

# Health Check Intervention Research

Report



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## Introduction

Since 2022, Latrobe Health Services has provided free health checks to help people understand and take charge of their heart health. Heart disease remains a leading cause of death in Australia, but prevention and early detection can make a real difference. These checks assess key health indicators like blood pressure, heart rate, body composition, diabetes risk, and non-fasting cholesterol levels, empowering individuals to make informed decisions about their wellbeing.

Health check programs supported by Latrobe Health Services have evolved since the 2022 Gippsland Healthy Hearts Study featured in the Australian Journal of Rural Health; in November 2023, Latrobe Health became the founding partner of the Shane Warne Legacy. The partnership has since performed over 300,000 health checks on SiSU Health machines.

With growing participation amongst regional and metro areas, we wanted to explore how these health checks influence health behaviours, motivations, and overall awareness of cardiovascular health—are people making changes and feeling more confident about their health? It was time to take a closer look at their real-world impact.

## Methodology

Latrobe Health Services undertook quantitative and qualitative research with over 1,200 people. The sample profile was varied, incorporating participants from 18-65 years of age and a diverse range of demographics including where they live, education level and occupations.

We surveyed people who had taken a health check at an event, a workplace or at a pharmacy and compared them to people who have never done a health check. This allowed us to analyse differences between the two groups' health literacy and behaviours as well as highlight barriers that prevent people from taking a health check, such as accessibility.

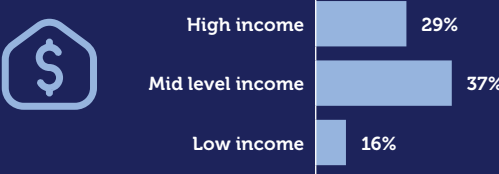
### Gender



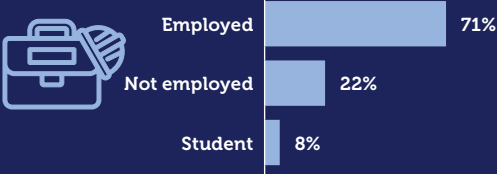
### Age



### Household income



### Occupation



## The research showed....

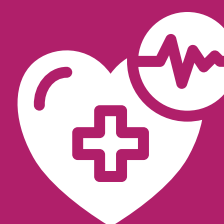


**46%**

of people with health indicators increased their physical activity after their health check

**26%**

believe the health check potentially saved their life



**57%**

of people took a health check because it was free

**91%**

of participants would recommend the health check to others

**26%**

of regional participants scheduled a follow-up health appointment

**32%**

of regional participants discussed their results with family and friends

**49%**

believe health check improved their health

**53%**

took a health check because they were curious to learn more about their health

**47%**

of people with health indicators made healthier dietary choices after their health check

**91%**

felt comfortable and at ease during the health check

**41%**

of people sustained their healthier diets 12 months after their health check

Regional participants are more likely to make healthier choices than metro participants after a health check

**34%**

of people sustained their increase in physical activity 12 months after their health check

**97%**

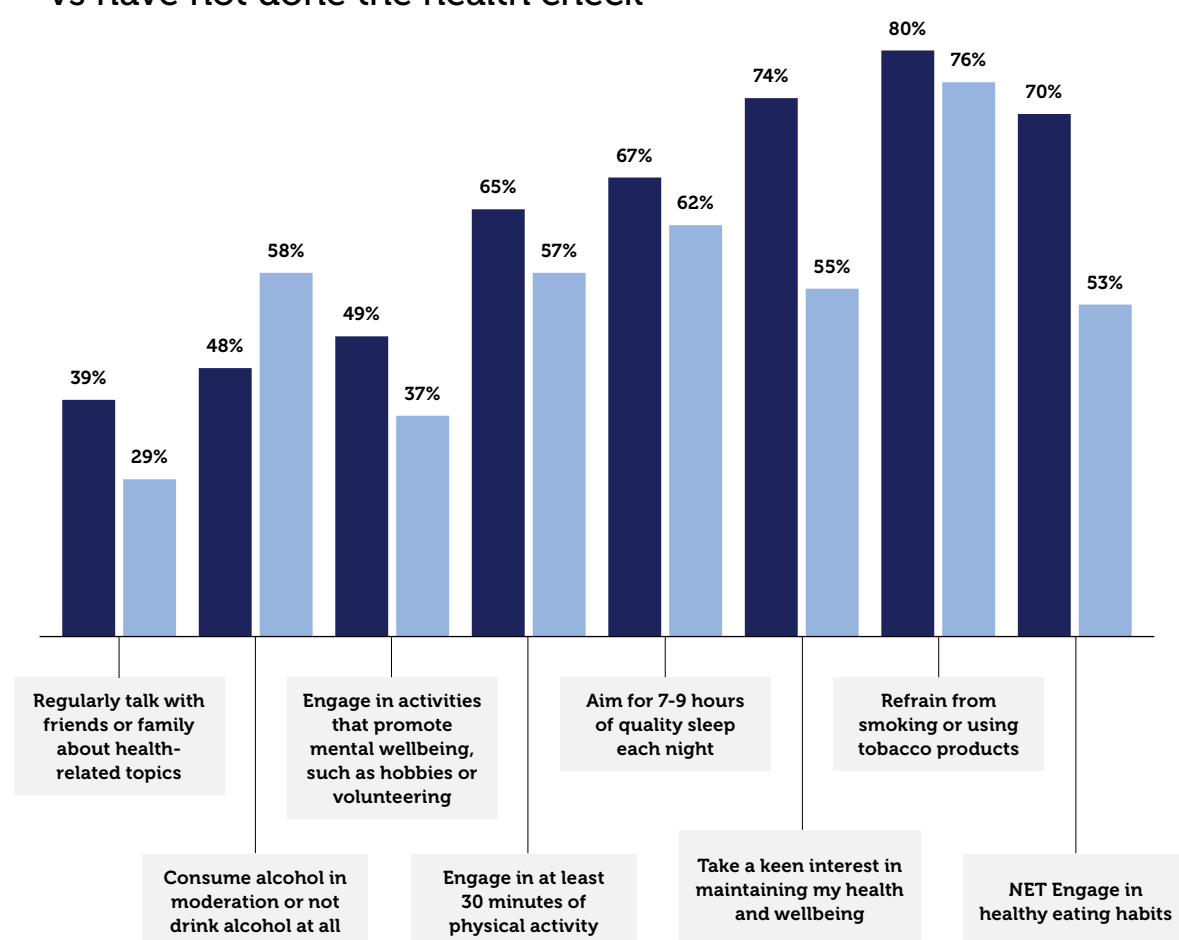
believe the health check process was quick and efficient

## Health behaviours

Health checks don't just provide results—they spark action. By just doing a health check, people are more likely to adopt healthier behaviours.

Across the board, our research shows that the increased awareness of heart health and motivation from the health check drives people to improve their health whether that be eating well, exercising more or taking an interest in their health and wellbeing.

### Health behaviours: have done health check vs have not done the health check



- Have done health check (Almost Always)
- Have not done health check (Almost Always)

**Q1B:** How often do you do the following? Please select only one answer for each statement.

**Base:** Have done the health check (n=811), Have not done the health check (n=406)

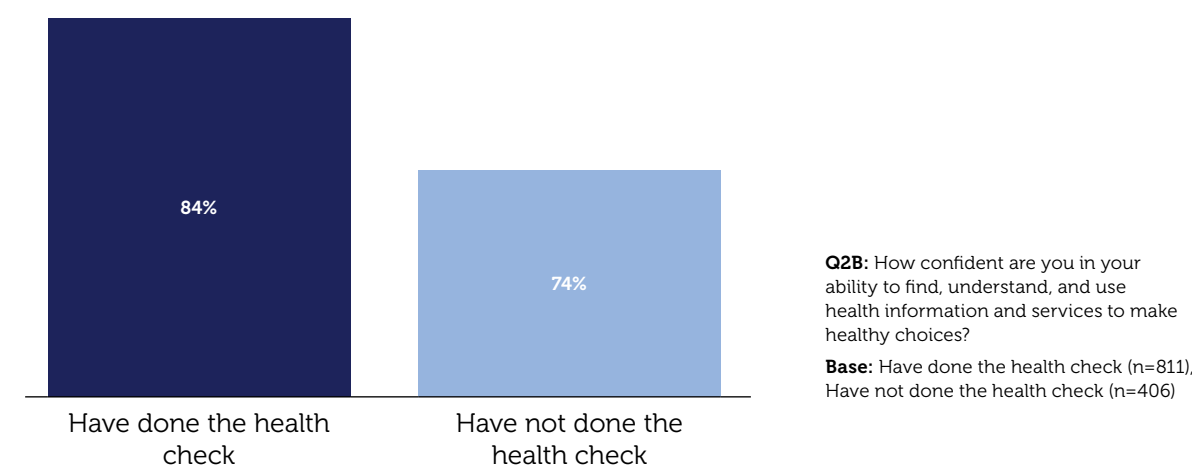
## Health literacy

### Health literacy confidence: have done health check vs have not done health check

Health literacy is a vital tool to leading a healthier life. This means having the ability to find, understand and use health information and services to make healthy choices. Anecdotally participants have told us that doing the health check helped them 'know their numbers' which enabled them to better understand their health.

This research has now shown that people who have taken a health check report greater confidence in their health literacy (84%) compared to non-participants (74%), highlighting the role of health checks in empowering smarter health decisions.

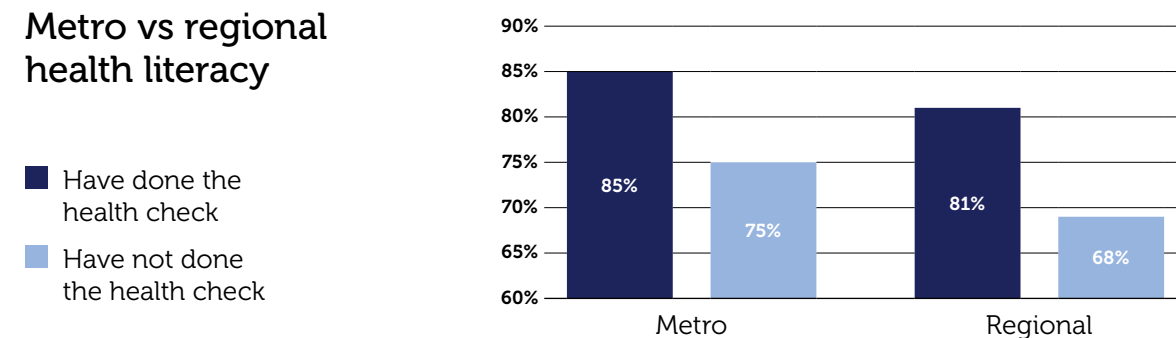
### Health literacy confidence: have done health check vs have not done health check



### Regional vs metro participants

Where you live can shape your health confidence. Those in metro areas who hadn't done the health check showed higher health literacy than their regional counterparts, with a 7-point difference, likely due to better access to GPs and health services. This gap was narrowed however after the opportunity to do a health check.

### Metro vs regional health literacy

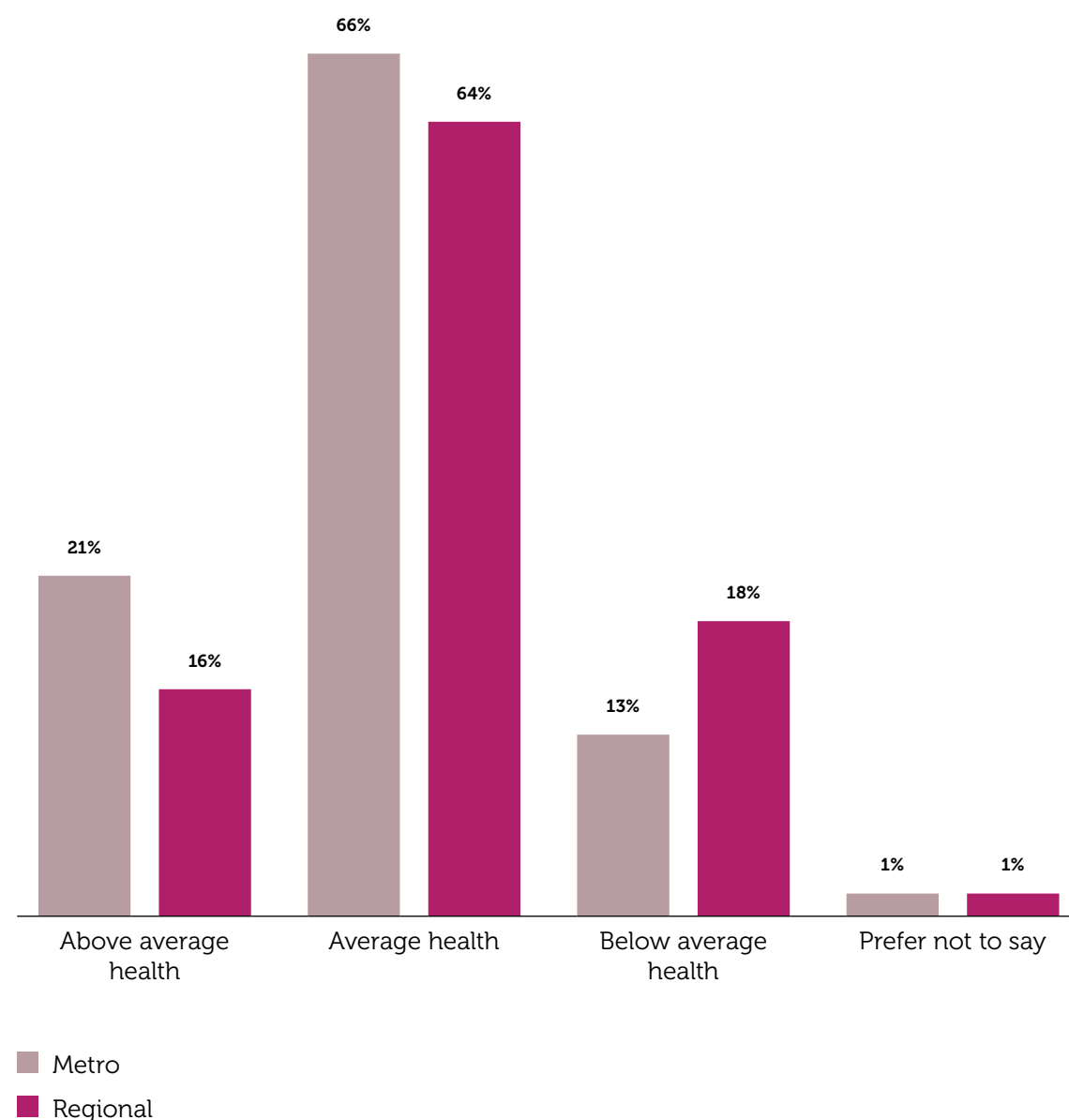




## Self health evaluation – metro vs regional

This gap was also reflected in people's perception of their health status. Regional residents consistently rated themselves as unhealthier than metro residents, reflecting challenges in accessing health care services or resources. Most notably, 18% of regional participants considered their health below average compared to 13% of metro participants, showing the need for targeted health initiatives in these areas to bridge the gap in health perceptions and outcomes.

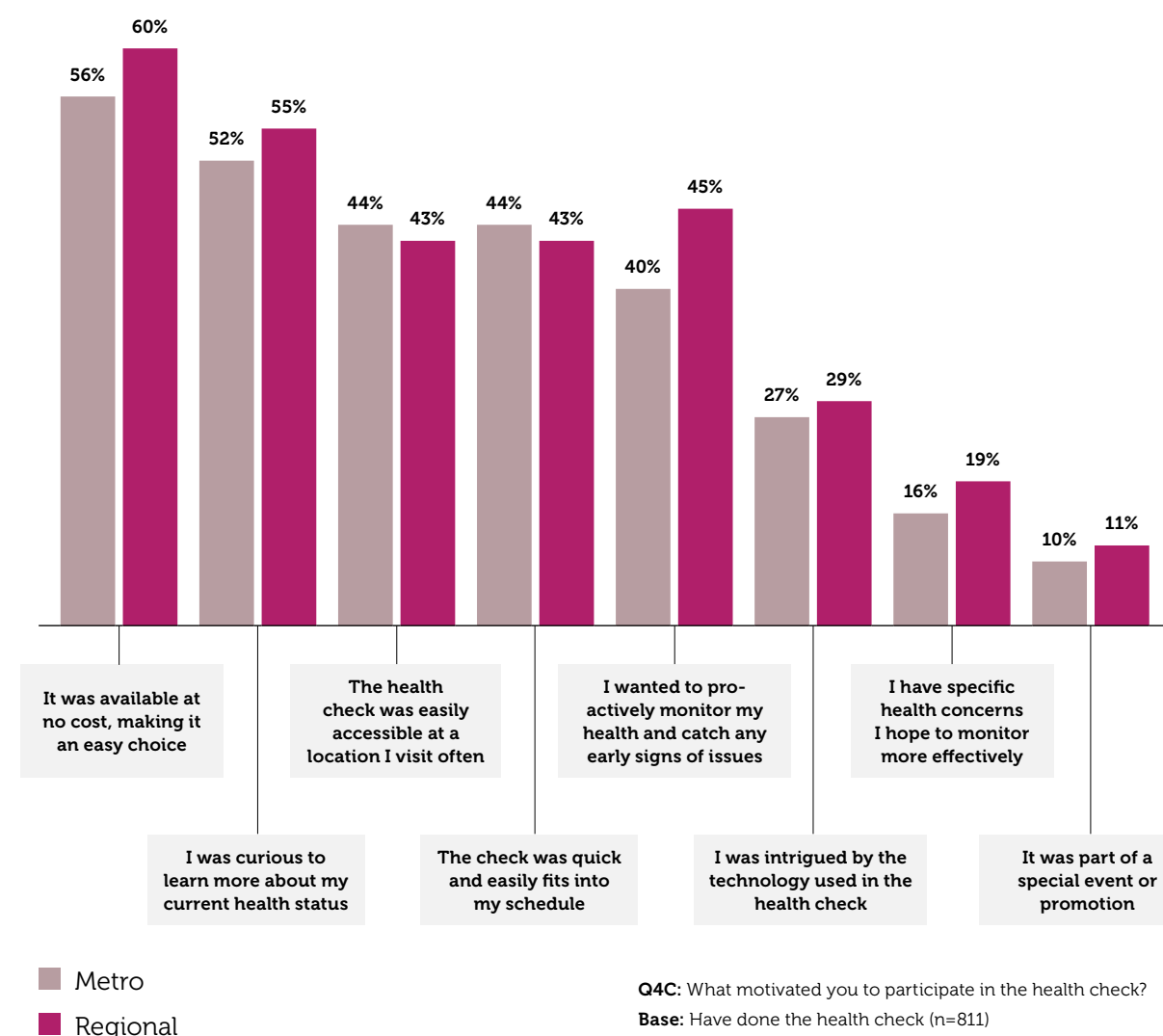
### Self health evaluation: metro vs regional



## Motivations to do a health check

As the founding partner of the Shane Warne Legacy, Latrobe Health is proud to bring health checks to the public for free. The data shows us that the cost-free nature of health checks is the biggest motivator for participation, followed by curiosity about personal health – especially in regional areas where communities often face limited access to health information and services.

### Health check motivator: metro vs regional



These insights show that free, accessible and technologically advanced health checks break down practical and psychological barriers by making health screening convenient and engaging. To encourage more people to take a health check, their quick and easy nature and accessibility must be communicated.

# Health check experience

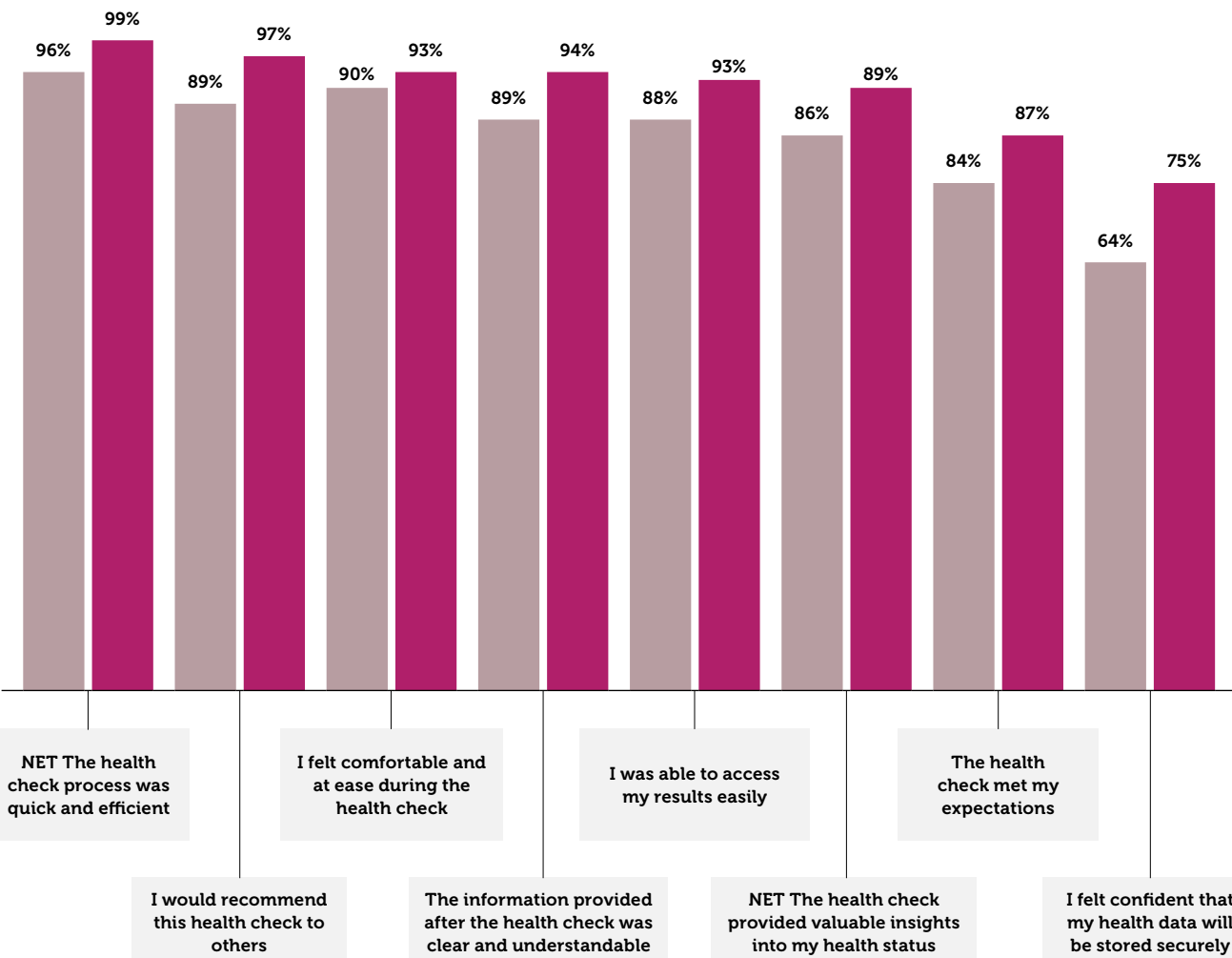
## Metro vs regional health check experience

Participants rated the health check highly, particularly those in regional areas. These responses tell us that the health experience matches people's motivations to do a health check – they're quick and accessible, easy-to-use and provide important health information. 91% of people would recommend a health check to others.

"The fact that you get the results straight away... they just knew what they were talking about."\*

"So quick and easy to do. Just get it done."\*

### Health check experience: metro vs regional



■ Metro  
■ Regional

\*Verbatim comments provided as part of the research.

Q5C: Please rate to what extent you agree or disagree with the following statements regarding your experience with the health check.  
Base: Have done the health check (n=801-811)

## Actions taken post-health check\*

Actions	No health indicator	Has a health indicator
Started monitoring my health metrics regularly	26%	38%
Increased physical activity	37%	46%
Made healthier dietary choices	34%	47%
None of these	7%	3%
Other, please specify	2%	5%
No action was taken	26%	10%
Quit or reduced smoking	3%	3%
Joined a health or wellness program	3%	7%
Quit or reduced alcohol consumption	6%	12%
Scheduled a follow-up appointment with a healthcare provider	6%	28%
Discussed the results with family or friends	24%	28%

Q7C: Which of the following action/s did you take or intend to take after completing the health check?  
Base: No Health Indicator (n=288), Has a Health Indicator (n=435), Can't Recall (n=88)

Getting a health check isn't just about the results – it's about what comes next. Participants told us that they were motivated to make healthier choices, whether they had an adverse health result (health indicator) or not. This means that even those told they were in good health were motivated to improve healthy habits after the health check.

Those flagged with a health indicator were the most proactive group, with many increasing their exercise, improving their diet or keeping a closer eye on their health metrics. Impressively, 28% booked a follow-up with their healthcare provider showing how health checks serve as a springboard to further help and diagnoses.

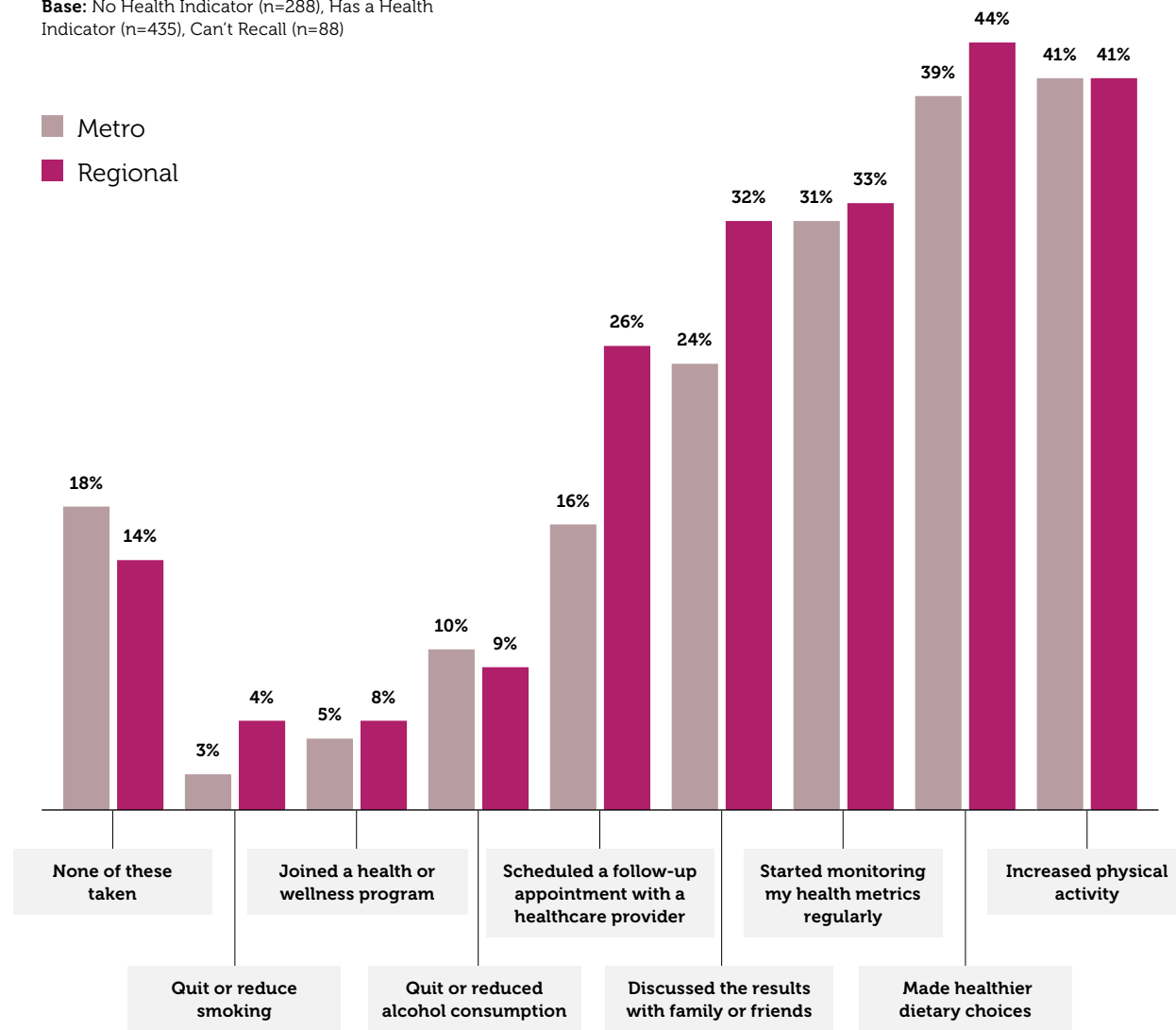
Regional participants stood out as especially proactive – not just making healthier choices but booking follow-up health appointments and discussing results with family and friends. This highlights the power of community support in driving better health outcomes, especially in areas where access to health care can be a challenge.

\*The 'can't recall' category was removed. Significance testing does not include 'can't recall.'

## Actions taken after the health check: metro vs regional

**Q7C:** Which of the following action/s did you take or intend to take after completing the health check?

**Base:** No Health Indicator (n=288), Has a Health Indicator (n=435), Can't Recall (n=88)



Participants reported sustaining these healthy behaviour changes over a long period of time, even up to a year after their health check. These outcomes show the impact that a 5-minute health check can achieve and aligns with our advice to take a health check once every six months.

## Actions following the health check: health check recency

	When the health check was completed			
	Between 1-3 months (n=449)	Within the last six months (n=178)	Within the last year (n=128)	More than a year ago (n=33)*
Increased physical activity	44%	40%	34%	48%
Made healthier dietary choices	40%	40%	41%	48%
Started monitoring my health metrics regularly	38%	25%	23%	18%
Discussed the results with family or friends	25%	31%	26%	15%
Scheduled a follow-up appointment with a healthcare provider	20%	16%	20%	12%
No action was taken	16%	17%	23%	15%
Quit or reduced alcohol consumption	9%	10%	12%	12%
Joined a health or wellness program	6%	4%	7%	3%
Quit or reduced smoking	2%	5%	5%	6%

\*Note small sample size, interpret with caution.

## Health checks save lives

Health checks are saving lives. Almost half (49%) of health check participants strongly agreed that the health check improved their health, while more than a quarter agreed that the health check may have saved their life.

These results show the profound impact of health checks and their importance as a preventative health care tool, giving people insights into their health status and the motivation to take action whether that be seeking further medical advice or making lifestyle changes.



**49%**  
improved health



**26%**  
saved my life

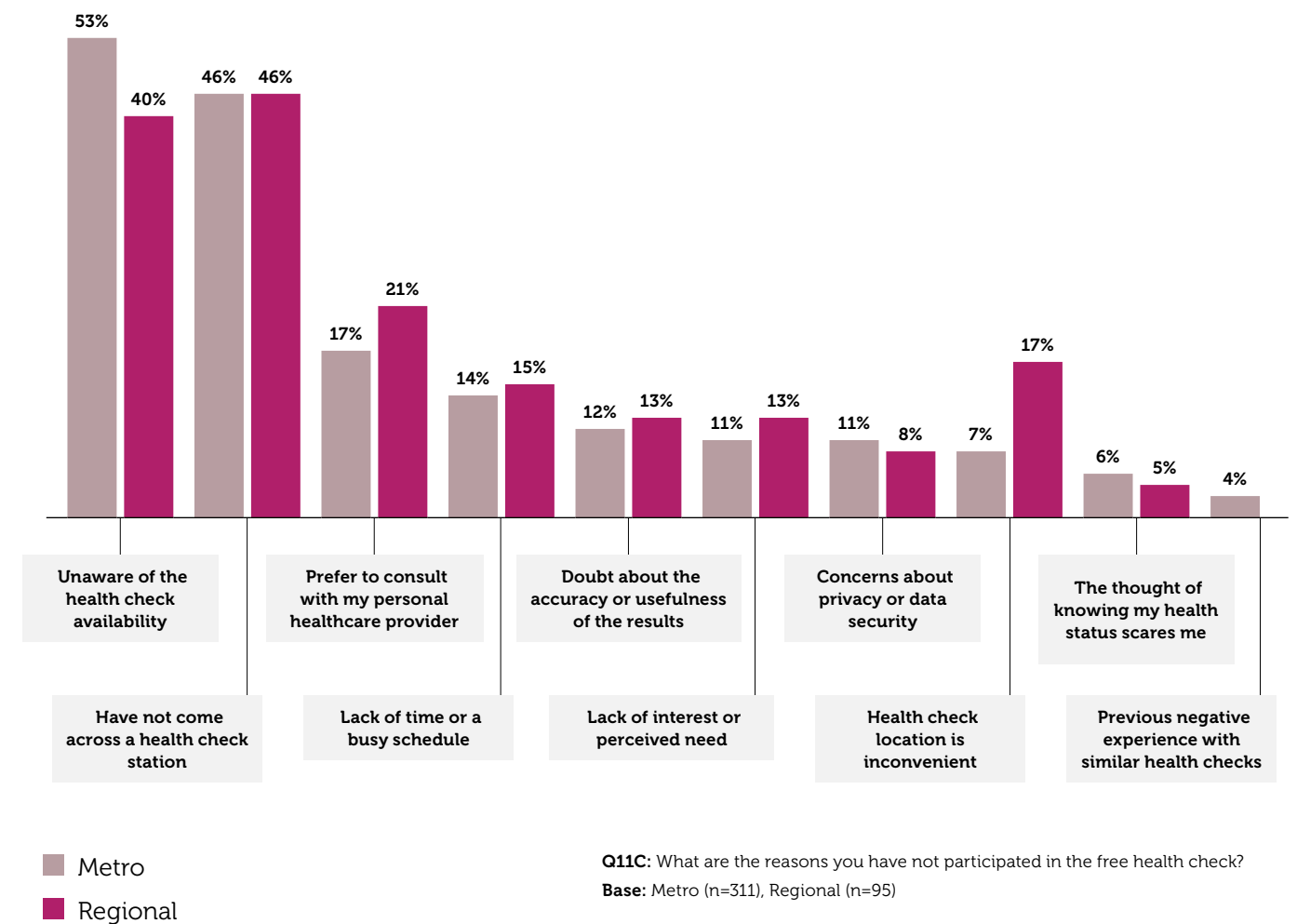
## Barriers to repeat a health check

Among all the surveyed health check participants, only 3% expressed reluctance to repeat the check. Primary reasons raised were perceived inaccuracy of results along with access and usability issues. This feedback highlights the need to address concerns of accuracy and user experience through messaging and participant education. However, it should be noted that this is only a very small sample size.

## Reasons for not having done a health check

Data revealed that the main reason people hadn't undergone a health check was a lack of awareness or exposure to health check stations. However, only 40% of regional non-participants and 53% of metro non-participants were unaware of health checks, highlighting the significant growth in awareness across Australia within just 12 months of the first Boxing Day Test.

### Reasons for not doing the health check: metro vs regional





## Likelihood to participate

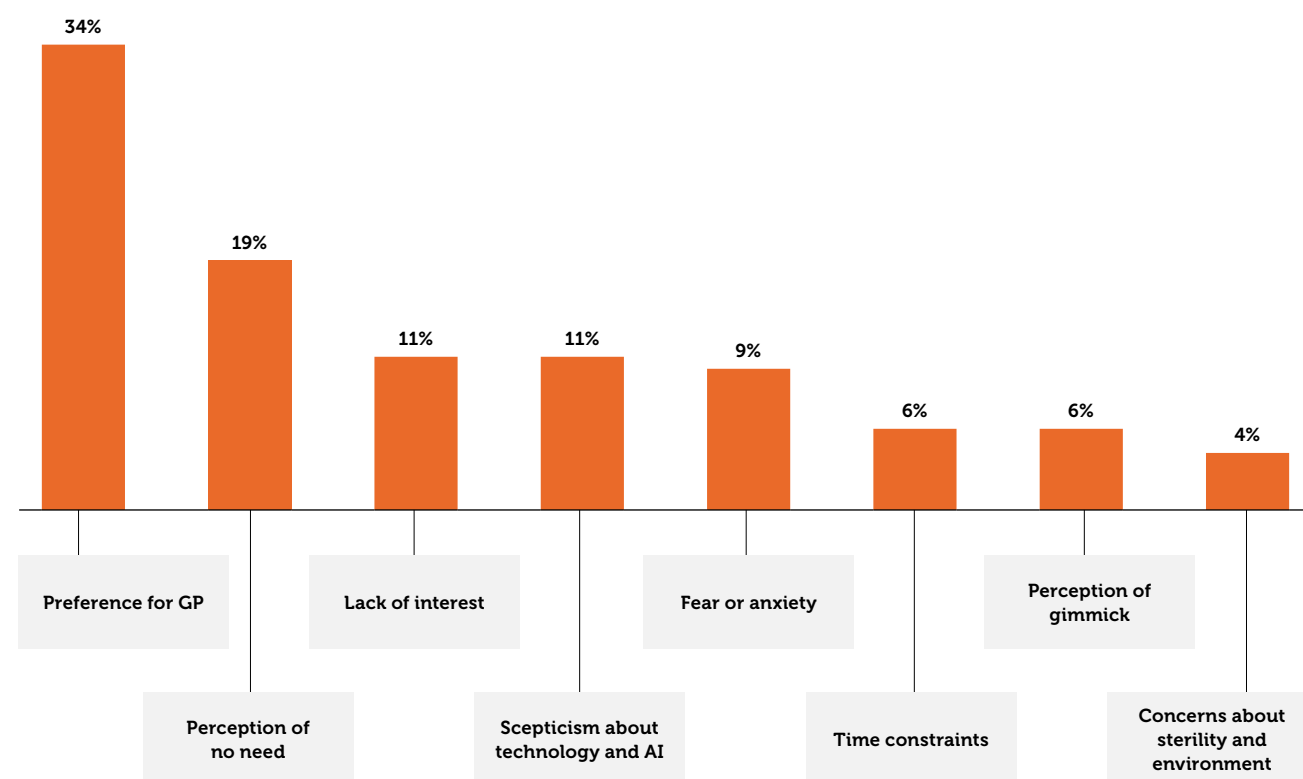
### Likelihood to participate in the health check



- NET likely
- Neither likely nor unlikely
- NET unlikely
- Don't know

**Q13C:** You mentioned that you would be < Very unlikely or unlikely> to participate in the health check if it were available to you. Could you please explain your reasons for this decision?

**Base:** Very unlikely or unlikely to participate in the health check if it were available (n=213)



66% of people who hadn't yet taken a health check would take advantage if one were available to them underscoring the importance of equity of access in health care. Only 12% were unlikely to participate, the main reason being a preference for consulting a GP, as reported by 34% of this cohort.

This highlights a key insight: while some embrace the convenience of a health station, others prefer to consult face-to-face with a GP. Trust and expertise, scepticism towards AI in health, preference for personal interaction, and anxiety of learning bad results all contributed to this result.

Importantly, we have learnt that there is a potential misunderstanding of the role and benefits of the health check. They are intended to supplement regular medical care by identifying health issues early and serve as a first step to improving healthy habits and seeking additional care.

Strengthening messaging around the value of early awareness and 'knowing your numbers' will motivate people to learn about their health.

## Conclusion

Health checks have a significant, sustained impact on improving health behaviours which in turn improve participants' health. 47% of participants believe that their health check improved their health whilst a staggering 26% believe that the health check potentially saved their life.

We are seeing almost half of all participants improve their eating habits and exercise habits, many of whom are sustaining those habits even 12 months after a health check. Most impressively, whether people's results showed they were healthy or had adverse findings, they were motivated to lead a healthier life.

91% of people would recommend a health check to others and a third of participants discuss their results with family and friends, showcasing the importance of socialising preventative health activities and harnessing community engagement.

Potential differences in lifestyle constraints and access to health resources between regional and metro areas shone through in the research. This has further fuelled our focus on inclusivity and accessibility in health care, ensuring health checks are within the reach of all Australians.

Latrobe Health, in their partnership with Shane Warne Legacy and SiSU Health, will use these insights to further make a difference to our members and community.





Latrobe Health  
Supporting the health of local communities



t: 1300 362 144 | e: [info@lhs.com.au](mailto:info@lhs.com.au) | w: [latrobehealth.com.au](http://latrobehealth.com.au)