

Turning Victorian farms into health farms.



Some years ago, healthcare professionals working in Victoria's Western District became aware of a disturbing trend.

Farmers were spending more on advice about the health of their livestock than

they were spending on themselves and their families.

Sustainable Farm Families Western District Health Service

That's why the Western District Health Service set up the Sustainable Farm Families project.

It's based on the simple philosophy that there's no point in having a healthy bottom line, if you're not there to enjoy it.

A network of over 20 organisations help farmers and their families focus on health, wellbeing, farm safety, diet and nutrition and stress management as well as men's and women's health issues.

In just two years referrals to healthcare services for men have reduced from 81 per cent to 45 per cent.

The program is working so well it has been extended to the Victorian dairy industry and to training nurses in other rural communities.

It's part of the State Government's commitment to working in partnership with sector organisations for the health of all Victorians.

www.sustainablefarmfamilies.org.au

If you're on the land, make sure it's the healthy lifestyle people in the city always think it is.

Talk to the Western District Health Service, your local community health service, or visit the website.