

PROJECT TITLE: Comprehensive SNAP management as part of health checks for people aged 45 years

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COAG have proposed introducing a preventive health check for people at age 45 years. This is an important opportunity for effective interventions to prevent, detect and manage chronic disease. Building on previous work on the implementation of behavioural risk factor management in general practice, this study will examine the feasibility and effectiveness of a structured approach to management of the SNAP risk factors (smoking, nutrition, alcohol and physical activity) as part of a health check for patients aged 45 years in general practice.

This will be a pilot study which will compare the change in lifestyle behaviour of patients before and after being recalled at age 45 years for a health check which includes SNAP risk assessment and management. The study will inform further research and the implementation of policy on health checks in this age group.