered the types of tests (e.g. cholesterol, blood pressure, testicular checks)
- A number of respondents referred to experiencing mental health issues and finding the discussion useful
- A number recollected that the weather was cold and the blood pressure monitor did not work well
- Very few respondents reported they did not recollect a lot about the experience.

Series of questions about health and habits, give me some advice on how to change my life for the better

Great, handled well, not like a lecture, Talking to person about depression, got a lot out of it

Not a lot to be quite honest

Wake up call as carry a bit of weight. Lost 5 kgs, eating less fatty foods, went to have a complete check up with docs (blood test)

Just looking at the stuff this morning - kept the facts about healthy eating and PA, and prostate enlargement but threw out the traffic light sheet

I thought it was great, took BP talked about alcohol consumption, testicular cancer, psychology quite a number of other things about 10 different stations. Very beneficial. pleased about BP came up good. I have had mental issues but going good

For a full transcript of narrative please refer to Attachment 1, Table 1.

PIT STOP

Q3. Do you remember if you passed Pit Stop overall (got a Roadworthy Sticker?)

Sixty three people responded to this question. Fifty three (53), (84.1% of respondents) answered “yes” to this question, with the remaining 10 respondents indicating “no”. A narrative response was recorded for one third (21) of the sixty three respondents. Three of the 21 people who provided a narrative response reported not remembering their results, with the remaining 18 people stating their results.

Figure 1 below outlines responses.

Narrative responses to this question may indicate potential inconsistency in recording responses and interpretation. For example, some respondents may have interpreted the question to mean:

- Do you remember your Pit Stop results?” or
- Did you pass Pit Stop overall?

Therefore, some caution should be exercised when interpreting the results to this question.

For future surveys, there may be benefit in rewording this question to minimise the risk of misinterpretation.

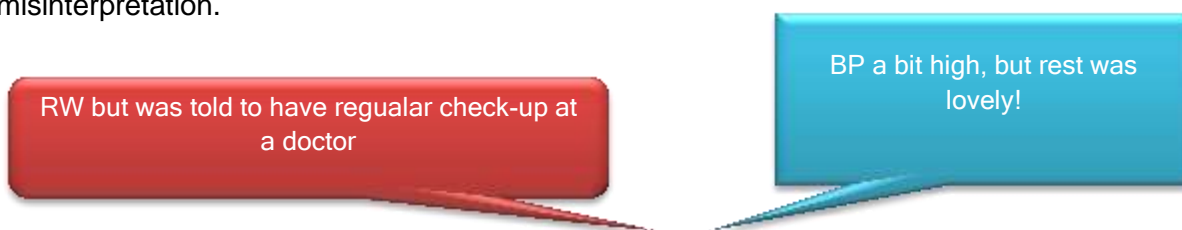
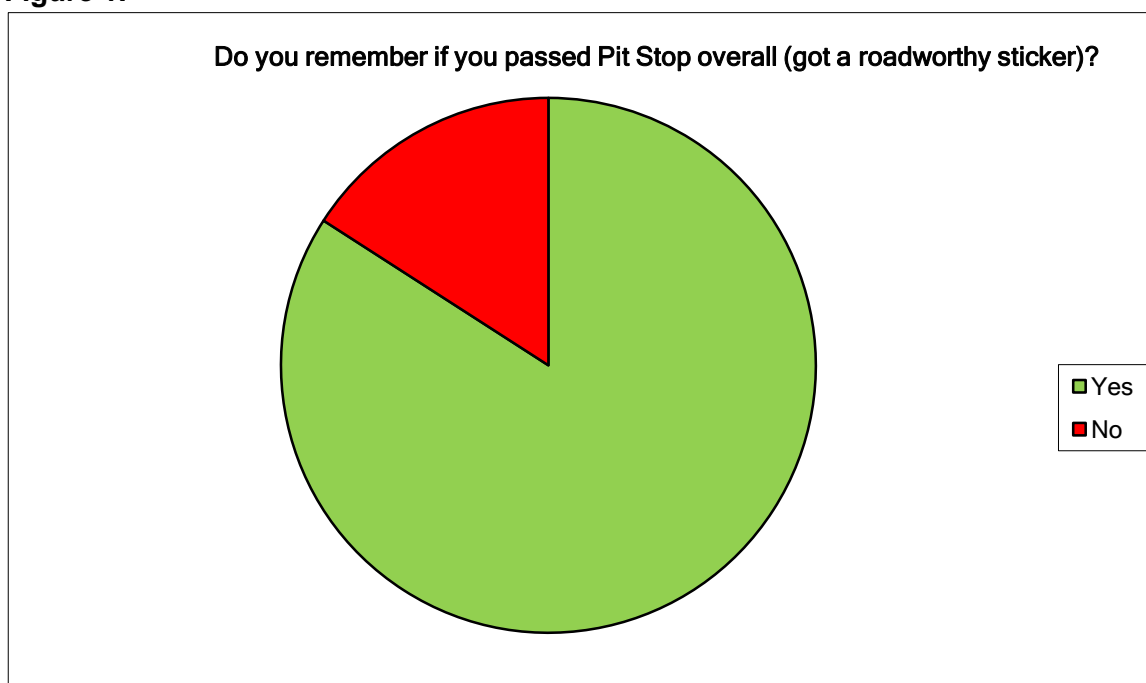


Figure 1.



For a full transcript of narrative please refer to Attachment 1, Table 2.

PIT STOP

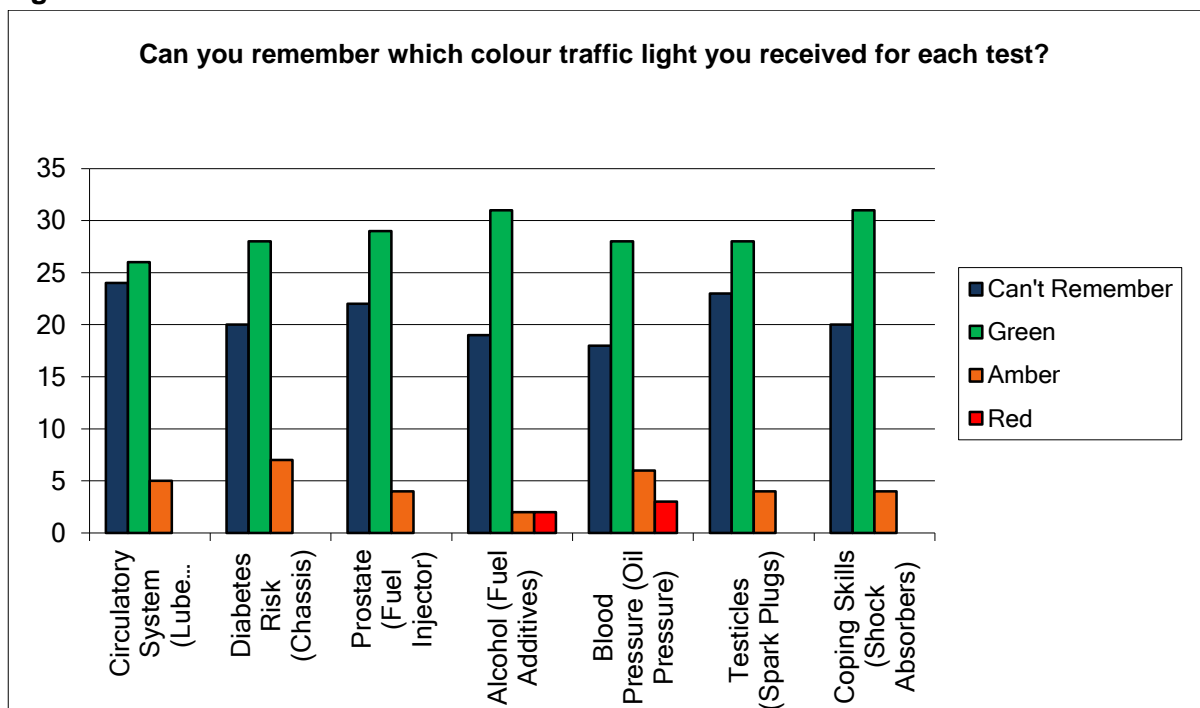
Q. 4 Can you remember which colour traffic light you received for each test? (please mark the answers)

Fifty five (55) consumers responded to this question, and eleven (11) respondents skipped the question. Of the 55 consumers who did respond to this question, a narrative response was recorded for twenty one (21) respondents. Whilst the majority of respondents reported remembering their results for each test, a significant number of respondents were unable to recall their results as outlined below:

Test	% respondents unable to recall their results
• Circulatory System (Lube Station)	43.6
• Diabetes Risk (Chassis)	36.4
• Prostate (Fuel Injector)	40.0
• Alcohol (Fuel Additives)	35.2
• Blood Pressure (Oil Pressure)	32.7
• Testicles (Spark Plugs)	41.8
• Coping Skills (Shock Absorbers)	36.4

The chart below (Figure 2) illustrates all responses to the rating scales. Raw narrative responses are outlined in Attachment 1, Table 3.

Figure 2.



PIT STOP

Q. 5. Have you taken any action on issues highlighted at Pit Stop?

Sixty three respondents answered this question by indicating either “Yes” or “No”. A narrative response was recorded for fifty five (55) of the sixty three respondents. 44% of respondents indicated they have taken some action as a result of their Pit Stop visit. The remaining 56% have not taken any action.

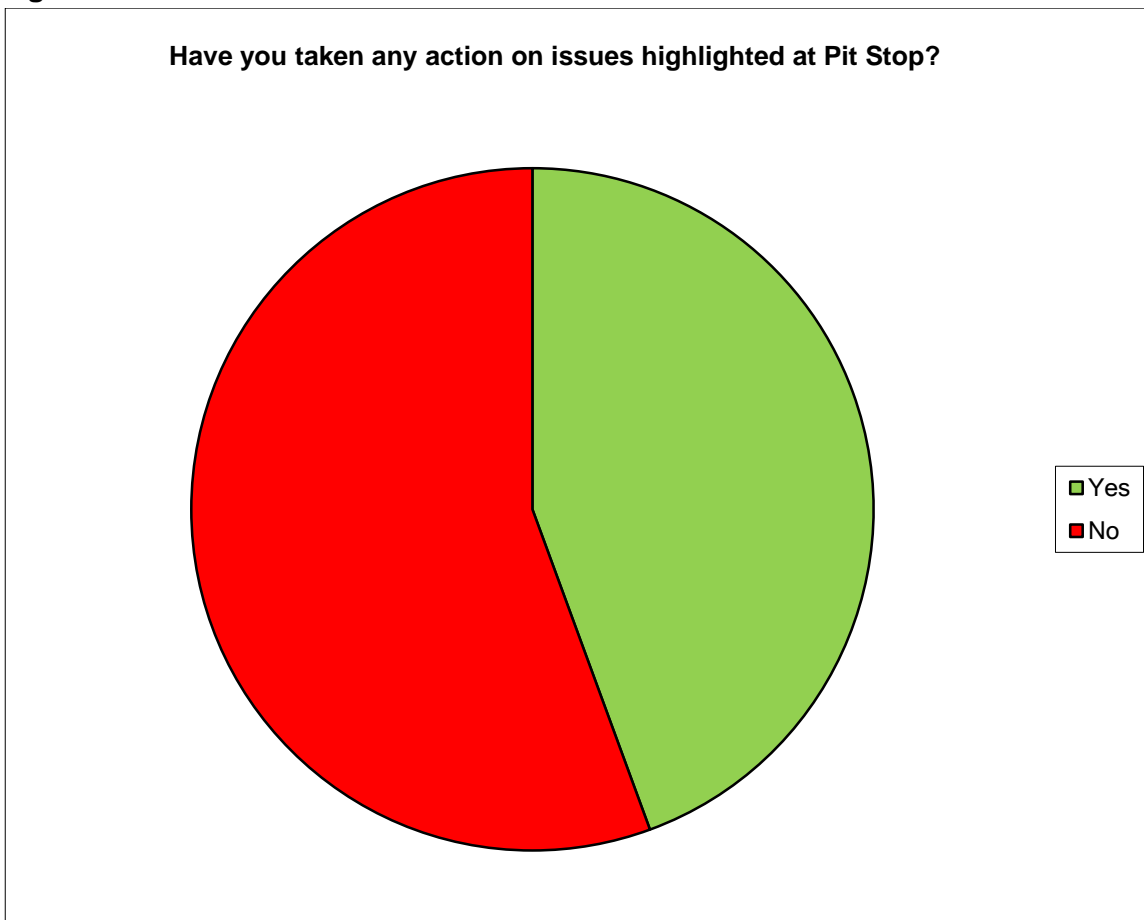
Themes from the narrative responses include:

- A cohort of consumers already aware of health concerns and actively managing their health prior to the Pit Stop visit, therefore believing that no further changes are required
- Consumers who received a good “report” believing there was no need for them to change
- A significant number of consumers advising they have made changes to their diet as a result of their Pit Stop visit
- Small number of consumers reported following up concerns with their General Practitioner or Allied Health practitioner (e.g. Diabetes Educator).

Raw narrative data is provided in Attachment 1, Table 4.

Figure 3 below illustrates the percentage of “yes / no” responses.

Figure 3.



PIT STOP

Q. 6. BEFORE you went to Pit Stop, when was the last time you took action for your health?

Sixty two people answered this question, with 51 people reporting they had taken action, and the remaining 11 people indicating they had not taken action for their health.

A narrative response was recorded for 61 people. Narrative responses outlined a diverse range of self reported health behaviours. Approximately 43 respondents indicated timeframes when action was taken for their health prior to Pit Stop.

Figure 4 below indicates the number of people reporting taking action for their health.

Figure 4.

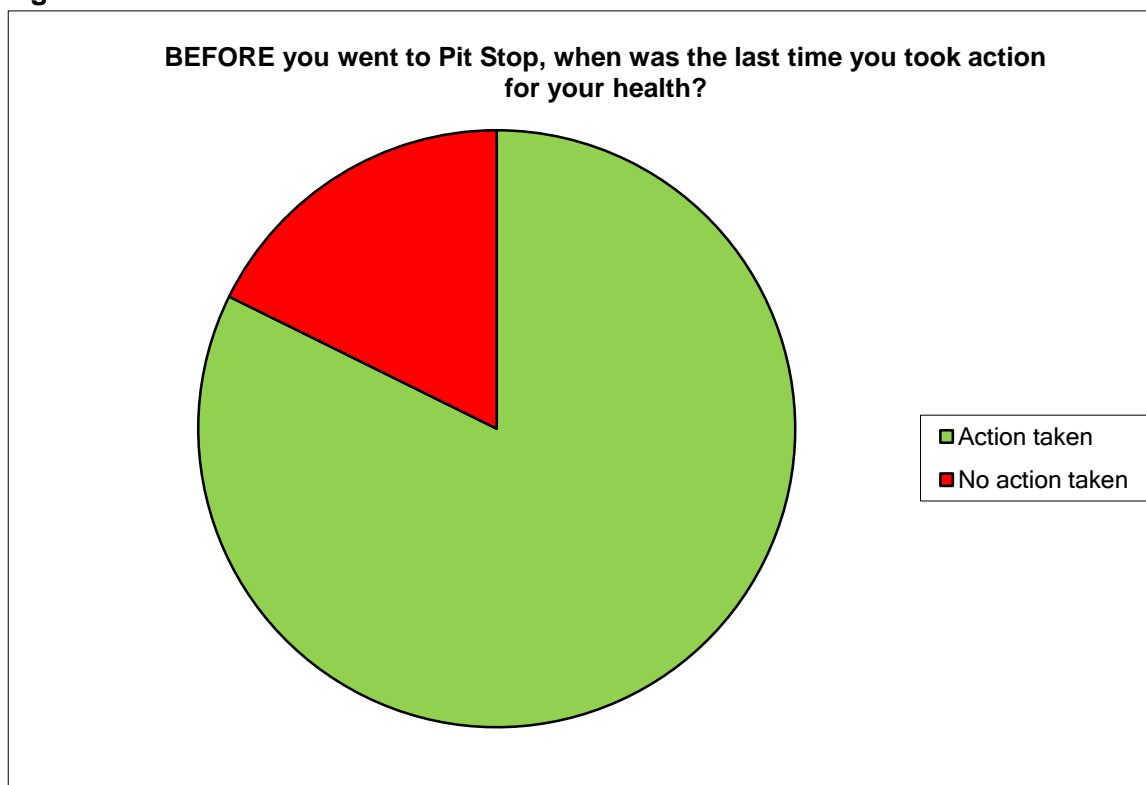


Table 1 below indicates the number of people reporting taking action within specified timeframes.

Those who regularly attend their General Practitioner (e.g. monthly, 2 - 3 monthly, 6 monthly and annually) reported doing so for monitoring / ongoing management of a diagnosed condition (e.g. cholesterol, high blood pressure, diabetes).

The narrative responses suggest the remaining respondents attended their General Practitioner only when they had a health concern /were ill and required treatment.

Table 1.

Timeframe:	Regularly	Month	2- 3 months	6 months	12 months	2 years	More than 5 years / can't remember
Number of respondents	2	3	8	9	5	7	9

For a full transcript of narrative please refer to Attachment 1, Table 5.



Q7. If you took action for your health BEFORE you went to Pit Stop, what was it for?

Respondents were encouraged to answer this question only if they felt comfortable to do so. Forty nine people responded.

The following outlines the number of men who took action for their health for each condition:

- 13 indicated they visited their General Practitioner for a general check up (in one instance this was a requirement of the individual's employment; in another instance the visit was prompted by an impending overseas trip)
- 5 cholesterol
- 3 heart conditions
- 8 blood pressure
- 1 injury
- 3 prostate /water works
- 2 diabetes
- 2 Gall bladder
- 2 skin conditions / cancer
- 1 cancer removed

Others had made dietary changes, and increased their level of physical activity.

For a full transcript of narrative please refer to Attachment 1, Table 6.



Q 8. If you took action before you went to Pit Stop, who did you see?

Fifty four people chose to respond to this question. Of the fifty four respondents:

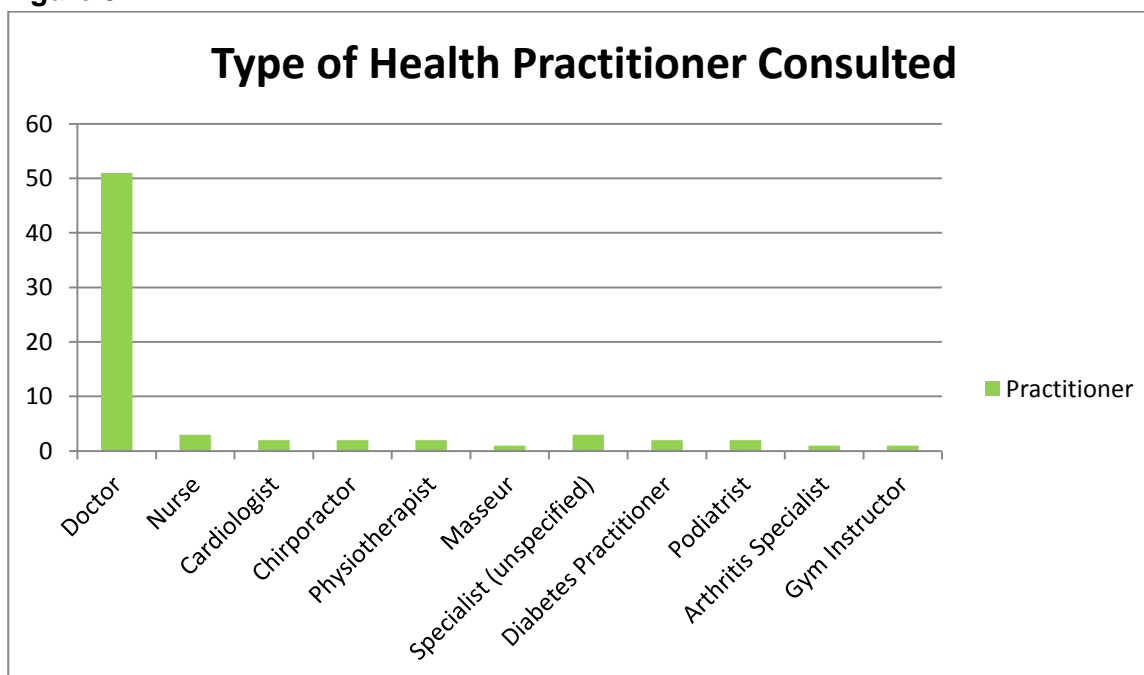
- 51 men (94.4%) had seen a General Practitioner
- 3 men (5.6%) had seen a Nurse

In addition, respondents had also seen a variety of medical specialists and Allied Health Practitioners, as outlined in Table 2 and Figure 5 below:

Table 2: Health Practitioners consulted

Practitioner	Cardiologist	Chiropractor	Physio	Masseur	Specialist (unspecified)	Diabetes educator/practitioner	Podiatrist	Arthritis specialist	Gym Instruct
Number of respondents	2	2	2	1	3	2	2	1	1

Figure 5.



For a full outline of narrative responses recorded, refer to Attachment 1, Table 7.

PIT STOP

Q 9. Please provide any comments you would like to make about Pit Stop

Sixty four respondents chose to provide a comment about Pit Stop. Overwhelmingly, the comments were positive, with the majority of respondents commenting that Pit Stop is a good idea.

Common themes from the narrative responses were:

- Men do not proactively take action for their health
- Bringing health assessments to the community increases accessibility, especially for farmers who may not otherwise attend to their health
- Pit Stop raises awareness of health issues
- Friendly, light hearted approach lessens the fear / apprehension associated with health check ups

Overall it was valuable for myself, fantastic thing to have at that venue. Men need to be made aware that this will be here prior to the event

A good idea, it's probably a good way as men don't get to the doctor, we tend to be scared to go the doctor and no time, we will tough it out.

. Keep it up. Need to get the population back to being healthy

Just thought it was great in and out before I knew it. Nurse and doctors not only impressed with how professional they were but they look good too

It was really well done. Kept it light hearted so it didn't stress you out. Thought it was really good.

Good idea, we blokes are shocking, tend to abuse ourselves a bit more than girls. Good to have things pointed out to us



DISCUSSION

The *Pit Stop Initial Evaluation Report – Farmworld 2012*, found that the Pit Stop initiative at Farm World 2012 achieved the aims and objectives set. The initiative achieved the specific aim of encouraging men to complete a confidential health check in a non-medical environment.

As the initial evaluation report details, the results of the Pit Stop health checks have shown some inconsistencies in the recording outcomes. To reduce these inconsistencies, further investigation was recommended to determine ways to improve reporting of participant's health screening information.

Limited evidence exists in relation to the long term impacts of Pit Stop. The 3 month post intervention survey outlined in this report will contribute to evidence of the impact of the Pit Stop program on health behaviour change in the longer term.

Both quantitative and qualitative data indicates the program is believed to be of benefit to those who attended Pit Stop at Farmworld 2012 and subsequently responded to the 3 month follow up survey.

Forty four (44%) of respondents have taken some action (made some change in their health behaviours) as a result of their participation in the Pit Stop program.

However, as noted in the *Pit Stop Initial Evaluation Report – Farmworld 2012*, the Pit Stop initiative has the potential for recall bias. This should be taken into account when considering the data provided by respondents.

FUTURE DIRECTION

To assist with building the evidence for Pit Stop, further follow up evaluation of the program at Farm World 2012 will be conducted 12 months post event to evaluate the effect it has on long term health behaviour change.

CONCLUSION

The Pit Stop initiative has significant potential to reach and impact on the health of Gippsland men. Overwhelmingly, feedback from those who participated in the Pit Stop program at Farmworld 2012, report 3 months post event that their experience was positive, and believe it is beneficial to have the program located and run at the Farmworld event. Providing the program in an accessible environment, utilising friendly staff, and in a manner which is less formal in approach is reported to be of value.

With forty four (44%) of respondents reporting a change in their health behaviours post event, 12 month follow up results will be of interest and provide further insight into the sustainability of long term health behaviour change.



Attachment 1

Raw Narrative Data

Table 1: Response to Question 2: Please tell us what you remember about Pit Stop

Q2. Tell us what you remember about Pit Stop

- The useful information provided
- It was a quick medical check. It was a good idea. not as through as a GP
- series of questions about health and habits, give me some advice on how to change my life for the better
- check your blood pressure and all that
- Great, handled well, first impression, talked into doing it, people very friendly, interesting, different counters, not like a lecture, blood pressure, talking to person about depression, got a lot out of it
- Wake up call as carry a bit of health lost 5 kgs, eating less fatty foods, went to have a complete check up with docs (blood test)
- Cold, wet, stop at one person check certain aspects of health, cholesterol low
- Everyone very friendly, good idea, too many farmers not looking after themselves
- It was very cold
- Cold, efficient, well organised, one check to another
- Well nothing in particular just went through the places and got my health checked
- Asked lots of questions about health
- Series of tests, blood pressure
- I thought it was great, took BP talked about alcohol consumption, testicular cancer, psychology quite a number of other things about 10 different stations. Very beneficial. Pleased about BP came up good. I have had mental issues but going good
- Bloody cold, and rainy, men's health, mental health, physical health
- I remember they did tests and remember results
- Flew through all the test, cholesterol, eat a few more nuts and a dark chocolate, I skip breakfast
- It was about 5-6 different bays had different things done. heart pressure, prostate, depression, nutrition
- Did blood pressure and all that stuffs
- We brief health check, waist measurement, blood tests, chat, series of test
- Attending it
- Health stop,
- Put me through two or three different stations.



Q2. Tell us what you remember about Pit Stop

- fairly little remember what I did
- Had a little bit of high blood pressure, stress related things. Pretty good bar BP
- We went from one section to another. Various parts to your health. cholesterol, prostate other on smoker drinks
- Go through the checks, have the assessment and tallied at the end. Red amber or green depending
- Different tests started with cholesterol question about how you live how you eat do with doctor. I am an adopted child find if anything was hereditary live a healthy life. Only thing GP was concerned about was cholesterol. Ate porridge and reduced it. Since pit stop all healthy. Already booked in with doctor. Not totally honest about alcohol hard to work out an average. thought it was great overall
- All of it, quite good. Went through 5 or six tests. Good idea went pretty well. checked everything
- having a health check, blood test, other checks, mental health, gone through some issues still suffer for OCD but learnt to cope with this. Went through some bad times and trauma. Thought it was just paranoia at first but worked out it was post traumatic stress.
- Firstly it was good. I remember all the checks they done. thought they were hacks but realised that they were professionals and inspired me
- I remember doing it.
- It was up the top of the hill and had 6 spots with different checks. | •
- It was right behind me. Checked my blood pressure, fitness, cholesterol and all that.
- They did cholesterol and sugar check, I sat down with lady and talked about prostate cancer. They were the three main things. Spoke about how you felt in general. Have you been depressed and how you handle a situation.
- It was check -up to how I was going
- it was just a basic health check
- cholesterol test, testicular lump testing, general BP, psyche testing, how you manage coping, waist check, general GP was there
- Fairly comprehensive study of health at that time. Went from stage to stage with different examiners present. gave quick look at BP, lifestyle diet
- there were tests and exam
- It was at the field days. My BP was taken; we also had sugar checks, answered questions about my heart.
- Nothing much
- It was cold. The cholesterol monitor not working, everyone friendly.
- Was an LCHS staff member remember getting all the tests done, all the stations
- blood pressure was taken, questions about smoking, whether I drank alcohol, I saw it and thought it was a good idea because men don't go to the doctor - good opportunity to get another check
- It was a very cold morning, blood pressure reading difficult due to cold equipment. Impressed, very well organised, I like the style of the pit stop which appeals to men, people are very friendly, professional. Very nice experience.
- It was basic health check
- The about 5 stations- blood pressure, cholesterol, stress levels, testicles and prostate

PIT STOP

Q2. Tell us what you remember about Pit Stop

- Remember wandering around and took blood test, a lady took a sample of blood and squirted everywhere and got some advice
- I had extremely high blood pressure. Very friendly people - quite good
- It was something that was quite interesting you started at one end and come out the other.
- Pretty comprehensive, blood pressure cholesterol, mental health
- I thought it was very efficient- good staff of people - had a good flow of people coming through
- Not a lot to be quite honest
- just looking at the stuff this morning - kept the facts about healthy eating and PA, and prostate enlargement but threw out the traffic light sheet
- remember getting the check and being happy with the result
- We did all the things, I don't think they did the blood pressure
- It was quite useful. A bit of a quick service to see how you were going and a bit of information on how you can improve
- We did all the different things each one had a different name, asked certain questions about men's health
- It was a well laid out, covered some pertinent areas for men's health and general health, nurses were please and easy to get along with.
- very comprehensive, good, interesting
- It was cold
- Checks for Blood Pressure, Testicles, alcohol and depression
- I had a few of the tests and stuff
- had high blood pressure and cholesterol was high too I think
- the different departments, yeah
- Can remember the whole thing, blood sampling questions and discussions
- Friendly and competent health professionals doing the once over with a few key measures and focussed questions. Working through the stations fairly efficiently.



Table 2: Response to Question 3: Do you remember if you passed Pit Stop overall (got a roadworthy sticker)?

Q 3. Do you remember if you passed Pit Stop overall (got a roadworthy sticker)?

- Remembered I didn't pass. Got an amber
- Road worthy
- Got a road worthy
- RW but was told to have regular check-up at a doctor
- Roadworthy
- Only one amber or maybe a few
- Road worthy
- RW
- Very healthy.
- Road worthy
- Got a road worthy
- passed with flying colours
- got road worthy certificate
- got road worthy
- I did pass
- I think so
- Can't remember
- I can't remember- not flying colours but ok
- Can't really remember thinks it was towards the better end of health
- pretty much
- BP a bit high, but rest was lovely!



Table 3: Response to Question 4: Can you remember which colour traffic light you received for each test? (please mark the answers)

**Q 4. Can you remember which colour traffic light you received for each test?
(please mark the answers)**

- no red stations, weight was a bit of an issue
- getting bit old, one little thing but can't remember what it was
- Have had a blood test done every 3 months as high cholesterol and uric acid
- All green
- low pulse, good blood pressure,
- 30 for alcohol was a lot over you were meant to get 8
- Cholesterol
- all clear
- Nothing alarming. Nurses were amazed how good I was. I am quite fit
- Working at farm world already
- Only failed the ones
- I know I got all green apart from one which I got amber but I can't remember which one it was for. I thought it would have been the cholesterol one but it was good.
- good cholesterol was down a bit
- No
- It was the first time I have had a cholesterol check done it was one point over, found that interesting.
- No, it was all straight forward
- Blood pressure difficult getting a proper reading
- Can't remember I felt like I had no major health concerns so I did not need to do anything
- Can't remember off hand
- I think I got a green light for all the stations
- most were ok



Table 4: Response to Question 5: Have you taken any action on issues highlighted at Pit Stop?

5. Have you taken any action on issues highlighted at Pit Stop?

- exercise for the BP
- I was already aware of most things
- eaten sardines, Cholesterol high, eating sardines would help bring this down
- I went good on all things except for my weight. I'm a bit heavy.
- watching what eating, exercising a bit more
- went to see GP, cut down on fatty foods loose a few pounds
- just kept on going, 8 weeks in china Cholesterol gone up, pretty hard to find something good to eat
- just eating less red meat and fatty foods, no take away foods
- They said to see a GP but I haven't done that
- All good, pretty much in line with what already doing
- Made me think about a lot of things, prostate cancer, made more aware
- Blood pressure was high but not normally, they didn't take it twice so I wasn't bothered by the results
- Cut back on drinking, my bad cholesterol was good. good cholesterol was bad eating green veggies
- eat some more healthy foods, more fruit
- continued not drinking and eating healthier, just had BP check done and have high BP so I'm on tablets for that for 7 days
- Already taken meds BP and cholesterol
- been careful with alcohol, weight conscious, lost a few kgs, mental state, be more kind to myself
- Healthiest 72 year old walking around the country, no health issues
- stress related,
- No major issue found. Prostate thing and had test done
- No concerns
- no
- Said everything was ok, already taking tablets for diabetes.
- Because got good results
- mainly because blood pressure was slightly higher because I stopped exercises but have started again
- Prior to pit stop had open heart surgery so haven't made any changes as on doctor's orders.
- I'm eating differently, only a bit. Everything something like this happens get a bit healthier until you're really healthy and an earthquake knocks your house over on you and you die.
- It was all alright. No not really

PIT STOP

5. Have you taken any action on issues highlighted at Pit Stop?

- Stopped eating butter and ice cream. Eating canola margarine and more fish like tuna.
- still just monitoring
- Had a testicle check-up. The lady at the cholesterol check told me to take more fish oil, peanuts and stuff like that so I am making more of an effort to eat healthily.
- No not other than the ones already taking
- diet changes and exercising more
- GP- several times. For blood pressure
- Prostate check
- no real issues
- highlighted slow pulse rate, have been to doc, was told it wasn't a major concern
- Nothing I had to do that wasn't already doing
- Don't remember anything being highlighted
- Went to the doctors and bloody pressure alright have not done anything about losing weight yet
- I went to the doctor the next day
- In follow-up with the diabetes thing - I followed up with the LCHS 1800 number. Been through 2 sessions with the dietician and diabetes educator. Been to 4 session in total
- yes, I went and had a diabetes evaluation and he indicated that he may be borderline diabetic and excise needed
- been to the doctor for prostate check
- no not a damn thing to be quite honest, I went away then came home with the flu and still not well
- trying to improve eating habits
- cut back a little bit on the alcohol
- My wife sends me off to the doctor with a list of my medications for my blood pressure - us men are a pretty hardly bunch and we don't relate to doctors very well and doctors don't relate to us
- alcohol intake - 3AAFDs
- normal check up at doctors
- Well since then I have had PSA blood test and kidney test. PSA test was due to the Pit Stop, not the kidney test
- As I got green for each station I did not think I needed to
- Got blood pressure down, working on cholesterol
- continuing what the doctor said before pit stop, reduced salt and fat intake
- BP recheck with GP. All fine.



Table 5: Response to Question 6: BEFORE you went to Pit Stop, when was the last time you took action for your health?

Q 6. BEFORE you went to Pit Stop, when was the last time you took action for your health?

- 18 months prior
- 2-3 months before
- Docs every now and again, went to Chinese doctor when in china. Intolerable to spices. cut down on sugars
- weekly
- 6 months prior
- can't remember
- usually see doc every 2 years
- every 3 months (went to pit stop last year as well)
- Pit Stop the year before not sure when I went to the doctor before that
- Doctor in Churchill, in last month
- about 12 months I think
- 12 months ago
- every month I see my doctor
- every 12 months
- Never
- 1st time had a check up
- 2 years
- every 12 months
- GP every 6 months PSA tests
- 6 months ago
- 3 months ago (go to GP yearly)
- GP now and again BP tablets and one or two other tablets
- General check up 18 months ago
- don't know maybe last twelve months
- Check-up twice a year GP does diabetes and cholesterol everything was good
- Yearly
- 6-8 weeks prior GP said to eat porridge which worked
- Go to docs once a month
- Couple of months ago

PIT STOP

Q 6. BEFORE you went to Pit Stop, when was the last time you took action for your health?

- 5-7 years stopped 12 months given up a bit. blood bank moved so I didn't have a check up
- 12 months
- regularly, just before Pit Stop
- After gall bladder came out. 6 years around about
- Went a few months before for a general check-up. Participating farmer health program so I knew a lot already about.
- 2 years GP general check-up
- about 2 years ago
- I am a regular blood donor so I would get a partial health check done at blood donor place but other than that no proper check-ups. I am the kind of bloke who will put it off until it gets really bad.
- Regular GP visit
- only if something went wrong
- general check-up blood pressure, medications
- 2-3 years ago
- 45 year check up- 5 years ago
- couldn't tell you
- Only a couple of months earlier. I go about 3-4 times a year
- I go for regular checkups, play table tennis 3 times a week, severe depression. Hard to get motivated
- Goes to the doctor every 3 months blood pressure and cholesterol prescriptions
- Suffer with arthritis and check up's every 6 months
- 1 month before
- Regular monitoring of blood pressure every 3 months for the past 10 yrs
- 6 months before
- can't remember
- 3.5 yrs ago
- Always try to be healthy, work 7 days a week. Not been to the doctor for a long time
- couldn't tell you - haven't been to the doctor in 5 yrs
- every 6 months
- The December beforehand
- Every 12 months I see my doctor
- I go to the doctors regularly, once every 6 months
- Saw the GP 2 months before pit stop
- Annual check-up, but see GP three weekly on average for Warfarin adjustment.



Table 6: Response to Question 7: If you took action for you health BEFORE you went to Pit Stop, what was it for?

7. If you took action for you health BEFORE you went to Pit Stop, what was it for?

- Over 50's prostate and health check
- Cholesterol & prostate
- general check up
- check up
- General check up (as getting old).
- 3 months ago
- Participate every 6 months EPC nurse general check BP, medication
- General check up
- Heart condition. thyroid condition and BP
- trouble with water works, operation, did ECG
- Job (truck driver) have to go yearly
- check-up
- Regular blood donor, recommended to go as Iron was a bit high, was ok but went on blood pressure tablets
- General check up
- general check before travelling abroad
- Can't remember
- Diabetes and cholesterol
- GP check up
- hereditary problems
- Diabetes
- Problems with gall bladder, had to be removed
- didn't really just exercised, went to the gym and cycled
- Blood pressure
- Open heart surgery
- Gall bladder removed. Forced me to eat differently
- General check-up cholesterol was up then. Since then when it was higher I had cut out cheese and foods like that. I had been in diabetes programs and had changes because of that
- GP check-up
- check moles
- Only if had issues. Has some skin problems so had them checked out.



7. If you took action for you health BEFORE you went to Pit Stop, what was it for?

- General health check-up
- Just for my blood pressure
- Cancer removed
- Lack of taste and smell sensation. Have had a head scan which was clear
- Diabetes help program at the doctors
- Blood pressure and cholesterol
- Arthritis
- I go once every year to get all my tests done: sugar, cholesterol, liver, PSA. Had an ankle fusion
- blood pressure
- Back pain, muscle pain
- for the flu or something
- had my aorta replaced
- Blood pressure
Mental health
- general check up
- general check-up blood tests and PSA
- Well I have been under a cardiologist for a leaky myocardium valve for a number of years. This is monitored
- Cholesterol
- not for health, for an eye injury
- weight, blood pressure
- As for 6.



Table 7: Response to Question 8: If you took action before you went to Pit Stop, who did you see?

Q 8. If you took action before you went to Pit Stop, who did you see?

- Masseur for knee problems
- Doctor as he is a friend as well
- Chiropractor and naturopath
- I just remembered I am a bit over weight so I got an amber for that
- Referred onto specialist
- Cardiologist
- Consultant
- Cardiologist, rehab
- chiropractor
- diabetes nurse
- podiatrist (occasionally), massage (rarely)
- Only if had issues
- Arthritis specialist
- Diabetic nurse/health educator, dental work, epidemiologist. podiatrist
- Had tried to see a dietician but was giving the run around by LRH - they said I had to go to Leongatha but they never called me back
- Specialist



Table 8: Response to Question 9: Please provide any comments you would like to make about Pit Stop

Q 9. Please provide any comments you would like to make about Pit Stop

- It was good idea. It wakes a lot of people up to issues.
- easily accessible, reasonably quick (don't worry about this type of stuff usually as a bloke)
- Good idea
- very helpful, regional areas, hope can keep it going, spoke to a couple of other people and they were of the same opinion
- Good wake up call, good program, makes realise not bullet proof, good job. jolts you into doing something
- When getting colour TV?
- Great idea, good to have at existing meeting that farmers attend. done well not too intrusive
- It's a good thing for people who don't go to their doctors
- impressed with it, worked well
- It served a good purpose
- Very enlightening about health and body
- It's a very good idea as men do neglect their health more than ladies. My generation don't see a doctor it's seen as though there is no point. Very helpful
- all good
- Good thing, so many initiatives for women, good to have something for guy's e.g. prostate cancer.
- Just they were very helpful
- Quite happy, everyone helpful and cheerful.
- good to have awareness was easy and assessable good for that target group who don't see a doctor
- No it was good at the time
- Good idea, we blokes are shocking, tend to use ourselves a bit more than girls good to have things pointed out to us
- it's worthwhile to get people to look after their health
- Good idea. Farmworld people should attend, pick up on issues. Keep it up. need to get the population back to being healthy
- Never gave it a thought. It was good asked good questions. I forgot the moment I walked away
- Good to know, blood pressure was a little bit high, wasn't previously
- No, only it was a good idea
- Thought it was really good the way they sent you from one stop to the next.
- worthwhile program
- Just thought it was great in and out before I knew it. Nurse and doctors not only impressed with how professional they were but they look good too.
- Good idea, didn't know it was there, got asked in.

PIT STOP

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- Good experience for men, Good as men tend to avoid going to the doctors. Never usually go out of the way to go to doctors but it was there at Farmworld. Went during my break as I was working there
- I stopped exercising and seen the results from Pit Stop. It was through it was informative. You should broaden it to older people, shouldn't only be at field days.
- It was worthwhile. Worth getting blood Pressure checked and diabetes sugar levels done.
- No Comments
- It was really well done. Kept it light hearted so it didn't stress you out. Thought it was really good.
- I do really regard it as a good program people don't take the time to check their health.
- No- only that the kids play with the little red cars given out all the time.
- It was good, even though nothing wrong, good way of finding it out.
- Overall it was good but cholesterol test was quite slow, you needed to have more people doing it but I guess it was a busy time. No waiting at the other stations which was good.
- good idea and very convenient
- No, other than it's a good idea
- No. Just a bunch of friendly people like yourself. Easy to talk to
- Not really.
- No everyone friendly and easy to talk too.
- no, just think it's very good, lots of farmers go to get their check up for free
- I think it's a very good idea, especially doing it at farm world, you get all the farmers who don't go to the doctor and if they have any sense they will get the free check up
- What already stated. Fantastic idea. Should be available more about twice a year
- Good Value
- I thought it was a good program only thing is some people failing to follow on with the advice
- A good idea, it's probably a good way as men don't get to the doctor, we tend to be scared to go the doctor and no time, we will tough it out.
- Thought it was very good and there should be more of it. men need to be made more aware of their health
- Overall it was valuable for myself, fantastic thing to have at that venue. I think you need to pre book appointments. Men need to be made aware that this will be here prior to the event
- I think it's something that should be highlighted more - promote the aspect of what pit stop can do for you.
Some very good volunteers but there should be more scrutinisation of volunteers. A couple of the older generation volunteers are not flexible. You can lead a horse to water but you can't make it drink. If they tell me what to do I have the right to say yes or no - some of the older volunteers were very set in their ways
- I thought they were all very obliging people. it was well run - I hope to see it again next year
- no not really - quite happy with the results
- Thought the measures were a bit to severe - I'm thin and the waist measure said I was



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overweight, the alcohol was pretty strict too - I only drink one can a week

- It's just a good service - good to get the check - not one to go to the doctors
- Good that you are bringing the doctors out to the community
- It is a very good thing, confirmed that I'm on the right track - for other people who are a bit pre-occupied to get checked up its and eye opener
- It was a good idea. That was the reason I participated
- Think great venue for men, don't have to face up to doctors, it is a great part of the farm world experience
- It is a great initiative especially for rural communities
- It alerted me to my blood pressure and cholesterol
- it's a good introduction into your health
- it was good
- Good to see the program continues.