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Preventing Non-Communicable Diseases by Implementing the Free Health Screening Program



Wimar Anugerah Romadhon^{ID}, Erni Setiyorini^{ID}, Ning Arti Wulandari^{ID}, Yeni Kartika Sari^{ID}, Anita Rahmawati^{ID}, ^{CA}Ulfa Husnul Fata^{ID}, Raden Roro Dewi Rahmawati Aktyani Putri^{ID}, Thatit Nurmawati^{ID}, Sandi Alfa Wiga Arsa^{ID}, Sabrina Rahmatillah Azhar^{ID}

STIKes Patria Husada Blitar, Indonesia

^{CA}Corresponding Author

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Abstract

Degenerative diseases are still a national problem and require special attention. Patria Husada Health College Blitar in collaboration with Visayas State University Philippines has implemented a government program, namely Free Health Checkup (CKG). The purpose of this community service is to conduct public health checkups including screening for non-communicable diseases, measuring body mass index, measuring blood pressure, checking blood sugar, cholesterol and uric acid levels, and other examinations. Participants in the Free Health Checkup (CKG) are residents in the working area of the Sananwetan Health Center, totaling 57 people. CKG activities include weighing, checking blood pressure, blood sugar levels, blood cholesterol levels, blood uric acid levels, eye screening, ear screening, dental screening, Clinical Breast Examination (SADANIS) and EKG examination. The CKG activity was held on Thursday, October 30, 2025 at the Sananwetan Village Residents Association Hall. The examination results showed that 5.3% of participants had a history of diabetes mellitus (DM), 29.8% had pre-hypertension, 28.1% had hypertension type 1, 19.3% had hypertension type 2, 8.8% had high cholesterol, and 14% had high uric acid levels. Only 24.6% of the participants were advised to be referred to a community health center (Puskesmas) or health facility following a doctor's consultation. The remainder were advised to maintain a healthy diet and take medication regularly. Universities can develop strategies for future community service activities by prioritizing promotive and preventive activities without neglecting curative and rehabilitative activities.

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✉ Correspondence Address:

STIKes Patria Husada Blitar – East Java, Indonesia

Email: ulfaners@gmail.com

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INTRODUCTION

Health is the foundation of the human life cycle and influences a person's ability to achieve quality of life. A medical check-up is a process used to detect disease. Prevention and treatment of disease can be achieved through regular health check-ups. The primary goal of a health check-up is to reduce the risk of disease and detect it early. Health check-ups can be performed periodically, such as an annual medical check-up, or when a person experiences health problem. By undergoing regular health check-ups, people can maintain their health, prevent diseases from developing into more severe illnesses, and improve their quality of life. Diseases that cannot be directly transmitted are also called non-communicable diseases (NCDs) and are characterized by chronic conditions and slow progression ([Alpices et al., 2025](#)).

Degenerative diseases include diabetes mellitus (DM), hypertension, stroke, and kidney failure. These diseases currently require special attention, as some of them, if left untreated, can lead to death ([Antar et al., 2023](#)). Chronic diseases that cause the most deaths and/or the largest healthcare costs include asthma, cancer in general, diabetes, heart disease, hypertension, stroke, and chronic kidney disease. Preventive measures are needed to address these issues. The high incidence of degenerative diseases also underscores the importance of managing them ([Sugiyanto et al., 2025](#)).

Non-communicable diseases (NCDs) are a public health problem that require ongoing attention due to their association with premature death, disability, decreased productivity, and increased healthcare costs. This situation demonstrates that promotive and preventive interventions are not sufficient through curative health services; they must be accompanied by public education that is easily understood, repeated, and relevant to everyday life ([Suhartini et al., 2026](#)).

Non-Communicable Diseases (NCDs) are a major challenge in public health development because they are chronic, progressive, and have the potential to cause serious complications if not detected early ([Thakur et al., 2021](#)). Nationally, the prevalence of NCDs shows an increasing trend. Based on the 2018 Basic Health Research (RISKESDAS) published by the Ministry of Health of the Republic of Indonesia, the prevalence of diabetes mellitus in the population aged ≥ 15 years

reached 8.5%, joint diseases including gout at 11.9%, and total cholesterol levels above normal (>200 mg/dL) at 28.8%. These data indicate a high-risk factor for metabolic disorders in the community that has the potential to develop into cardiovascular disease. At the community level, low awareness of regular health check-ups is one factor causing delays in NCD detection. Work routines often prevent people from prioritizing health check-ups, including difficulties obtaining permits to access health care facilities. As a result, diseases are only identified when they have already caused symptoms or entered the complication phase ([Pratiwi et al., 2026](#)).

The prevalence of diabetes according to a doctor's diagnosis increased from 1.5% to 2.2% between 2018 and 2023. The prevalence of hypertension in 2023 reached 8.0%, and the prevalence of heart disease in 2023 reached 1.5% ([Arulmohi et al., 2017](#)). Non-communicable diseases such as hypertension and diabetes continue to increase every year, especially in adults and the elderly, and are a source of problems if not addressed. The prevalence of hypertension in Indonesia among residents aged 18 years and over reached 34.11% based on the 2023 Indonesian Health Survey (SKI), while the prevalence of hypertension in East Java in 2018 was 36.3% based on the Basic Health Research (Riskesdas). From the East Java Health Office Profile, the estimated number of Diabetes Mellitus (DM) sufferers in East Java is 863,686 from the population aged 15 years and above, Diabetes Mellitus sufferers in 38 districts and cities throughout East Java have reached 842,004 cases (97.5% of the estimated existing DM sufferers ([Aprilawati et al., 2025](#)). Early detection is one of the preventive and promotive efforts in overcoming degenerative diseases ([Sugiyanto et al., 2025](#)).

Efforts to avoid Non-Communicable Diseases (NCDs), people must live a healthy lifestyle, such as not smoking, eating more than five portions of fruit and vegetables every day, not eating more than one teaspoon of salt every day, limiting consumption of artificial sweeteners to four tablespoons every day, controlling consumption of fat (oil) to five tablespoons every day, exercising at least 30 minutes every day, three to five times a week, and avoiding alcohol and soft drinks. Reducing pollutants and maintaining physical health by maintaining blood pressure, cholesterol, blood

sugar, and body weight within the normal range are in good condition, and maintaining physical health by maintaining blood pressure, cholesterol, blood sugar, and body weight within the normal range are further initiatives to produce a healthy environment ([Pebriani et al., 2025](#)).

Risk management for Non-Communicable Diseases (NCDs) can be achieved through CERDIK behaviors, including regular health checks, avoiding smoking, staying physically active, eating a balanced diet with the right number of calories, getting enough sleep, and managing stress. These healthy habits are simple and easy to remember, and can be practiced daily to maintain physical health, improve fitness, and enjoy a disease-free old age. By adopting a healthy lifestyle and regularly checking in with healthcare providers, one can prevent NCDs ([Qosim et al., 2025](#)).

The Free Health Check (CKG) program, which began on February 10, 2025, is based on the Decree of the Minister of Health Number HK.01.07/MENKES/33/2025. This program provides free health screenings for the public, which is implemented through Community Health Centers (Puskesmas). CKG is one of the government's efforts to help people live healthier and increase public awareness in efforts to prevent chronic diseases by conducting regular health monitoring, and also efforts to reduce disease complications and deaths from hypertension and Diabetes Mellitus. CKG conducted by Community Health Centers includes blood pressure checks, blood sugar checks, and weight monitoring for those aged 18 years and over ([Aprilawati et al., 2025](#)).

Interactions between students, staff, and the surrounding community relate to the campus environment. In Indonesia, campuses have significant potential to contribute to improving public health, particularly through outreach activities and health services. Health programs that involve students and the surrounding community can have a positive impact on increasing awareness and healthy living behaviors. Programs such as free health checks, health education, and healthy lifestyle campaigns have proven effective in increasing

further initiatives to produce a healthy environment health literacy. Furthermore, these programs also contribute to reducing the risk of chronic diseases in the community ([Alfaaza et al., 2024](#)).

Patria Husada Blitar College of Health Sciences (STIKes) is the only health college in Blitar City that implements a community service program. Patria Husada Blitar College of Health Sciences, in collaboration with Visayas State University, Philippines, also contributes to the success of the government's Community Health Program (CKG). The purpose of this community service activity is for Patria Husada Blitar College of Health Sciences, in collaboration with local health centers, to participate in community health screenings, including sexuality transmitted disease screenings, body mass index (BMI) measurements, blood pressure measurements, blood glucose, cholesterol, and uric acid levels, and other tests.

The CKG program is an extension of existing health screening programs. The CKG examination has more comprehensive components and covers a wider age range, not just specific age groups. With this CKG examination, it is hoped that public health care can be achieved. Furthermore, this activity can also serve as a source of scientific information that can be used in the development of study materials for health education ([Panjaitan et al., 2026](#)).

METHOD

The participants of this Free Health Checkup were residents within the Sananwetan Community Health Center's coverage area, with 57 people in attendance. This community service activity used an accidental sampling technique, selecting samples based on the number of participants in attendance. The sample size was adult and elderly. All participants were weighed, had their blood pressure, blood sugar, blood cholesterol, and blood uric acid levels checked, and underwent eye, ear, dental, SADANIS, and EKG examinations. The CKG activity was held on Thursday, October 30, 2025, at the Sananwetan Village Community Association Hall.

RESULTS

Table 1. Distribution of participants based on gender, age, and health history at the Residents' association 02 Hall, Sananwetan Village, Sanawetan District, Blitar City, November 2025.

Variable	Frequency	(%)
Gender		
Male	16	28,1
Female	41	71,9
Total	57	100
Age		
Adults	30	52,6
Elderly	27	47,4
Total	57	100
Medical History		
No Underlying Disease	39	68,4
Hypertension	14	24,6
DM	2	3,5
Hypertension and DM	2	3,5
Total	57	100

Based on [Table 1](#) above, it can be concluded that the majority of participants were female, namely 71.9%; the majority of participants were in

the adult category, namely 52.6%; Health History of participants, only 3.5% had a history of DM and 24.6% had a history of hypertension.

Table 2. Distribution of participants based on BMI, blood pressure, blood sugar, cholesterol and uric acid at the Residents' association 02 Hall, Sananwetan Village, Sanawetan District, Blitar City, November 2025.

Variable	Frequency	(%)
Body Mass Index (BMI)		
Underweight (< 18,5)	3	5,3
Normal (18,5 – 24,9)	24	42,1
Overweight (25 – 29,9)	21	36,8
Obesity (\geq 30)	9	15,8
Total	57	100
Blood Pressure		
Normal < 120/80 mmHg)	13	22,8
Pra-hypertension (120 – 139/80-90 mmHg)	17	29,8
Hypertension 1 (140-159/90-99 mmHg)	16	28,1
Hypertension 2 (> 160/100 mHg)	11	19,3
Total	57	100
Blood Sugar Levels		
Normal (< 200 mg/dl)	34	59,6
Normal limits (140 – 199 mh/dl)	20	35,1
High Blood Sugar (> 200 mg/dl)	3	5,3
Total	57	100
Cholesterol Levels		
Normal (< 200 mg/dl)	37	64,9
High limits (200 – 239 mg/dl)	15	26,3
High (> 240 mg/dl)	5	8,8
Total	57	100
Uric Acid Levels		
Normal	49	86
High	8	14

Total	57	100
Based on Table 2 above, it can be seen that the results of the examination showed that the majority of participants' BMI was normal (18.5 – 24.9), namely 42.1%; the majority of participants' blood pressure was pre-hypertension, namely 29.8%; the majority of participants' blood sugar levels were normal (<200 mg/dl), namely 59.6%; the majority of participants' cholesterol levels were normal (<200 mg/dl), namely 64.9%; and the majority of participants' uric acid levels were normal, namely 86%.		

Table 3. Distribution of participants based on eye screening, ear screening, dental screening, SADANIS examination, ECG and consultant results at the Residents' Association 02 Hall, Sananwetan Village, Sananwetan District, Blitar City, November 2025.

Variable	Frequency	(%)
Eyes Screening		
Normal	37	64,9
Hypermetropia	18	31,6
Myopia	1	1,8
Cataract	1	1,8
Total	57	100
Ears Screening		
Normal	49	86
Earwax	7	12,3
Tympanic membrane rupture	1	1,8
Total	57	100
Dental Screening		
Normal	24	42,1
Caries	19	33,3
Edentulous	11	24,6
Total	57	100
SADANIS Examination		
Normal	57	100
Disturbance	0	0
Total	57	100
EKG Examination		
Sinus Rhythm	56	98,2
Premature Ventricular Contraction	1	1,8
Total	57	100
Doctor Consultation		
Refer to CHC/Health Facilities	14	24,6
Maintain diet/take medication regularly	43	47,4
Total	57	100

Based on [Table 3](#) above, it can be concluded that the screening results for 57 participants were obtained: the majority of participants' eye screening was normal, namely 64.9%; the majority of ear screening results were normal, namely 86%; the majority of dental screening results were normal, namely 42.1%; the results of the SADANIS screening were all normal, namely 100%; the results of the ECG examination were mostly sinus rhythm, namely 98.2%; and the results of the doctor's consultation were only 24.6% who were advised to

be referred to the Community Health Center or Health Facility. While the rest were advised to maintain their diet/regularly take medication.

DISCUSSION

Universities, especially Health Universities, have a very important role in community life, especially in health promotion. The free health check carried out by STIKes Patria Husada Blitar in collaboration with the Sananwetan Community Health Center and in collaboration with the Visayas

State University of the Philippines is one activity that can support this role. Based on the results of community service, the majority of participants were female, namely 71.9%; the majority of participants were in the adult category, namely 52.6%; Health History of participants only 3.5% had a history of DM and 24.6% had a history of hypertension. The number of participants was dominated by women because the implementation of the activity was carried out on an effective day so that many of the families were only attended by the mother/wife because the head of the family was at work. The majority of participants were in the adult category and only a few were elderly because the number of adults at the health check-up location was more than the elderly. Participants who had a history of hypertension or diabetes mellitus were fewer than participants who did not have a history of the disease. This is because the majority of participants were adults. While hypertension is a high risk in the elderly ([Suarayasa et al., 2023](#)). Diabetes mellitus also increases in risk with age ([Rianto et al., 2024](#)).

The majority of participants' BMIs (42.1%) were within the normal range (18.5–24.9), while the remainder were overweight and obese. This is because most participants were adults. Older adults generally experience some decline in body function, which can include metabolic disorders, leading to weight gain. Obesity is a sign of lifestyle changes. The greater the weight gain, the greater the risk of developing chronic disease ([Sartoyo et al., 2024](#)). The majority of participants' blood pressure was pre-hypertensive, namely 29.8%; the remaining 16 people suffered from stage 1 hypertension and 11 people suffered from stage 2 hypertension. The risk of hypertension will increase with age ([Suarayasa et al., 2023](#)). The discrepancy between the initial hypertension screening results and the examination results indicates that many participants were newly diagnosed with hypertension. This highlights the importance of health screening as a first step in early detection of non-communicable diseases in the community.

The majority of participants' blood sugar levels were normal (<200 mg/dl), namely 59.6%; the majority of participants' cholesterol levels were normal (<200 mg/dl), namely 64.9%; and the majority of participants' uric acid levels were normal, namely 86%. This can be concluded that the participants' blood sugar, cholesterol, and uric acid

levels were in good condition. Health checks have proven effective in early detection of non-communicable diseases in the community. Examination is an important step in identifying the risk of degenerative diseases and ongoing prevention efforts, including rehabilitation to improve public health.

The majority of participants' eye screening results were normal, namely 64.9%; the majority of ear screening results were normal, namely 86%; the majority of dental screening results were normal, namely 42.1%; the SADANIS screening results were all normal, namely 100%; the majority of ECG examination results were sinus rhythm, namely 98.2%; and only 24.6% of doctor consultation results were recommended to be referred to the Community Health Center or Health Facility. While the rest were advised to maintain their diet/regularly take medication. Ear, eye and dental screening are examinations that are no less important to carry out considering that through this examination, intervention can be taken immediately if problems are found that need to be addressed immediately. Health education during the examination can also be carried out to maintain the condition of the ears, eyes, and teeth in good condition ([Setiana & Ferawati, 2023](#)).

One of the positive outcomes seen was increased public understanding of non-communicable diseases, such as hypertension, diabetes mellitus, high cholesterol, and gout. Previously, most participants had never undergone routine screening for these factors. However, after participating in this activity, they gained a better understanding of the importance of screening results and the preventative measures they could take to avoid these diseases. This serves as a solid foundation for improving public health ([Iskandar et al., 2025](#)).

Education about non-communicable diseases (NCDs) was a key focus of this activity. The material presented covered the types of hypertension, diabetes mellitus, cholesterol, and gout ([Budreviciute et al., 2020](#)). Participants were provided with a deeper understanding of NCDs. Communicative explanations based on current information provided new insights into the importance of improving health and preventing NCDs. The educational sessions helped raise participants' awareness of the importance of

preventive measures to reduce incidence, complications, and mortality ([Koota et al., 2024](#)).

The enthusiasm of the participants was also evident during the consultation and discussion sessions, demonstrating that the interactive educational approach was highly effective in raising public awareness about the importance of maintaining good health. The success of this activity demonstrates that collaboration between education and health services can have a positive impact on society ([Santika & Kurniawan, 2022](#)).

Overall, the collaboration between students from Patria Husada Health College, Blitar, Visayas State University, Philippines, and medical personnel from the Sananwetan Community Health Center (Puskesmas) went very well. The examinations were conducted professionally, while education was delivered in a manner that was easily understood by the general public.

CONCLUSION

The free health check that has been carried out can provide an overview of the health status of the community in the Sananwetan Health Center work area which includes BMI, blood pressure, blood sugar levels, blood cholesterol, basic uric acid, eye, ear, dental, SADANIS and ECG screening results.

SUGGESTION

Universities can develop strategies for further community service activities based on the results of examinations obtained through activities such as Health Education or behavior modification therapy.

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CONFLICT OF INTEREST

We stated that there is no conflict of interest in this community service. All of the author fully contributed to the community service from making the concept until writing the manuscript

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