



 **Centre for Advancement of Men's Health**

Collaboration of Men's Awareness Network and MANNET

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From:
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Re: Introduction Page of Final Report
RURAL / REMOTE MEN'S HEALTH
TWO YEAR AWARENESS PROGRAM
FUNDED BY DEPARTMENT OF HEALTH & AGEING

The RMHP has supported and developed Men's Health and Early Intervention Screening programs across 7 communities in remote/rural regions of Australia. The programs were integrated into local Health Services as community development sessions that attracted over 1700 participants in the 2years.

It was apparent in rural and remote Indigenous and non-indigenous communities that Community development and health promotion programs are disadvantaged with health services predominately focusing on clients presenting with illness. Support can be hampered due to lack of acceptance by Health Service managers due to workloads and lack of staff.

The project asked managers to set aside health promotion and community development activity each 3 months as part of service delivery. This was the challenge and in particular two sites achieved very good outcomes and have continued to provide their communities with ongoing health promotion activities that tackle risk factors of Heart Disease & Diabetes.

The report highlights the extension of the program to involving women in the process and the advantages of such.

The program has also been extended to other communities that have been exposed to the process of the MAN Model of Health Promotion. I look forward to being able to extend my services to support RMHP sites further and other rural sites interested and committed to health promotion as an integrated service delivery.

The early intervention screening component using the LDX Cholestech Full Blood Lipids technology has had a lasting impact in the remote sites. The ability to provide a result for Cholesterol and Blood Sugar within 10min has had an impact on the ability to service and diagnose a client for Doctor or Community Health Nurse or Nurse Practitioner follow up and process the result into their health file. It also identifies medication issues.

The indigenous process of Sunrise Health Services NT sites was very encouraging as a model for future direction in indigenous outcomes along with the commitment of Mitchell Health Service Queensland.

Bernard Denner