MaRooN Health Passport: How Campus Health Service turns Primary Research into Clinical Care

Dr Jo-Anne Kirby1,2, Mrs Susan Crumpton1,2
1 Campus Health Service, Stellenbosch University, South Africa 2 Institute of Sport and Exercise Medicine, Stellenbosch University, South Africa

Introduction
The Institute of Sport and Exercise Medicine (ISEM) and Campus Health Services (CHS) at Stellenbosch University (SU) in South Africa, developed a campus-wide surveillance system titled the MaRooN (Maties Risk of Non-Communicable Disease) Health Passport. It is the:

- Official institutional, interactive tool
- To assess health and wellbeing (medical history, lifestyle behaviors contributing to ill-health, mental health concerns)
- Embedded algorithms facilitating early intervention in staff and students.

Medical conditions associated with poor health outcomes are automatically flagged then managed through CHS.

Benefits and Outcomes

On an individual level:
- Participants receive an automated report, showing scores for specific lifestyle risk factors (physical activity, sleep, nutrition and mental health) based on validated questionnaires.
- Medical flags are highlighted and contact details are provided for medical assistance.
- Based on consent, CHS contacts the participants to arrange a medical consultation with a doctor or clinical nurse practitioner.

On an institutional level:
- Feedback from the MaRooN Health Passport and reporting by CHS on consultations, conditions, and referrals, provides health and wellbeing information that has implications for resources on campus.

Key Points
- 35 000 students
- 6680 respondents
- 3162 students with flags
- 5561 medical flags
- Average of 2 flags per student

- Psychiatric: 34.6%
- Genitourinary: 5.47%
- Rheumatologic: 8.63%
- Other: 6.73%
- Neurological: 8.87%
- Bowel: 10.70%
- Respiratory: 9.12%
- Cardiovascular: 15.90%

2023 - 2024 Medical Flag Distribution

Mental Wellbeing

- Anxiety symptoms: 11.22%
- Anxiety attacks: 9.48%
- Depressive symptoms: 9.37%
- Experienced a mental health crisis in the previous 30 days: 30%
- 2x markers / symptoms of anxiety and depression in women

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Contact: maroon@sun.ac.za