



SFF Principal Investigator:  
Susan Brumby

SFF Principal Researcher:  
Stuart Willder

SFF Program Manager:  
Cate Mercer-Grant

More Information:  
Western District Health  
Service, Hamilton  
T: 03 55518508  
E: [cate.mercer-grant@wdhs.net](mailto:cate.mercer-grant@wdhs.net)

Sustainable Farm  
Families acknowledges  
the support of our  
collaborating partners in  
the delivery of the  
Broadacre program.



## CONTENTS

Welcome	1
Protective Clothing, Cholesterol and Waist measurements	2
Health and Farm Business Decisions, Action Plan Choices and Targets	3
SFF Advisory Group and Email Newsletter	4



A huge welcome back from the SFF team.

So much has happened since you completed your program in 2006 and we thought it was time to give you an update on what has been happening with both your data and the program.

The data and outcomes from your program have been collated into a report which has just been released. The report titled: [Living Longer on the Land—Sustainable Farm Families in Broadacre Agriculture](#). This report is available on both the Sustainable Farm Families Website: [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au) and the RIRDC website: [www.rircd.gov.au/fullreports/index](http://www.rircd.gov.au/fullreports/index)

The key outcomes of your program showed that:

- An improvement in health indicators in farming members at risk of disease occurred throughout the program;
- Positive retention of knowledge gained through the education process;
- Overall improvement in your health through measurable indicators; and
- 100% of you recommended the program to other farming families.
- Increase in use of protective clothing and safety gear

With the report being published, it reflects how you embraced the program, the research and then incorporated health, well-being and safety as important business indicators that impacted on your 'triple bottom line.'

From the program you participated in, we have been able to extend the

program to other agricultural industries to test its transferability and to further investigate farm family health, well-being and safety.

**So a big congratulations and thank you for your participation.**

The program has been trialled with the cotton and sugar industries, and in remote regions of Australia. These programs have been supported by the Commonwealth Department of Health and Ageing and RIRDC—Joint Research Venture on Farm Health and Safety. More recently we have been successful in delivering the program to over 1,000 farmers in Victoria and will commence delivery to a further 500 farmers in the coming year. These programs have supported by the Victorian Department of Human Services and Department of Primary Industries.

In keeping you informed of the program we are moving to an email based newsletter—which we would encourage you to subscribe to (it's free!!!). Details are included at the back of the newsletter.

We hope that you find valuable information in the newsletter and we look forward to keeping in touch with you through SFFBytes.

Kind regards

*Sue, Stu and the SFF Team*

### Broadacre Workshop

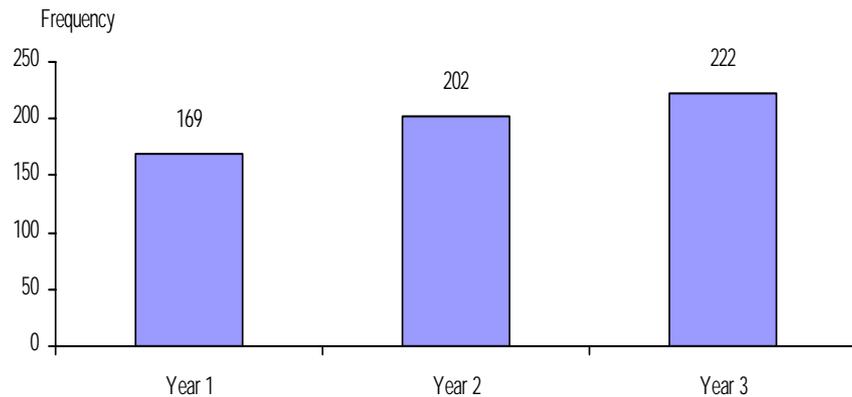
Males*	54
Age Range Years**	20-65
Average Age**	48.15
Females*	44
Age Range**	28-63
Average Age**	48.57
Total Participants*	98
Average group size**	21.33
Workshop 2	19.33
Workshop 3	17.20

\*Completed all 3 workshops  
\*\*Workshop 1



The following pages provide some of your summary results over the three-year program. For the full results refer [Living Longer on the Land—Sustainable Farm Families in Broadacre Agriculture](#) available the SFF website

## Protective Clothing



Summary:

One hundred and eleven participants completed year 1 to year 3 surveys and 65.8 per cent of participants wore some form of protection in year 1, 76.6 per cent of participants wore some in year 2 and 89.2 per cent of participants wore some in year 3.

Whilst there was an increase in the number of people wearing personal protective equipment the number of items worn remained stable between 2-3 items. Item listed included: Safety Glasses, Ear Muffs, Gloves, High Visibility Jacket, Welding shield, Dust Masks, Safety Boots, Respirator and Leather Aprons.

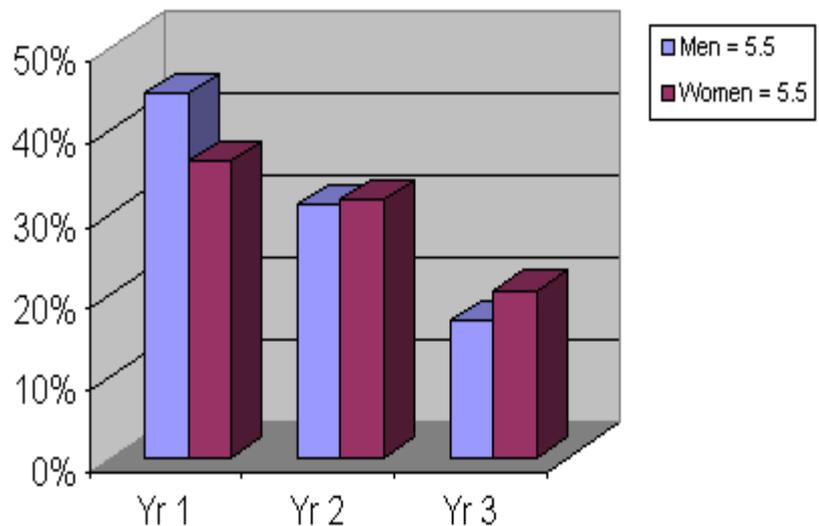
Summary:

The graph to the right highlights the percentage of participants with total cholesterol levels of greater than or equal to 5.5mmol (risky) at the commencement. Over the course of the workshops both males and females **significantly reduced** their cholesterol level, well done all the hard work has paid off!

Medical specialists believe that levels above 5.5 indicate an increased risk for vascular disease such as heart disease and stroke.

If you were a participant with a high cholesterol, remember to eat lean red meat and low fat dairy products to help maintain your cholesterol in the healthy range.

## Cholesterol

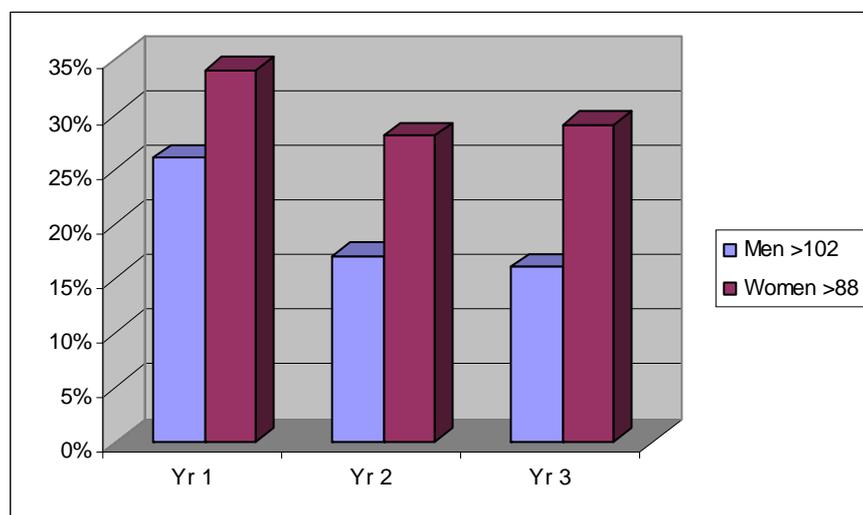


Summary:

It should be noted that this chart is based on the percentage of the total participants (male and female) attending the program each year

Waist size is a significant indicator for the risk of diabetes. A waist size over 102cm for males and 88cm for females is a predictor of Type 2 diabetes. Over the course of the program the males have significantly improved and subsequently reduced their risk for diabetes in the future. The females have also improved their waist measurement, however in the third year this reduction begins to plateau. Everyone still needs to be mindful of the importance of your waist measurement.

## Waist Measurements



## Health and Farm Business Decisions

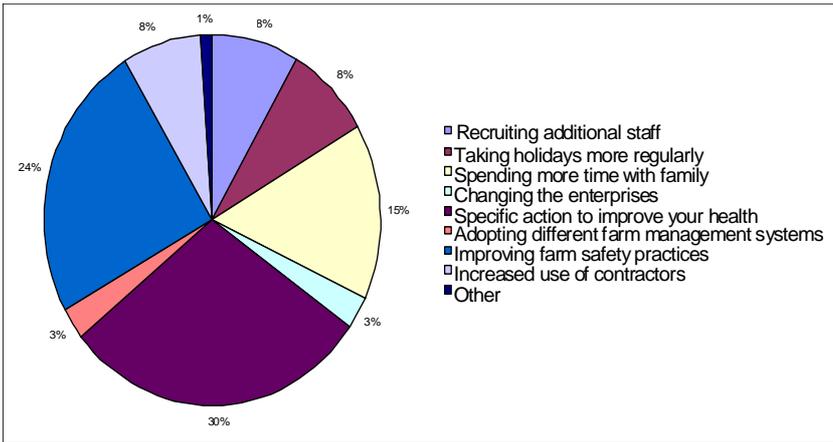
### Summary:

These results confirm the holistic view taken by participants of the relationship between the farm as work and as home.

Certainly, a significant number of responses also referred to health related decisions which directly concerned the management of the farm itself:

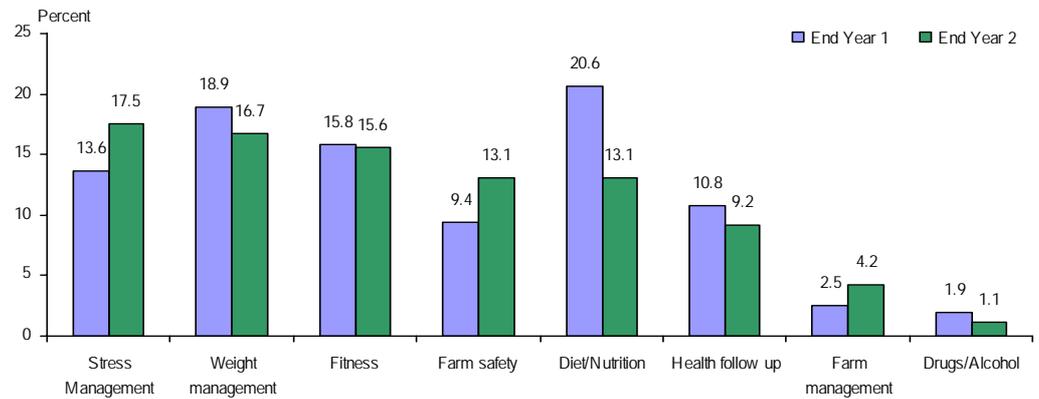
Overall, 54 per cent of responses concerned improving farm safety and the consideration of improving their health. 23% identified family specific strategies to improve health and wellbeing such as taking holidays and spending more time with family and 16% related to reducing workload.

Furthermore, some participants who did not complete the three years of the program reported that they had chosen to leave farming altogether.



### Summary:

This chart highlight's your action plan choices. It also illustrates that there are clear links with the clinical indicators, suggesting that the program has caused significant change. It also reflects the your priorities. Farming men and women from the same farm could set different personal goals, adopt different actions and have different outcomes.



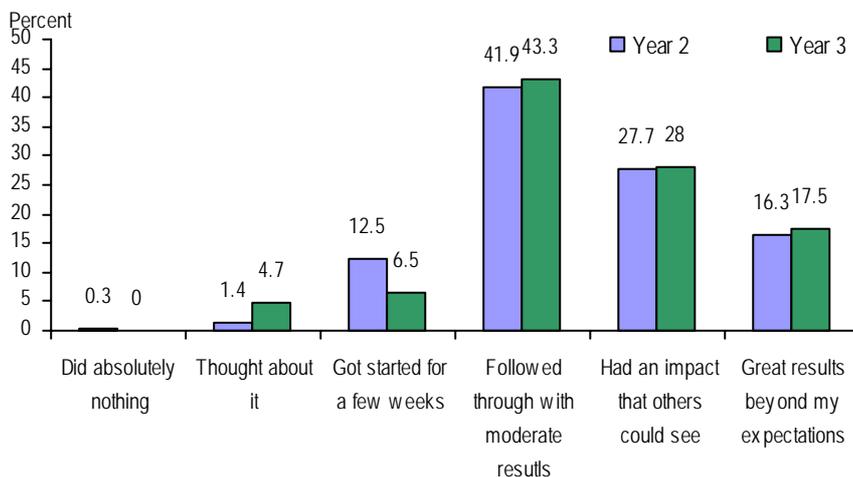
## Action Plan Choices

## Action Plan Targets

### Summary:

The results of the actions plans was particularly pleasing for the project and most participants spoke and reflected on the experiences and learning over the previous 12 months.

Some of these included changes in diet, children's lunch boxes, inclusion of more fibre in their diet, reduction of weight and increasing fitness including running to open gates and jogging through , walking around the farm, riding a bike and having family support to undertake this



# SFF Advisory Group

Sustainable Farm Families has recently appointed a new Advisory Group. The Advisory Group is responsible for:

- advocating the needs of farming families to SFF;
- monitoring the program goals and ensuring they are reached in a timely manner;
- acting as ambassadors for all of the SFF projects; and
- providing support in the development of the framework of governance and cross sector collaboration

We are very excited to advise that the advisory group has three farmer representatives on the group and they are:

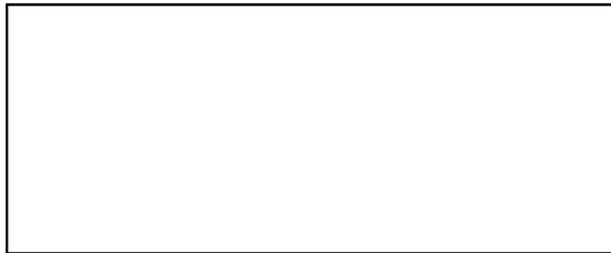
- Pam Oddie—Beaufort;
- Jamie Ramage—Violet Town; and
- Angus Howell—Benalla

Further information: Visit [sustainablefarmfamilies.org.au](http://sustainablefarmfamilies.org.au)



## Western District Health Service

Frances Hewett Community Centre  
2 Roberts Street, PO Box 283, Hamilton, VIC 3300



## Email Newsletter—SFFBytes



Sustainable Farm Families is excited to announce that we are currently updating our website. As part of this update we will be able to distribute our newsletters via email, giving you the latest program news and results together with an insight into the latest health, well-being and farm safety trends. To sign up for this newsletter, please email your email address with your contact name and phone number to: [cate.mercer-grant@wdhs.net](mailto:cate.mercer-grant@wdhs.net) **OR** faxback the following information to (03) 5572 5371.

**Name:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

(Please print your email address)

