



## Sustainable Farm Families

The Human Resource in the Triple Bottom Line




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Visit our website and have input into the National Centre for Farmer Health website content - we want YOUR ideas and opinions  
[www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)

Welcome ,

We have nearly completed the second year workshops and they have been well attended, with particular note to the Warracknabeal SFF group with a 100% return rate. Well done!! Your action plans have been a great success with many of you making life changes and it has been very exciting to hear about your achievements. Some of the actions to date have included:

- ◆ Weight loss through increased exercise and reading labels of food
- ◆ Visiting health professionals for detailed check ups
- ◆ Having sun spots and skin cancers removed
- ◆ Spending more time with the family and taking family holidays
- ◆ Building chemical sheds
- ◆ Organising a group to do first aid training
- ◆ Commencing yoga classes

These are just some examples of the great work you have achieved and we certainly look forward to your action plans from this year.

We would like to remind you that if you missed the second year workshop, we would still love to see you at the third year workshop.

If you happen to be visiting Sheepvention in Hamilton August 3 & 4, visit us at the Western District Health Service stand and say hello.

Kind regards

*SFF Team*

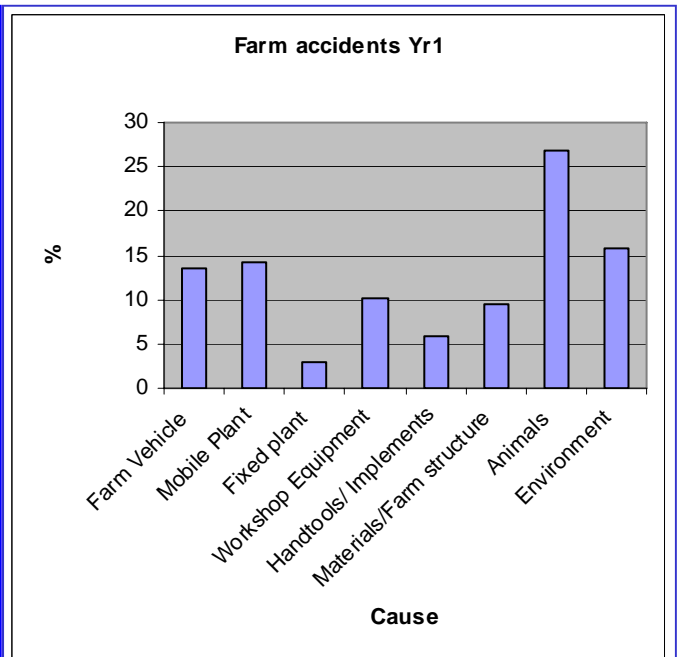
### Slips, kicks, trips, mad cows and first aid?

In the first year we discovered that from 963 SFF participants, 17.5% (169) had suffered a farm injury or illness in the previous 12 months. A small percentage 2.3% (23) had actually incurred 2 or more injuries.

The most common cause of injury was animals, with cows as the most likely culprit. The most likely vehicle to cause injury was a four wheeler bike! Working environment was cited as the second most common problem and this included comments such as dusty working conditions and rocks and stumps causing a fall. 33 participants have slipped and fallen over when working in a variety of situations such as mustering, getting out of vehicles, milking and drafting animals.

49% of participants (476) had undertaken a first aid certificate at some stage, but only 15% had undertaken one in the last 4 years.

Why not organise a first aid course? [www.stjohnvic.com.au](http://www.stjohnvic.com.au)



## Respiratory — the ‘huff and puff’ (N=944)

### Summary:

Do you remember doing the PiKo-6 test - the huff and puff? A PiKo-6 meter is a small hand held device used to assess the efficiency of the lungs. It measures both the Forced Expiratory Volumes (how much someone can breathe out trying as hard as possible) in the first second (FEV1) and in the first six seconds (FEV6) of expiration. A PiKo-6 meter displays and stores the test results and also the ratio of FEV1/FEV6.

In the farming environment you are exposed to air containing dusts, pollen, moulds, silica, chemicals, and other matter such as faecal,

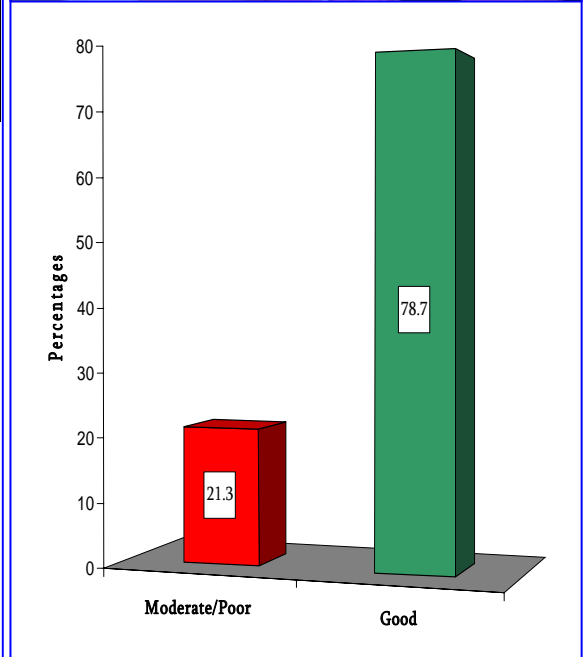


Ratio (FEV1/FEV6)	Respiratory Status
Less than 65% *	Poor
Between 65-75%*	Moderate
More than 75%	Good

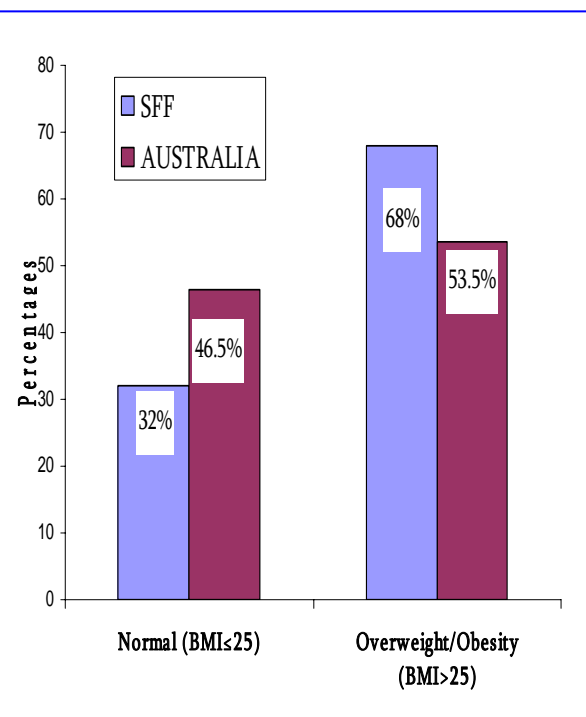
danger and hair particles from animals. Many of these have an impact on your lungs and breathing. Our findings from the program with PiKo-6 readings showed that more than one in five farm men and women experience some level of breathing difficulty. SFF participants with FEV1/FEV6 of less than 75% were recommended for further follow up.

### Reduce your hazardous exposures

- Wear masks, respirators or other protective equipment.
- Water down dusty stock yards if possible.
- Use fans, exhaust blowers and filters to minimise dust in confined areas. No good circulating the air if it is full of dust.
- Make sure that crops are dry before storage and stored in a dried environment to reduce mould growth.
- Convert to mechanical or automated feeding systems if possible.
- Wet grain bins or other dusty areas prior to cleaning .



## Body Mass Index (N=964)



### Summary:

**Overweight and obese** are ranges of weights that are greater than what is generally considered healthy for a given height. Overweight and obese ranges are determined by using weight and height to calculate the "Body Mass Index" (BMI).

$$BMI = \text{weight (kg)} / \text{height}^2 \text{ (m)}$$

An adult who has a BMI between 25 and 29.9 is considered overweight and a BMI of 30 or higher is considered obese. Our results with SFF programs of the farm men and women showed 68% of them are in the category of overweight or obese. This is about 15% higher than the Australian general population.

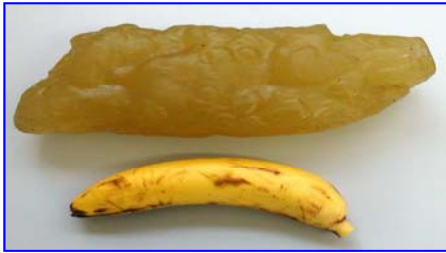
### What you can do?

- ◆ Regular physical activity is extremely helpful for the prevention of obesity. In addition to weight control, physical activity helps prevent heart disease and diabetes, lower cholesterol levels, reduce the rate of bone fractures associated with age, lower the risk of cancers and reduce anxiety and depression.
- ◆ Make healthy food choices and consume sensible portion sizes - **the more you put in, the more you have to expend.**

## On a lighter note:

**An interesting fact?** Through our SFF workshops, we have weighed over 75 tonnes of Australia's finest farming families. As you can see from the BMI results opposite, we tend to have a little too much 'marbling'. During winter it is also a bit trickier to get away from the hot chocco and open fire to do our 30 minutes worth of exercise, so this is a call to action.

We have so far weighed 492 of our returning second year participants and the 75,407.25kg question is: did they lose weight in the year since their first workshop? The answer is **YES**, the herd has got lighter by **146kg**.



See the 1kg chunk of fat next to the banana. We are now carrying 146 less of those. Well done.

### Can we do more?

You bet – it's time for a battle of the sexes.

The 278 lads who have weighed in so far have dropped from a total of 24.093 tonnes to 24.019 tonnes. The 'average' weight of the men has dropped from 86.67kg to 86.4kg, that's **270 grams** per person.

The 214 lasses that have reweighed seem to be doing a bit better, dropping from 15.612 tonnes to 15.539 tonnes. The 'average' woman dropped **340 grams** from 72.95kg to 72.61kg.

So a sweet victory there for the better halves. Well done.

Come on fellas, LIFT for third year.

Achievable goals? How's this for a challenge?

If we all lose just 1kg in the next year there will be a tonne less farmer and we will be a tonne healthier.

**Biggest losers:** It was better news amongst the 'more marbled' of us (BMI>30) with women losing on average 1080 grams and men a very solid 1500 grams. That really is great work. Keep it up.

### Introducing:

Tracey Hatherell is our new Sustainable Farm Families Data Clerk and will be attending upcoming Sustainable Farm Families workshops. Tracey has extensive experience in data input and runs a farming and contracting enterprise with her partner in Western Victoria. Please make her welcome.



Group photo upon completion of the Katamatite program Workshop 2/3



Participants checking their pulse rate during physical activity at the Winchelsea program Workshop 2/3

## Dates for Your Diary!!! New Programs - Year 1

PROGRAM	LOCATION	DATE	CONTACT:
HFFFCC-55	Willaura	22nd/23rd July	Leonie Tellefson T: 5352 9327
HFFFCC-65	Clarkes Hill	05th/06th August	Bronwyn Cuthbertson T: 5340 1138
HFFFCC-58	Birregurra	10th/11th August	Sue Mulder T: 5232 5236
HFFFCC-56	Marcus Hill	13th/14th August	Tamara Sharrock T: 5551 8495
HFFFCC-59	Maryborough (Moolort)	13th/14th August	Allison Cossar T: 5461 0400
HFFFCC-60	Linton	19th/20th August	Bronwyn Cuthbertson T: 5340 1138
HFFFCC-64	Calivil	13th/14th October	Melissa Weaver / Judy Keath T: 5455 2100

Please go to the Sustainable Farm Families website to view dates of Workshop 2, Workshop 2/3, Workshop 4 and SFF Remote WA programs

[www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)

## National Centre for Farmer Health

The National Centre for Farmer Health is a new university research, service delivery and education centre that will provide national leadership to improve the health and well-being of farmers, farm workers and their families across Australia.

The National Centre for Farmer Health in partnership with Western District Health Service and Deakin University is based in Hamilton, Western Victoria.

The five core activities of the National Centre for Farmer Health are:

- ◆ Professional Training and Education;
- ◆ Applied Research and Development;
- ◆ IT Information Hub
- ◆ Agri-Safe Programs; and
- ◆ Sustainable Farm Families



Sustainable Farm Families is looking forward to joining the National Centre for Farmer Health as we aim to improve the health, well-being and safety of farming families. For further information: phone (03) 55518533.

## Western District Health Service

National Centre for Farmer Health

PO Box 283, Hamilton, VIC 3300

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### Official launch of the National Centre for Farmer Health

On Friday 10th July the National Centre for Farmer Health will be officially launched. The Centre is a landmark in Victoria's agricultural history given it is the first centre of its kind to be opened in the Southern Hemisphere with the specific aim of providing well-rounded health services, information and education, advocacy and leadership within the community.

The team at the National Centre for Farmer Health look forward to working with you over the upcoming year.



### Tasmania and Western Australia

#### Smithton, Tasmania

Welcome back to Smithton, Tasmania who have run a very successful second year workshop. The workshop was well attended and the pilot program has been a great success for Tasmanian farming families. We look forward to running more programs in Tasmania in partnership with the University of Tasmania.

#### Northampton, Western Australia

The second year of the Northampton workshop is approaching and we look forward to seeing lots of participants return to the workshop. The success of this program have given the impetus for Combined Universities Centre for Rural Health to run a further two programs in the Mid-West at Moora and Mingenew. We hope that you encourage your family and friends to attend these programs.