



2014 Health Prompt Review Results

The top 10 consumer physical health needs

In order to better understand the impact of Neami Health Prompt we spoke to staff and consumers from around the country about their experiences. By analysing consumers' answers to Health Prompt questions we identified the top 10 areas that consumers had not addressed in regards to their physical health.

Top 10 consumer health needs

1. Getting a skin check in the last 12 months;
2. Eating 5 or more servings of vegetables per day;
3. For men over 45 years, having prostate a screening in the last 12 months;
4. For women over 50 years, having breast screening in the last 2 years;
5. Eating 2 serves of fruit per day;
6. For those over 50 years, speaking to their doctor about bowel cancer;
7. Having a dental check-up in the last 6 months;
8. Doing 30 minutes of moderate exercise 5 days per week;
9. Smoking; and
10. Having a waist measurement below 88cm (women) or 100cm (men).

What are consumers saying about the Health Prompt?

“The Health Prompt raised my awareness and was a motivating factor in choosing to change my lifestyle”.

“There are things on [the Health Prompt] that I would never have thought of. It gets me thinking about it. I'm just sick of my physical state and I'm trying to turn that around.”

“Before I actually got one of the [Health Prompts] I never used to eat vegetables. But now I eat more fruit and vegetables. I am cooking a lot more for myself too”.

“I pop [the Health Prompt] into my diary or else I just forget. I find that in the moment, when I'm having anxiety attacks and things like that, I don't remember what I was going to take care of. So that way it keeps it here and now. I haven't just forgotten about it and I've taken care of me which is key”.

“This helped prompt me to go and make an appointment with this new GP and try [a new medication] which is more specific to what I'm dealing with at present. And that's worked for me and I'm feeling better”.

“I keep [the Health Prompt] on my dining table so that every morning when I get up it's there if I need to be aware of something” - consumer

“I've done [the Health Prompt] a few times with the support of the care worker. By seeing the ticks and the comparison [between Health Prompts], it gives me a better insight as to how far I've gone. It actually got me to think ahead rather than be stuck in a rut”.

More Information

Find the full Health Prompt Review Report online www.neaminational.org.au/healthprompt

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