

PURPOSE

The epidemiological transition of disease in Indonesia puts non-communicable diseases (NCDs) responsible for an estimated 71% of total deaths. [1]



Problem: The Faculty of Engineering found their students were not getting hired despite graduating with good grades... due to their health examination!

Solution: A collaboration between the Faculty of Engineering the Faculty of Medicine, Nursing and Public Health led to the idea of medical students in their clinical rotations training staff from the engineering faculty to pioneer a monthly health screening program for students.

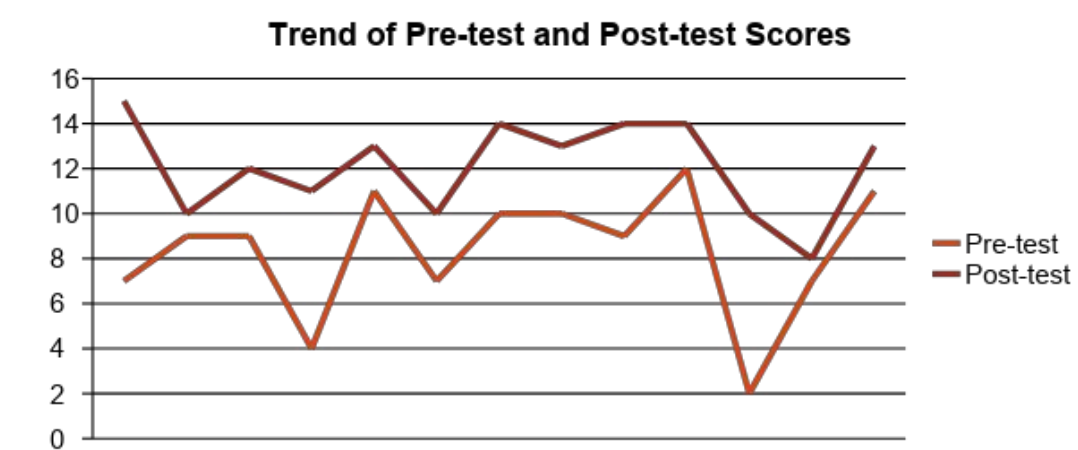
ACTIVITY

The training involved a demonstration of the set-up which consisted of five posts; registration, assessment of risk factors, measurement of body mass index (BMI), physical examination and counselling

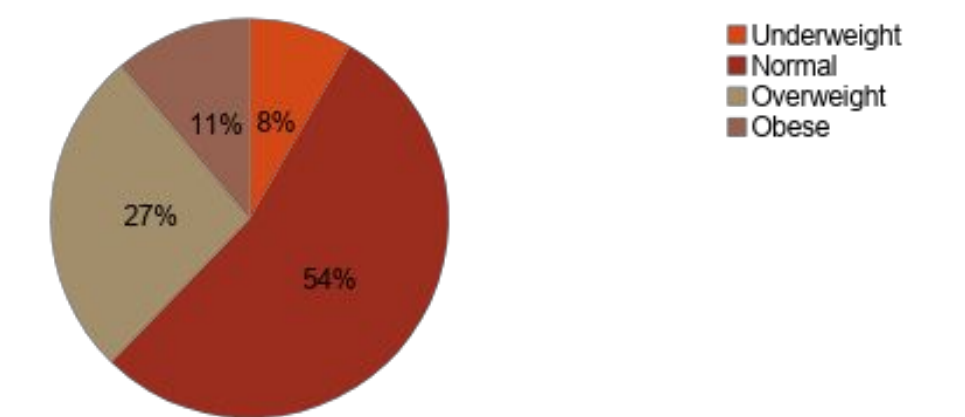


FINDINGS

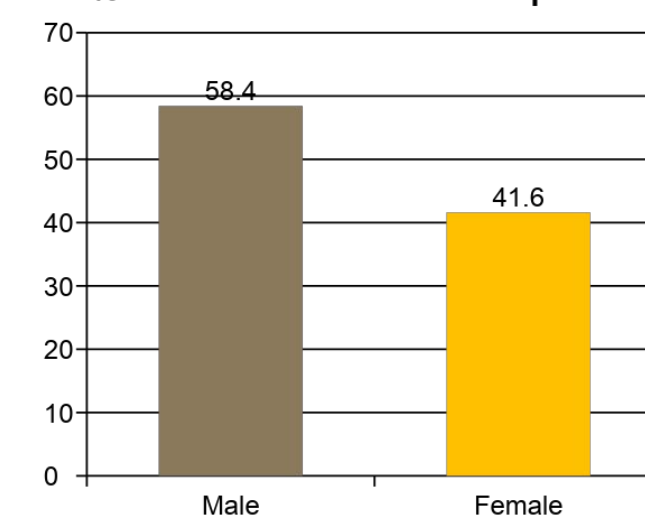
35 staff members from the Faculty of Engineering attended the training conducted by the medical students and 143 students joined the health screening launch



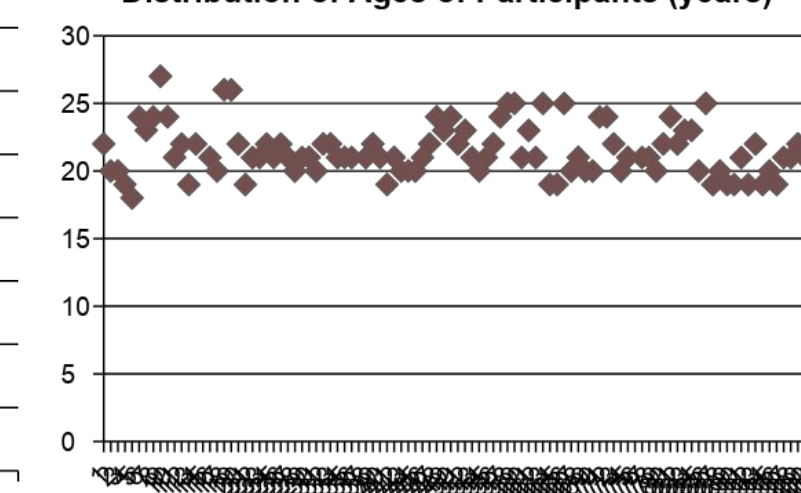
% of Students in the Faculty of Engineering UGM According to Body Mass Index (BMI)



% of Male and Female Participants



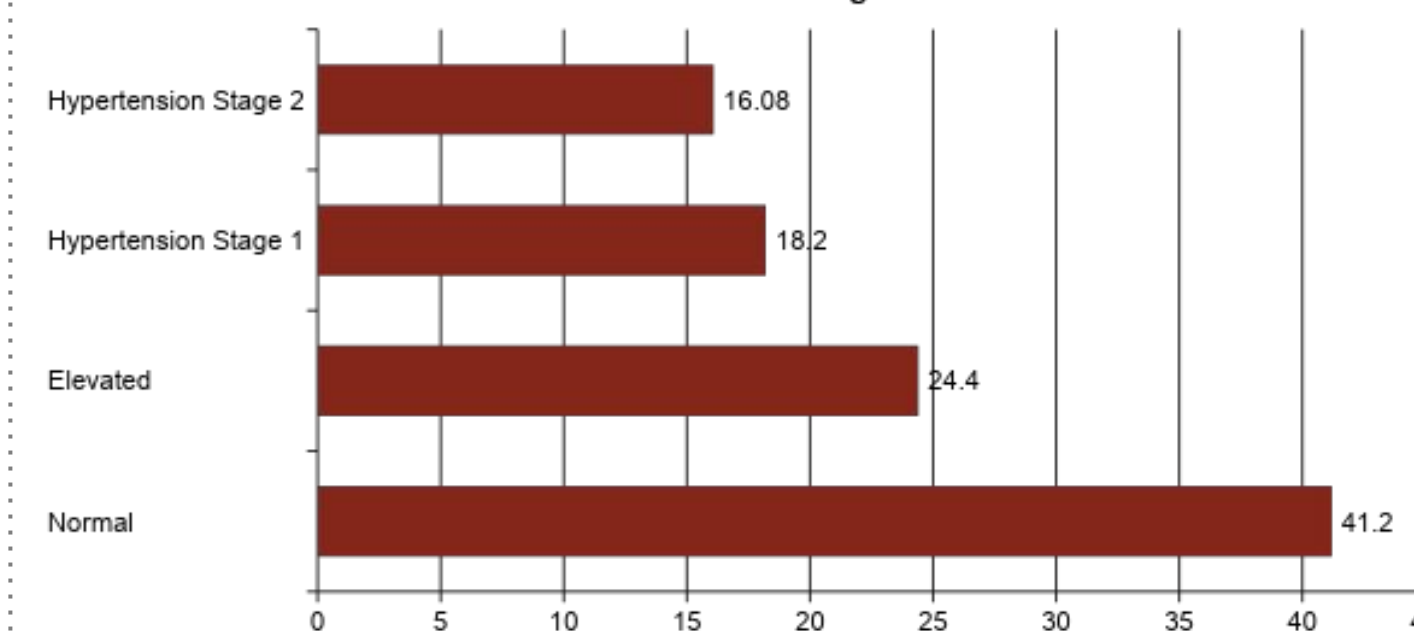
Distribution of Ages of Participants (years)



LESSONS LEARNT

- Multiple training sessions and standardized guidelines
- Is the goal to heed behavior change or empowerment? [2]
- The focus of this health screening program should be to create an environment where individuals can develop their own healthy lifestyles in a manner suitable to them.
- Facilitating not dictating, enabling not enforcing.

% of Students in Faculty of Engineering UGM and their corresponding Blood Pressure Categories



BIBLIOGRAPHY

- [1] South-East Asia Regional Office. (2019). *Non Communicable Diseases*. [online] Available at: http://www.searo.who.int/indonesia/areas/noncommunicable_disease/en/ [Accessed 24 Apr. 2019].
- [2] Tengland, P. (2016) 'Behavior Change or Empowerment: On the Ethics of Health-Promotion Goals', *Health Care Analysis*. Springer US, 24(1), pp. 24–46. doi: 10.1007/s10728-013-0265-0.