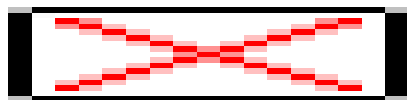




Sustainable Farm Families?

Sustainable Farm Families™

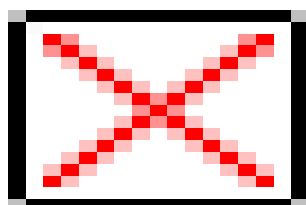
assists in flood recovery



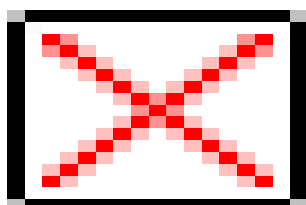
The Coalition Government announced another substantial package of measures to help Victorian communities and families recovering from months of devastating floods. As part of these targeted flood measures Sustainable Farm Families™ has been funded to deliver in partnership with the Department of Primary Industries and supporting health agencies 12 programs across Local Government areas impacted by flood.

[View program details](#) » [1]

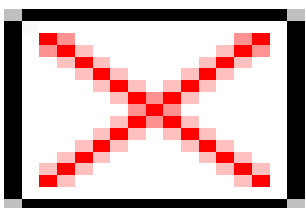
Great participants, trainers and facilitators involved in the [SFF flood recovery in Newbridge and Rochester](#) [2]



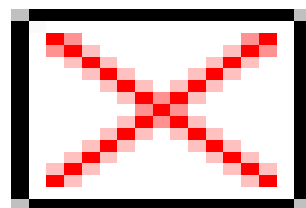
[3]



[3]



[3]



[3]

[Read more](#) »[4]

For further information please contact:

Cate Mercer-Grant

T: 5551 8533

E: [cate.mercer-grant @wdhs.net](mailto:cate.mercer-grant@wdhs.net) [5]

The most important aspect of a healthy Australian farm? A healthy farming family.

Developed to bring better health, well-being and safety to people on the land, Sustainable Farm Families™(SFF) is a program of practical, straightforward information and advice that has proved life-changing for many participants.

Working long hours, often far from town, farming men, women and families can be neglected in terms of preventative health care. Making time for health and well-being is often the last thing on a busy farm agenda.

Research proves that taking responsibility for personal health can dramatically lower the likelihood of heart disease, stroke, cancer, obesity, mental illness and diabetes. We also know that stress impacts on your health and well-being which is particularly relevant to those on the land.

SFF workshops in 2010

A number of workshops are being run in Queensland, South Australia, Victoria and Western Australia in 2010. These programs will be updated on a regular basis so check back regularly to see if there is a program running in your area. Please feel free to contact the relevant contact person regarding these programs.

Find out more about [SFF programs](#) [6]

Evaluation

Roberts Evaluation Pty Ltd was contracted by the Department of Primary Industries in 2009 to provide an external evaluation (process, impact and outcome) of the Sustainable Farm Families™ program from 2008-2010. A qualitative approach was taken to explore in depth the impact the program has had on participants and to assess how the program has created or contributed to any changes observed in the data on health outcomes.

Find out more about the [SFF evaluation report](#) [7]

Last reviewed:
21-February-2012

Source URL: <http://www.farmerhealth.org.au/page/sustainable-farm-families>

Links:

[1] <http://www.farmerhealth.org.au/?q=node/3195>

[2] <http://www.farmerhealth.org.au/page/ncfh-out-and-about#RC>

[3] <http://www.farmerhealth.org.au/page/sustainable-farm-families>

[4] <http://www.farmerhealth.org.au/page/ncfh-out-and-about#NB>

[5] [mailto:cate.mercer-grant@wdhs.net?subject=SFF funding application](mailto:cate.mercer-grant@wdhs.net?subject=SFF%20funding%20application)

[6] <http://www.farmerhealth.org.au/?q=node/2845>

[7] http://www.farmerhealth.org.au/sites/default/files/2009_SFF_Impact_Evaluation_Report_PDF_934_kb.pdf