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Implementation of the Free Health Check Program by Hong Kong International Community Service Program in Increasing Public Health Awareness

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Abstract Free Health Check-Up (CKG) is one form of community service activity that provides the public with an opportunity to obtain initial information about their health conditions through simple health examinations . This article aims to describe the implementation of the CKG program, the types of examinations conducted , the participants ' examination results , as well as the impact and value of the activity for the community as part of the Hong Kong International Community Service Program. The activity was conducted on August 15, 16, and 23, 2026, and included examinations of blood blood pressure glucose , uric acid , and cholesterol . This article employed a descriptive method with a qualitative approach . Data were obtained through observation , activity documentation , and participants ' health examination records . The results showed variations in the examination results across the four health indicators examined . These differences provided participants with initial information regarding their health conditions based on the measurements taken during the activity . The CKG program too provided benefits in the form of free access to health examinations , increased attention to health conditions , and opportunities for interaction between students and the community . This activity had service , educational , preventive , and social values for the community . Although some examination data were not complete recorded , the CKG activity as a whole can be considered a form of student contribution in providing health services and increasing community awareness of the importance of recognizing and maintenance health conditions on an ongoing basis.
Keywords *: Free Health Check-Up , International Community Service Program, Public Health , Community Service*

Abstract . Free Health Check (CKG) is a form of community service activity that provides an opportunity to obtain initial information about health conditions through a simple examination. This article aims to describe the implementation of CKG, the types of examinations, the results of the examinations for participants, as well as the impact and value of the activity for the community within the framework of the

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Hong Kong International KKN . The activity was carried out on August 15, 16, and 23, 2026, with examinations covering blood pressure, glucose, uric acid, and cholesterol. This article uses a descriptive method with a qualitative approach. Data were obtained through observation, activity documentation, and records of participant examination results. The results of the activity showed variations in examination results for the four health indicators examined. These differences in results provided initial information to participants regarding the condition of their health measurement results during the activity. CKG also provided benefits in the form of access to free health checks, increased attention to health conditions, and a space for interaction between students and the community. This activity has service, educational, preventive, and social values for the community. Although some examination data were not completely recorded, the CKG activity as a whole can be a form of student contribution in providing services and increasing public awareness to recognize and maintain health conditions in a sustainable manner.
Keywords : Free Health Check, International KKN, Public Health, Community Service

1. BACKGROUND

Health is a crucial aspect of human life that requires ongoing attention. A person's health is not only determined by the presence or absence of symptoms, but can also be seen through various health indicators that require regular check-ups. Health check-ups are one way to assess your physical condition and provide an initial overview of health factors that require attention. Through regular check-ups, people have the opportunity to learn about their health earlier, thereby increasing their focus on lifestyle and health maintenance efforts (Iryani et al., 2025) .

Public awareness of the importance of regular health check-ups is crucial for maintaining good health. In daily life, people sometimes feel healthy because they don't experience any specific symptoms, but in reality, they have health conditions that can only be detected through examination (Zaenudin et al., 2026) . Therefore, screening for blood pressure, glucose, uric acid, and cholesterol levels can be part of efforts to identify public health conditions early. These examinations can also provide information to the public about physical conditions that require further attention.

Access to health services and examinations is one factor that determines the public's affordability in obtaining information about their health. Free health examinations can be a form of service that helps people obtain tests without the burden of costs. In addition to providing the benefit of information about health conditions, these activities can also serve as an educational tool to raise public awareness, encouraging them to care more about their health and not only seek examinations when experiencing health problems (Nurfadilah, 2025) .

Efforts to increase public health awareness are not solely the responsibility of healthcare institutions, but can also be achieved through various forms of social activities and community service. Universities, through their Community Service Program (KKN), have the opportunity to contribute directly to community life. Students' presence in the community can be directed toward activities that provide benefits according to community needs (Djaafar , 2026) . Thus, KKN not only serves as a means of applying the knowledge gained by students during their education but also serves as a medium for building social awareness and making a real contribution to society.

One activity that can provide direct benefits is the implementation of Free Health Checks (CKG). This activity provides the public with the opportunity to undergo

examinations for several health indicators and obtain information about the results (Pramaswari & Fatah, 2023) . In its implementation, CKG can also foster interaction between students and the community. This interaction is an important part of community service activities because students are not only present as implementers but also involved in the service process and communication with the community (Mikraj et al., 2023) .

In this context, the Hong Kong International Community Service Program (KKN Internasional Hong Kong) conducted a Free Health Check as a service-oriented and community-focused program. Based on observations, the health checks were conducted on August 15, 16, and 23, 2026. The examinations included blood pressure, glucose, uric acid, and cholesterol measurements. The examination data showed variations in the health conditions of the participants. For example, on August 15, the examination results were recorded for a number of participants of varying ages, with varying results for the health indicators examined. On August 16, a larger number of participants were recorded, with varying results for blood pressure, glucose, uric acid, and cholesterol. The August 23 activity again produced examination data with varying characteristics among participants.

The variation in test results demonstrates that the CKG activity not only provides service value but also provides insight into the health status of the participants. Some test results indicate numbers that require further attention, making the screening activity a first step for the public to better understand their health status. While the results of this activity cannot be used as the basis for a medical diagnosis, the information obtained remains valuable in increasing public awareness and vigilance regarding health.

The Free Health Check-up program implemented by the Hong Kong International Community Service Program (KKN International Hong Kong) is interesting to study as a form of student contribution to society. The discussion focuses not only on the results of the health check-ups obtained by participants but also on the implementation of the program and the social values that emerged through student and community involvement. This article aims to describe the implementation of the Free Health Check-up program by the Hong Kong International Community Service Program and describe the results of the participants' health check-ups as part of an effort to raise public awareness of the importance of maintaining and monitoring health conditions.

2. THEORETICAL STUDY

TYPES OF HEALTH EXAMINATION

The Free Health Checkup program, conducted as part of the Hong Kong International Community Service Program (KKN), included several basic health checks. Based on observations recorded on August 15, 16, and 23, 2026, the tests included blood pressure, glucose, uric acid, and cholesterol. These four tests serve as indicators recorded in the participant's test results. Through these tests, participants obtained information about their health based on the measurements obtained during the activity.

A. Blood Pressure Check

Blood pressure or tension is one of the examinations carried out in the Free Health Check activity. The results of the blood pressure examination were

recorded in the form of systolic and diastolic pressure, such as 110/72 mmHg , 154/91 mmHg , 107/69 mmHg , and 159/103 mmHg in participants who took the examination on August 15, 2026. The data showed that the results of the participants' blood pressure showed variations between one participant and another. Variations in blood pressure results were also seen in the examination on August 16, 2026. In the data there were participants with results of 117/73 mmHg , 150/84 mmHg , 177/121 mmHg , 160/101 mmHg , up to 186/117 mmHg . On examination on August 23, the variations were seen again, for example there were results of 153/96 mmHg , 125/77 mmHg , 121/82 mmHg , and 173/102 mmHg .
These data indicate that blood pressure checks are an important part of CKG activities because they provide an overview of the participant's blood pressure at the time of the examination. The varying results also indicate that each participant's condition is not comparable. High readings can provide initial information for participants to pay more attention to their health and, if necessary, seek further examination from a healthcare professional (Damayanti et al., 2025)

B. Glucose Test

In addition to blood pressure, glucose tests were also performed on participants. Observational data showed variations in glucose levels among participants participating in the activity. On August 15, 2026, for example, glucose levels ranged from 85, 82, 101, 124, to 116 in a number of participants. On August 16, recorded test results also showed variations, such as 112, 163, 92, 113, 135, 123, to 226 and 256 in some participants. Variations in glucose levels were also found in the August 23 test. Some participants had glucose levels ranging from 143, 82, 111, 97, 122, 212, 149, 133, and 190.
The glucose test during the CKG activity provides information on the participant's glucose levels during the test. These varying results can be a source of information for participants to better understand their physical condition (Sukmana, 2020) . However, the test data should be understood as measurements taken during the activity and not as a basis for establishing a specific diagnosis. To obtain a more comprehensive assessment of their health, participants who obtain results that require attention can undergo further testing through a healthcare facility.

C. Uric Acid Examination

The next type of examination is a uric acid test. This examination is conducted in conjunction with other health indicators, and the results are recorded in a single data set. On August 15, 2026, participants' uric acid results showed varying numbers, including 4.0; 5.9; 4.6; 5.6; 5.9; 9.3; 3.8; and 6.4. On August 16, 2026, the examination results also showed significant variation. Some of the results recorded included 4.2; 5.0; 6.2; 7.3; 5.7; 6.5; 7.7; 8.2; 8.6; and 9.3. The examination results on August 23 also showed variation in uric acid levels. There were participants with results ranging from 4.1; 4.3; 5.3; 5.8; 6.2; 6.9; and 10.8.

The diversity of results indicates that the conditions of participants in the uric acid test were not uniform. For participants who received results that

warranted attention, this information could encourage them to pay more attention to their health and consider further testing (Nikmawati, n.d.) . Thus, uric acid testing in CKG activities not only serves as a measurement but also provides initial information that can increase participants' awareness of their health.

D. Cholesterol Examination

Cholesterol checks are the next health indicator recorded in the Free Health Check activity. On the examination on August 15, 2026, the participants' cholesterol results showed variations, ranging from 145, 164, 168, 187, 188, 198, 204, 209, to 315. Some participants were recorded as having cholesterol results that were quite high compared to other participants, such as 270, 283, 287, and 315. Variations in cholesterol results were also seen in the examination data on August 16, 2026. Some of the results recorded included 176, 224, 194, 206, 265, 248, 217, 261, 212, 260, 227, and 222. On August 23, there were also participants with cholesterol results of 263, 209, 165, 263, 266, 213, 212, 278, and several others. other values.

Differences in cholesterol results between participants indicate variations in the conditions identified during the examination. These results provide participants with initial information to better understand their health, particularly through lifestyles that support health maintenance. If any test results warrant attention, participants can use these results to consider consulting or seeking further examination with a healthcare professional.

The four types of tests performed during the CKG program—blood pressure, glucose, uric acid, and cholesterol—provide a more nuanced picture of participants' health. The tests don't focus on a single indicator, but encompass several health aspects, with results varying for each individual. This is evident from observational data, which shows that participants can have different results for each of the test indicators (Masyitah et al., 2025) .

Conducting examinations of multiple indicators simultaneously also provides health information benefits. Participants not only receive a single measurement result, but also receive multiple pieces of information about their physical condition at the time of the examination. This data can be used to increase public awareness of health and encourage the habit of regular health monitoring (Atfal et al., 2025) .

3. RESEARCH METHODS

This research uses a descriptive method with a qualitative approach to describe the implementation of Free Health Check (CKG) activities carried out in the Hong Kong International KKN program series . This approach was chosen because the research focuses on describing activities as they take place in the field, starting from carrying out examinations, community involvement, types of examinations carried out, to the results of health examinations obtained by participants. Research is not directed at testing a hypothesis or finding out causal relationships between variables , but to obtain an

overview of the implementation of activities and their benefits for society (Kurniawan et al., 2025) .

The object of this study was the Free Health Check activity implemented as one of the Hong Kong International Community Service Program activities . The activity was observed at several times, namely August 15, 16, and 23, 2026. Research data were obtained from the results of observations and documentation of the activity as well as records of participant health check results. The examination data that were part of the observation included blood pressure, glucose, uric acid, and cholesterol. These four indicators were used to describe the variation in participant health check results during the activity.

Data collection techniques were conducted through observation and documentation. Observations were conducted by directly observing the implementation of the Free Health Check activity and recording various information related to the examination activity. Observations were directed at the implementation of the activity, participant involvement, the type of examination provided, and the recorded examination results (Endah M et al., 2021) . Meanwhile, documentation was used to complement the observation results through examination data recorded during the activity. Data dated August 15, 2026, contains the examination results of a number of participants with indicators of blood pressure, glucose, uric acid, and cholesterol. Data dated August 16, 2026, contains a larger number of participants with the same examination indicators. Meanwhile, data dated August 23, 2026, also contains examination results of participants with similar health indicators.

The data obtained were then analyzed descriptively. The analysis was conducted by organizing the data based on the time of implementation, participant characteristics, type of examination, and measurement results obtained. The examination data were not used to establish a medical diagnosis for the participants, but rather as supporting data to describe the conditions found during the examination. Examination results that showed different numbers between participants were described to demonstrate variations in health conditions within the participant group.

The next stage of analysis was conducted by linking the results of observations of the activity's implementation with health examination data (Sugiyono, 2013) . This data was then interpreted to obtain an overview of the implementation of the CKG as a form of community service activity. In this way, the discussion focused not only on the examination results but also on how the activity provided the community with an opportunity to obtain initial information about their health condition.

The validity of the data in this study was obtained through the use of several data sources derived from examination records at different implementation times (Naidin et al., 2023) . Data dated August 15, 16, and 23, 2026, were compared to see the conformity of information regarding the type of examination and the characteristics of the results obtained. The use of examination result documentation as a supporting observation was also carried out to strengthen the picture of the observed activities (Sunarsi, 2025) . Thus,

the data used in this article comes from the results of observations of activities and examination records available during the implementation of the Free Health Check.

Through this method, the research is expected to provide a systematic overview of the implementation of Free Health Checks by the Hong Kong International Community Service Program (KKN Internasional Hong Kong), the types of examinations provided, the characteristics of participant examination results, and the activity's contribution to providing access to health checks for the community. This descriptive method allows the activity to be understood based on conditions found directly in the field without intervening with participants or changing the implementation process.

4. RESULTS AND DISCUSSION

A. Overview of Participant Examination Results

The results of the health checks conducted by participants in the Free Health Check (CKG) program showed a wide variety of health conditions. This variation was evident in the blood pressure, glucose, uric acid, and cholesterol measurements recorded among participants. The data were collected from the CKG implementation on August 15, 16, and 23, 2026. This diversity of results suggests that participants' health levels were not uniform, and therefore, the simple examinations conducted during this activity can provide a means of obtaining initial information regarding each participant's health condition.

To provide a clearer picture, a summary of some of the recorded examination results can be seen in the following table:

Table 1Overview of Participant Health Examination Results

Date	Inspection Indicators	Lowest Recorded Result	Highest Recorded Result	Information
August 15, 2026	Blood pressure	92/67 mmHg	159/103 mmHg	Participants' blood pressure results showed variations
August 15, 2026	Glucose	76 mg / dL	124 mg / dL	There are differences in results between participants
August 15, 2026	Gout	2.8 mg / dL	9.3 mg / dL	The results of the examination are quite varied
August 15, 2026	Cholesterol	145 mg / dL	315 mg / dL	There is considerable variation in results
August 16, 2026	Blood pressure	102/85 mmHg	186/117 mmHg	Variations in blood pressure results were found

August 16, 2026	Glucose	60 mg / dL	256 mg / dL	The results show differences between participants
August 16, 2026	Gout	3.1 mg / dL	9.7 mg / dL	The results of the examination showed variations
August 16, 2026	Cholesterol	131 mg / dL	290 mg / dL	Participant results show a wide range
August 23, 2026	Blood pressure	105/82 mmHg	173/102 mmHg	The results show differences between participants
August 23, 2026	Glucose	82 mg / dL	212 mg / dL	Examination results vary
August 23, 2026	Gout	4.1 mg / dL	10.8 mg / dL	Variations in examination results were found
August 23, 2026	Cholesterol	142 mg / dL	278 mg / dL	The results of the examination showed variations

In the blood pressure examination, the data showed quite significant differences in results between participants . On the August 15, 2026, implementation, for example, there were participants with blood pressure results of 110/72 mmHg , 107/69 mmHg , and 109/75 mmHg , while other participants were recorded with results of 154/91 mmHg and 159/103 mmHg . The same condition was also seen on the examination on August 16, 2026. Some participants had blood pressure results such as 108/63 mmHg and 117/73 mmHg , while other participants were recorded with results of 177/121 mmHg , 186/117 mmHg , and 168/118 mmHg . Data on August 23 also showed similar variations, for example 105/82 mmHg in one participant and 173/102 mmHg in another participant.

These differences in blood pressure results demonstrate that blood pressure screening is an important part of the CKG program. Participants have the opportunity to directly assess their blood pressure measurements, even when their results differ from those of other participants. However, the results of these activities cannot be used directly to establish a medical diagnosis. Blood pressure can be affected by various conditions at the time of the examination, so CKG results are more appropriately viewed as baseline information that can serve as a basis for participants to pay more attention to their health (Mayasari et al., 2025) .

In the glucose indicator, the test results also showed quite wide variations. Data dated August 15, 2026, showed participants' glucose results ranging from 76 mg / dL , 85 mg / dL , 94 mg / dL , 109 mg / dL , to 124 mg / dL . On August 16, 2026, more varied results were found, ranging from 60 mg / dL , 69 mg / dL , and 70 mg / dL to 159 mg / dL , 193 mg / dL , 226 mg / dL , and 256 mg / dL in some participants. Meanwhile, on August 23, 2026, results were recorded such as 82 mg / dL , 87 mg / dL , 104 mg / dL , 143 mg / dL , 165 mg / dL , 179 mg / dL , 190 mg / dL , up to 212 mg / dL .

When compared to other indicators, cholesterol results also show a fairly wide range. On August 15, 2026, for example, one participant recorded a reading of 145 mg / dL and another 315 mg / dL . This indicates that participants had different measurement results despite taking the test at the same time. Similar conditions were also found on August 16 and 23, 2026. Thus, cholesterol testing provides additional information that participants can use to better monitor their health and daily habits.

Overall, the four examination indicators showed a similar pattern: variation in results between participants . This variation was not limited to one indicator, but was also found in blood pressure, glucose, uric acid, and cholesterol. This indicates that the CKG activity provides a fairly diverse picture of the health screening results of the participants (Arifuddin et al., 2025) . These data also demonstrate that a simple examination can provide different initial information for each individual.

The diversity of examination results can also be seen based on the age of the participants. Available data shows that participants come from different age groups. On August 15, 2026, for example, the recorded ages of participants ranged from 30 to 57 years. On August 16, 2026, there were participants aged 25 to 72 years, while on August 23, 2026, there were participants aged between 25 and 60 years. This age difference shows that the CKG activity is attended by people with quite diverse age characteristics (Faris et al., 2026) .

However, the available data are insufficient to analyze the relationship between age and health screening results. This is due to incomplete data for some participants and the lack of supporting information regarding their medical history, diet, physical activity, medication use, or condition at the time of the examination (Trisnayanti et al., 2021) . Therefore, the discussion in this article is not aimed at concluding a relationship between age and screening results, but rather simply describing the diversity of data obtained during the CKG.

Based on these overall results, the CKG activity can be viewed as providing initial information regarding several participant health indicators (Faris et al., 2026) . Blood pressure, glucose, uric acid, and cholesterol checks allow participants to obtain an overview of their measurements during the activity. The varying results indicate that the health needs and conditions of each participant are not always the same. Therefore, the free health check-up activity not only provides service value but also

has educational value because it can increase public awareness of the importance of recognizing and monitoring health conditions.

The results of these examinations also demonstrate the importance of continuing community health screening activities (Kirana et al., 2026) . CKG can be a starting point for the community to become more aware of their health. When the community receives information about the examination results, they have the opportunity to evaluate their daily habits and consider further examinations if necessary. In the context of the Hong Kong International Community Service Program , these activities serve as a form of student contribution to the community through activities that are direct, practical, and beneficial for participants.

5. DISCUSSION

Hong Kong International Community Service Program (KKN) is a form of community service that provides direct benefits through health check-up services (Sukarno et al., 2025) . The activities carried out on August 15, 16, and 23, 2026, included blood pressure, glucose, uric acid, and cholesterol checks. The examination results showed variations among participants in these four indicators, so this activity provides an initial overview of the health check-up results of the community participating in the activity.

Variations in blood pressure were seen, among other things. Some participants had readings of 110/72 mmHg , 107/69 mmHg , and 105/82 mmHg , while others had readings of 159/103 mmHg , 186/117 mmHg , and 173/102 mmHg . Variations were also found in glucose, uric acid, and cholesterol levels. These differences indicate that each participant's condition is different and requires individual attention. The results of this examination are not used to establish a medical diagnosis, but rather as initial information that can encourage participants to pay more attention to their health and undergo further examinations if necessary.

This activity also has educational and preventive value. The examination results can be a means to increase participant awareness regarding the importance of recognizing and monitoring health conditions (Latifah et al., 2026) . The information obtained can encourage participants to pay more attention to a healthy lifestyle and consider consultation or further examination if the results obtained require attention (Ameliati et al., 2026) . Thus, CKG can be the first step in building public awareness to not only check their health when experiencing complaints, but also to carry out regular health monitoring.

In addition to health benefits, CKG activities provide social value through direct interaction between KKN students and the community. The examination process creates a space for communication and community involvement in student-organized activities. Community participation is crucial in implementing activities because it demonstrates direct involvement in benefiting from the program. In the context of the Hong Kong International KKN , this interaction also serves as a form of student contribution in providing services tailored to community needs.

The CKG program offers service, education, prevention, and social value to the community. Free screenings provide access to health information, while the diversity of test results can serve as a reminder that each individual's health needs to be addressed individually (Riris, 2026) . For students, this activity demonstrates a sense of community care and service through hands-on activities. For the community, it provides an opportunity to recognize health screening results and raise awareness of the importance of maintaining and monitoring health on an ongoing basis.

6. CONCLUSION AND SUGGESTIONS

Hong Kong International Community Service Program (KKN) program, is a form of community service that provides participants with the opportunity to receive free health checks. The program, held on August 15, 16, and 23, 2026, included blood pressure, glucose, uric acid, and cholesterol checks. The program demonstrated community involvement in utilizing the services provided, as well as fostering direct interaction between KKN students and the community.

The examination results showed variations in each health indicator examined. Differences were found in blood pressure, glucose, uric acid, and cholesterol levels among participants . This situation suggests that the health examination results for each participant were not identical. The data obtained in this activity serves as initial information regarding the participants' measurement results and is not used to establish a medical diagnosis. The incompleteness of some data also limits further analysis of the participants' health conditions (Nurfadilah, 2025) .

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