

# Evaluation Report, 2008

Chris Choe at the Institute of Health, University of Warwick, evaluated Apnee Sehat's Project "Making a Difference". The evaluation elicited the views and experiences of the community where the Apnee Sehat initiatives were undertaken.

## Key Findings

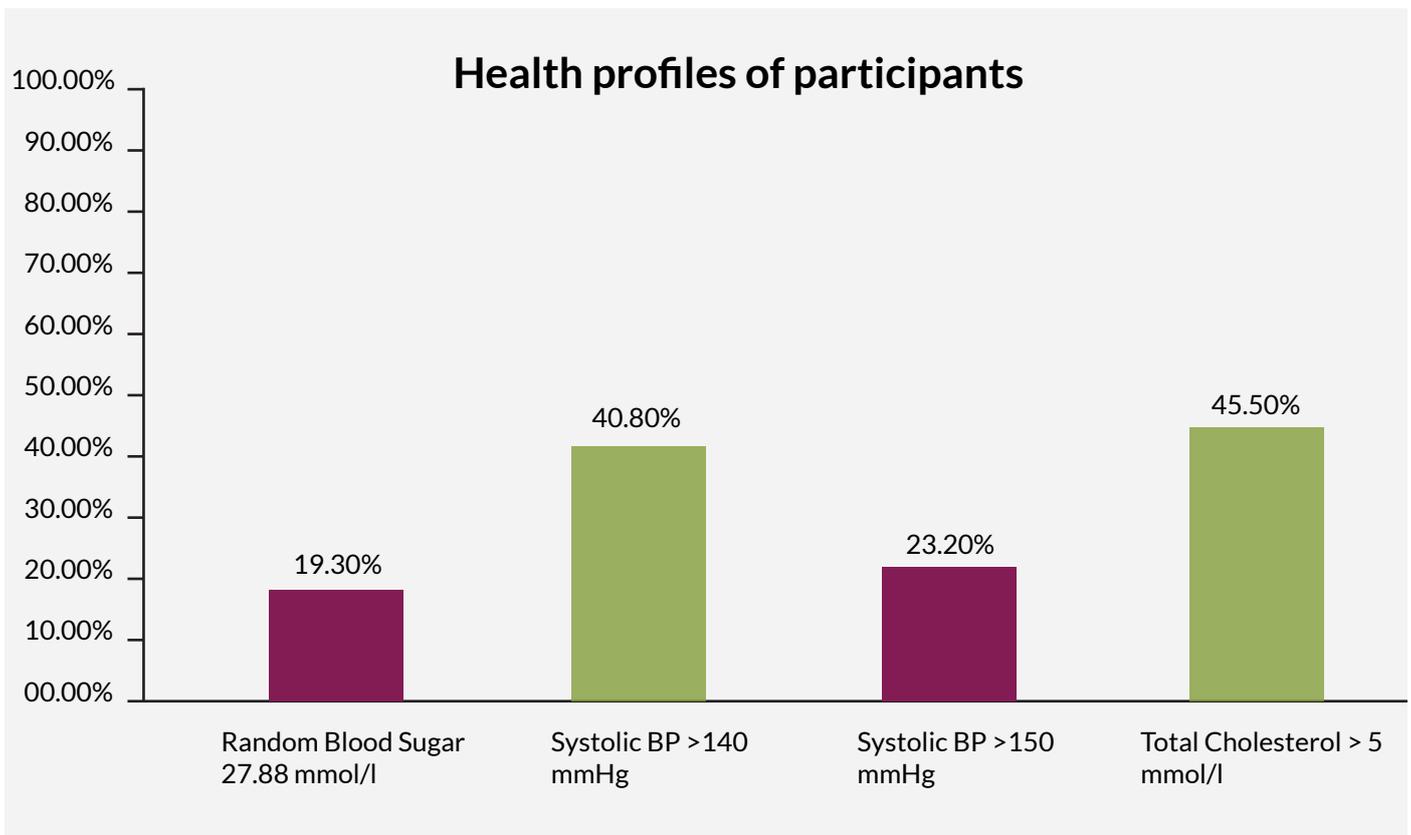
- Raise in general awareness on the importance of fundamental changes to health and lifestyles within the Sikh community.
- Sustained impact in the community based in the Gurudwara, due to the enthusiasm and efforts by number of 'health champions', in particular Dr. Boardman and Mrs. Gill.
- Particular impact of the health messages because of the message delivery by someone from his/her own community.
- Identifying dietary problems and providing solutions to bring a change. Changes in the participants were noted at the individual and household level.
- The initiative was very context specific, and delivered in a culturally sensitive way.

## Apnee Sehat Evaluation (Feb '07 - Jan '08):

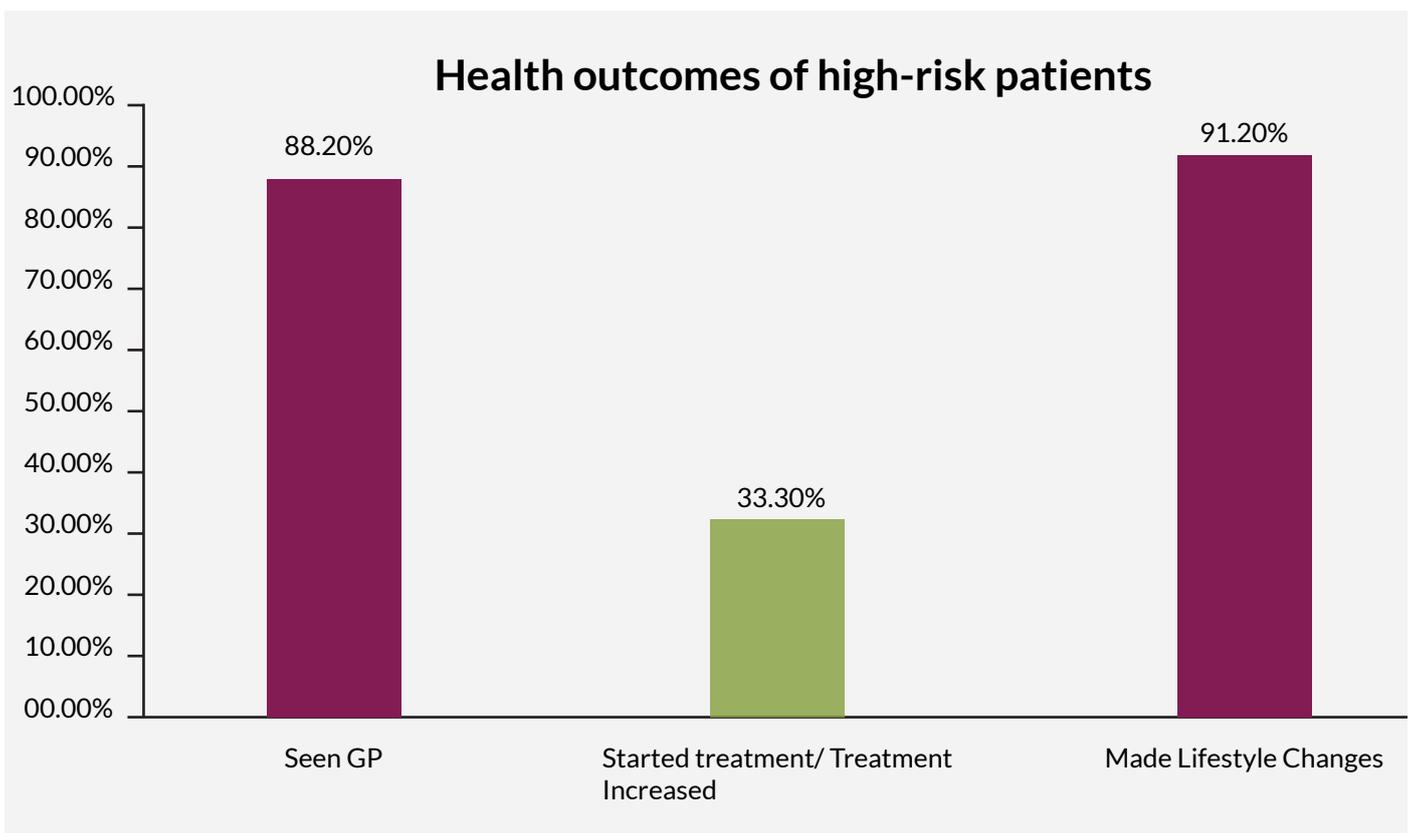
**Table 1:** Number of participants screened with their demographic data, anthropometric measurements and investigations results.

	Total patients (n = 544)	Leamington (n = 409)	Coventry (n = 135)
Age	54.5 ± 15.9	56.8 ± 14.7	49.6 ± 17.2
Weight	72.6 ± 14.1	72.5 ± 14.5	72.8 ± 13.4
BMI	28.3 ± 4.9	28.8 ± 5.3	26.9 ± 3.7
Systolic	135.4 ± 22.2	137.4 ± 22.3	130.1 ± 21.2
Diastolic	83.2 ± 12.3	83.5 ± 11.9	82.4 ± 13.2
Blood sugar	6.6 ± 3.1	6.5 ± 2.6	6.7 ± 3.7
Percent fat	35.8 ± 8.4	37.4 ± 8.2	31.6 ± 7.6
Cholesterol	-	4.9 ± 1.1	-

**Figure 1:** Health profiles of participants (n = 544) during screening.



**Figure 2:** Results of telephonic survey for determining health outcomes among high-risk patients identified in the population.



## “Making a Difference”- What patients have to say!

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I exercise more; I and mum now walk every day.

My family is happy to cut down and make changes.

I actually changed my whole way of eating. I feel much better.

I teach my children what is good for them, what is bad for them.

Try to involve the rest of the family.

I didn't realise there were so many diabetics and so many heart attacks.

Fantastic - it's a really good place to do it. Better late than never, ...,  
needs more support - from NHS or whoever- needs to be sustained.

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