



PIT STOP

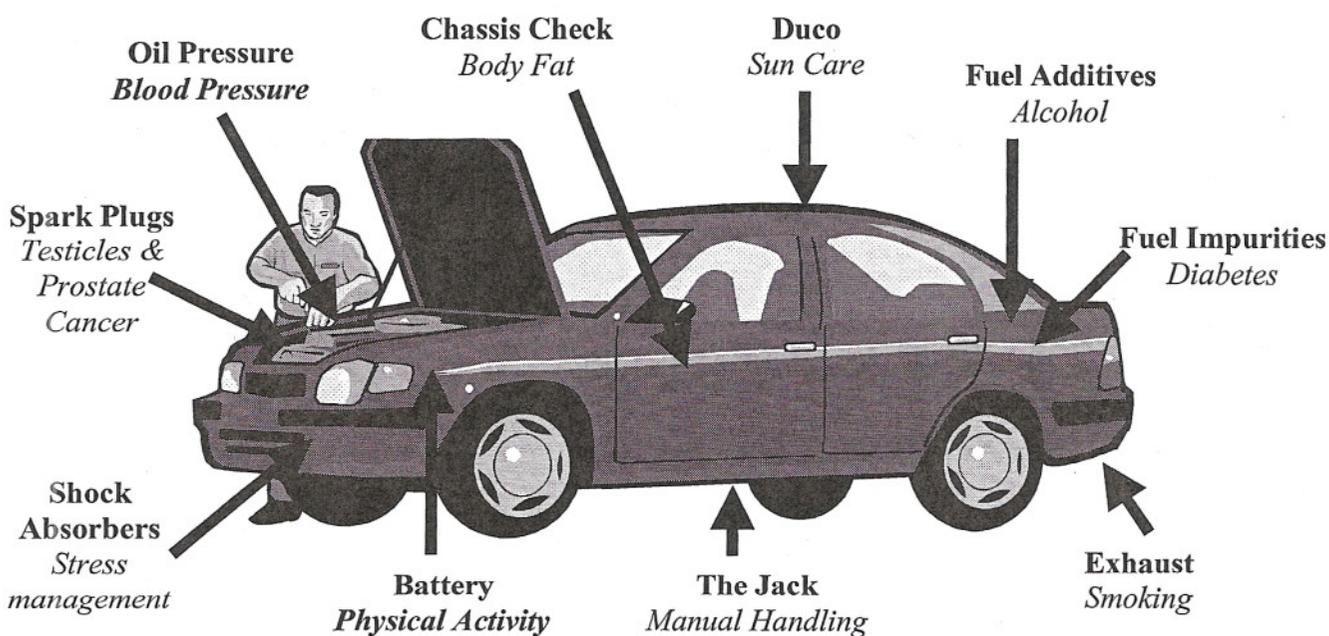
a mechanical health check for men



About Pit Stop

Pit Stop is a mechanical health check for men, using the analogy of the male body as a car. We're challenging men to haul their bodies over the pits to see if they can achieve REGISTRATION (road worthy, or be issued with a YELLOW STICKER.

- Failure in 4 or more check points results in a YELLOW STICKER.
- A "Fail" in any section should be followed up and addressed with the appropriate Health Professional, just as a mechanical error would be fixed by your Mechanic.



More Information

- If you would like more information about Pit Stop
- If you have any comments or suggestions about how we can improve Pit Stop
- If you would like Pit Stop to come to your work place, sporting club or event.
- If you are interested in becoming a sponsor
 - Contact the Pit Stop Coordinator, RRHSI, 24 Hawdon Street, Barmera SA 5345
 - Ph: (08) 8588 0400 Fax: (08) 8588 0499

Riverland Men's Health and Information Network

- Meetings are held on the 1st Thursday of every month, at 5:15pm in the Board Room of Barmera Hospital. All men interested in Men's Health issues are encouraged to attend.
- For more information contact the chairperson on (08) 8582 3182



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RRHSI

MEN, HEALTH & CARS

Men's Health

- Men are the sickest group in society after Aborigines
- Men are more likely to die of all selected causes than women.
- The lowest users of preventative health services; only go to the Doctor if the problem is too serious to ignore
- To admit to having a problem and to seek help is seen as a sign of weakness or not masculine.

Cars

- Men take an interest in maintaining their vehicles - regular tune-ups, oil etc
- Why don't their bodies rate the same attention?

"Men go to Doctors with a garage mentality ~ they want to leave their bodies and pick them up when they're fixed."



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The Idea - A strategy to get men interested in preventative health

- Analogy: male body = car
- To maintain a car in good working order you need to conduct regular preventative maintenance
- Look after your health like you look after your car
- Mobile screening tool - taken to Men
- Removes the stigma and waiting time of the traditional health setting
- Humour is a major ingredient!

The Challenge: Haul your body over the pits to determine if you are roadworthy

PASS = REGISTRATION
FAIL = DEFECT STICKER