

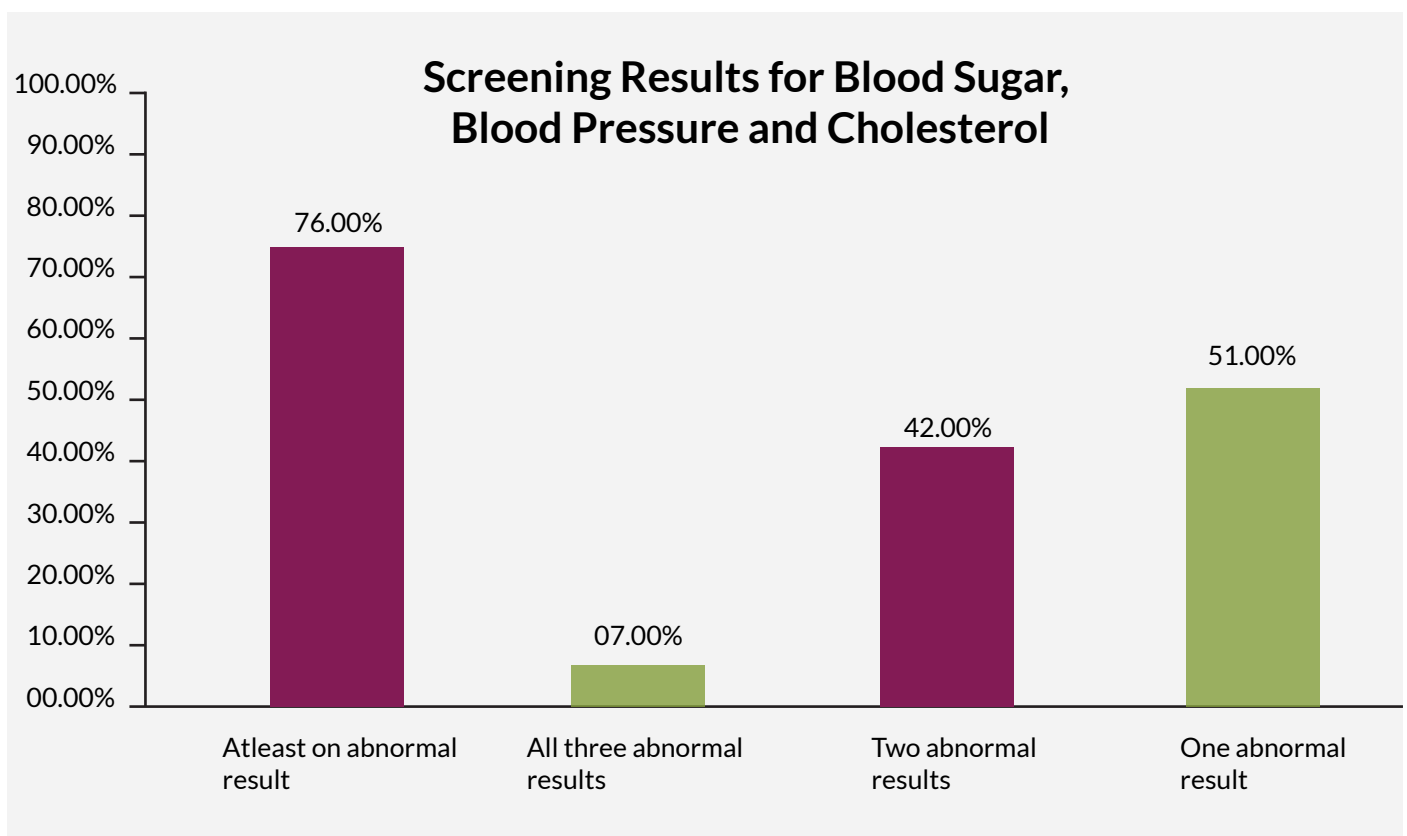
# Evaluation Report, 2009

The Institute of Health, University of Warwick conducted an evaluation of Apnee Sehat CIC in Coventry from June 2008 to May 2009.

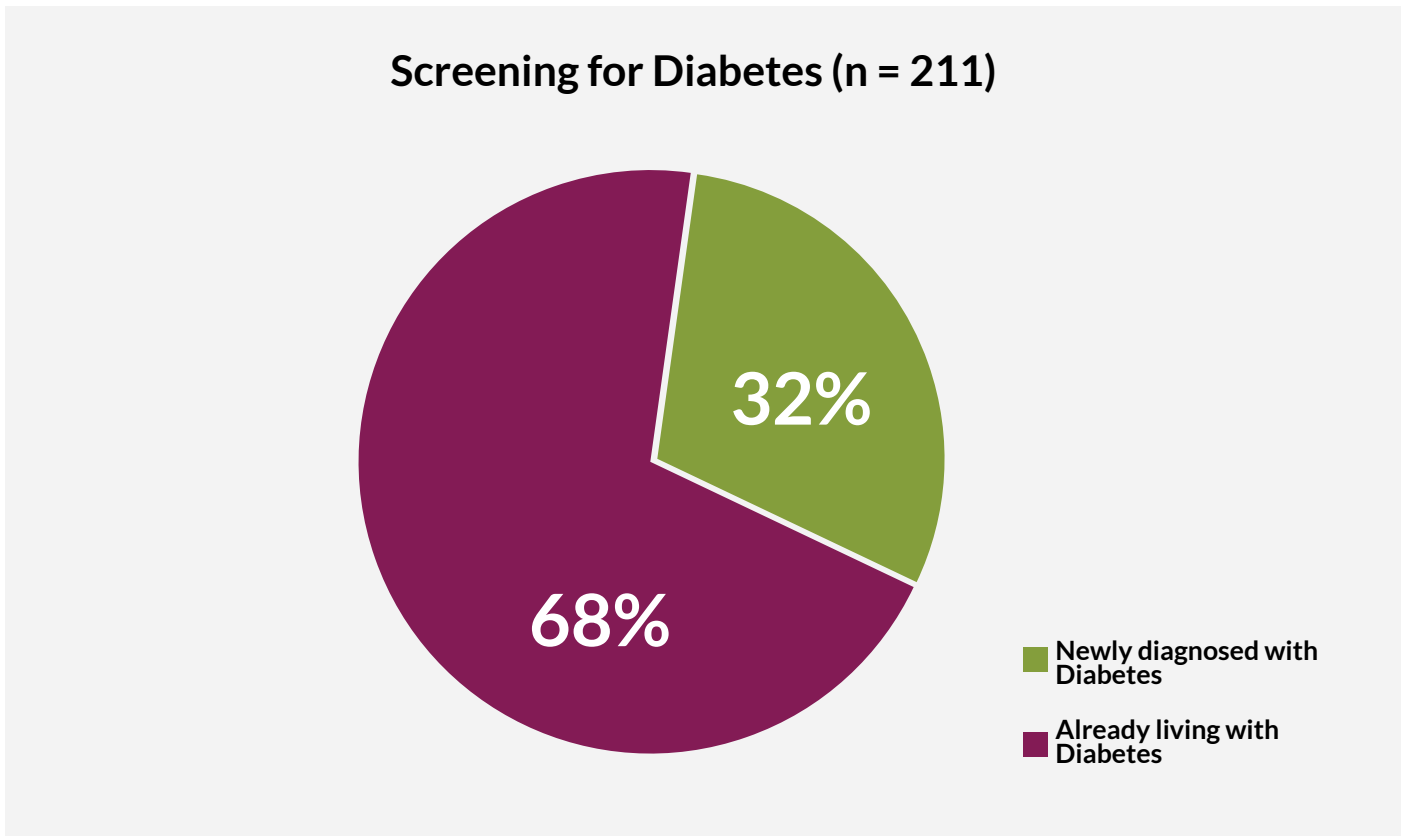
## Key Findings

- Apnee Sehat had contacted 750 participants, of these 101 attended diabetes education, 643 attended healthy lifestyle and screening sessions, 20 participated in shopping tours and 40 participants attended cooking sessions.
- 76% of those screened exhibited abnormal results of blood pressure, blood glucose or cholesterol.
- The screening sessions suggest that there are areas of unmet health needs within this community.
- Apnee Sehat has been successful in identifying possible undiagnosed diabetics in the community and encouraging contact with healthcare services.
- Education and empowerment are fundamental to the approach of Apnee Sehat, encouraging participants to make healthy choices in diet and lifestyle.

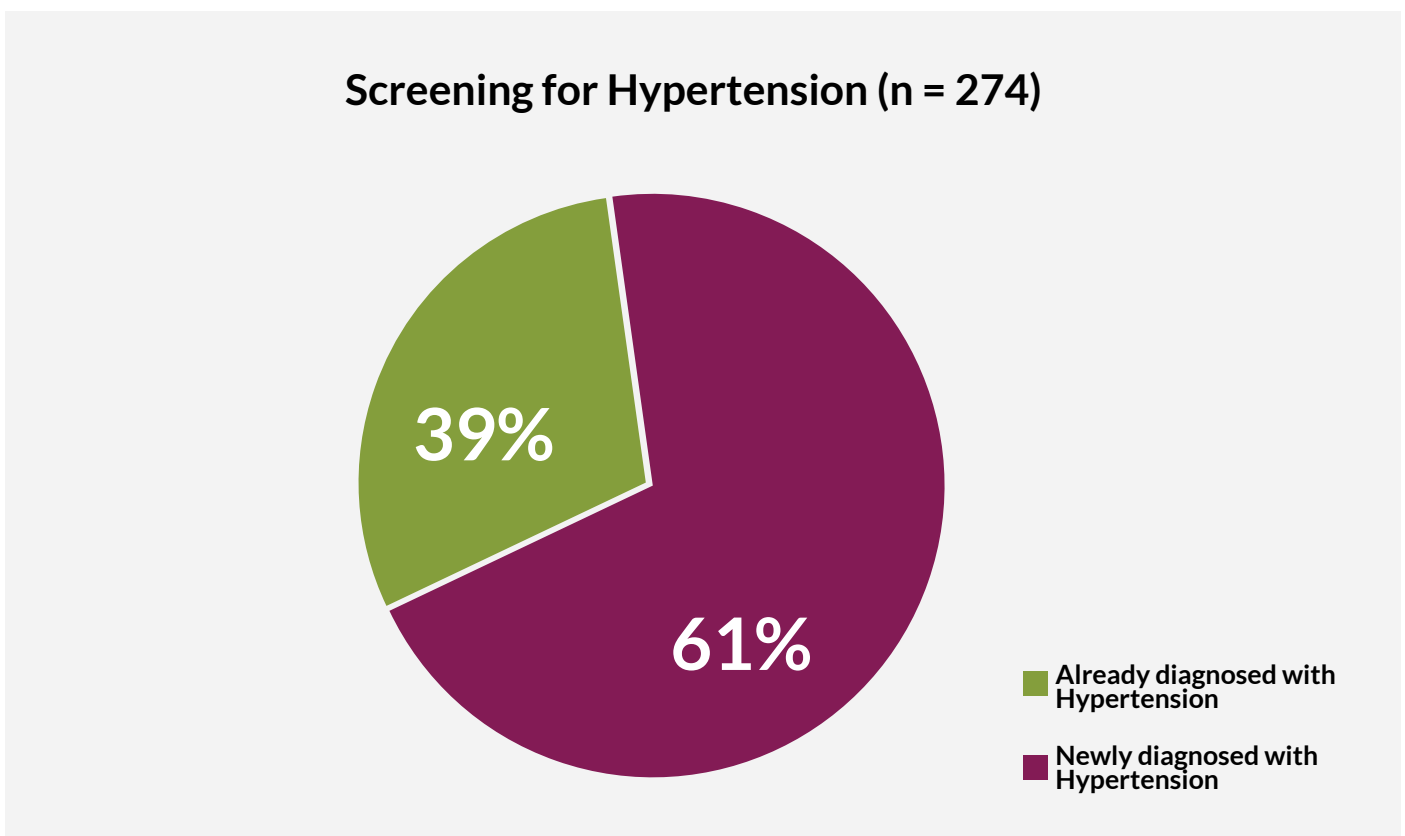
**Figure 1** : Results of screening for blood sugar, blood pressure and cholesterol.



**Figure 2** : Results of diabetes screening among 211 participants with raised blood sugar levels.



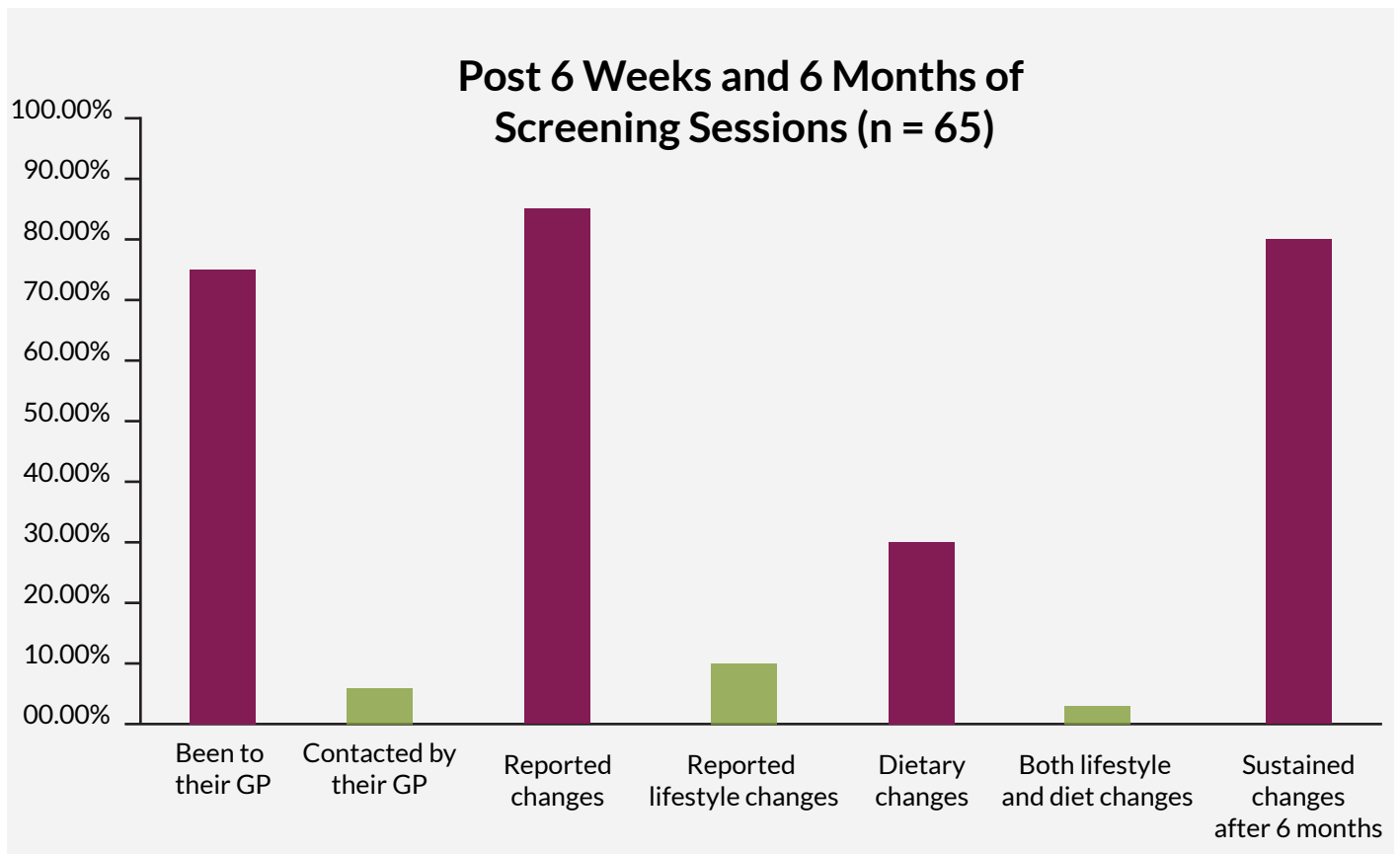
**Figure 3** : Screening results of 274 participants with raised blood pressure.



It was not possible to identify those who may have had previously undiscovered high cholesterol, as baseline data collection was not done. However, this collection is now in process and in future screenings this figure may also be assessed.

In order to assess any sustained impact of the health screening and education session, a telephone follow-up was done on sample of 65 participants at 6 weeks and 6 months post screening session. These interviews were conducted in the participants' own language by a DSN (Defense Switched Network).

**Figure 4 :** Results of telephonic interview by DSN after 6 weeks and 6 months of screening sessions.



These numbers (Figure 6) suggest that Apnee Sehat screening was effective and made a difference to the participants. The majority of participants who made changes appeared to sustain those changes for at least six months.