

**Issue: "PIT STOP"- Men's Health Program**

*Raised by:* Lyn Byers, HCM Docker River

*Background:* Request to consider the suitability of the Men's Health promotional material: "Pit Stop" developed by Chris Hall and Elsa Alston, Gascoyne Public Health - WA

A worthwhile Health Program that has been developed in WA and is aimed at Men's Health promotion. As noted in the referral the program needs adapting but has potential to be used in a fun and non-invasive way. Is this something Remote Health centres should have available for use?

*Discussion:* As taken from the web site:

"Pit Stop is a men's health project likening health checks and lifestyle habits with car servicing and maintenance. Body parts are given humorous mechanical concepts that detract from the clinical setting men often associate with visiting Doctors.

Different stations throughout Pit Stop include Chassis (looking at healthy weight), Exhausts and Fuel Additives (smoking and alcohol consumption), Oil pressure (blood pressure), Duco (Skin Cancer), Spark Plugs (testicular cancer) and Shock Absorbers (emotions), etc.

Men's Health is the poorest in Australia and men are more likely to die of all selected causes than women. Self maintenance is often not of a priority for men, thus, Pit Stop has proven very beneficial in heightening men's awareness of their health in an interesting and fun manner at opportunistic times such as festivals and events."

To date, the program has never been fully utilised in DHCS Remote Health Centres, but has been used by DHCS staff as a town-based activity. Consensus is that the program certainly has merit but would only be worth pursuing in a remote community as a well organised event with considerable support from town based men's health staff. It is not a tool that is worth purchasing for each health centre to hold only for intermittent use. Where a health centre may opt to use the material and arrange a dedicated health promotional event, it would be reasonable for Remote Health Branch to invest in the necessary resources.

*Consultation:* Roy Price, Remote Public Health Nutritionist, Central Australia.  
Mark Russell, Remote Men's Health Educator at time of consultation/former HCM  
Michael Cody, A/CNM ADSCA

*References:* [http://www.pdgp.com.au/projects/mens\\_health.asp](http://www.pdgp.com.au/projects/mens_health.asp)

*Outcome:* The "Pit Stop" program is recommended/supported as an innovative health promotional program.

However, purchase of material by the Branch would be dependent on the initiation of a health centre to undertake a dedicated men's health event in their community.