



Year Two commences



Sustainable Farm Families newsletter is produced in collaboration with the above partners. For further information please phone Sue Brumby Principal Investigator or Stu Willder Principal Researcher (03) 55518450

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Welcome to the second newsletter for Sustainable Farming Families research project for 2004. The beginning of the second year brings with it a great level of excitement for all. It is now time to :

- Revisit all 128 participants and continue to develop the learning's from the first year.
- Reassess the 128 participants and continue to build on the statistical data that has already been collected.
- Continue the learning phases of the project focusing on mental health and well being and swapping the gender bend-ers workshop as participants requested.

We would like to acknowledge all the great work that has been done so far through the project and thank all the participants for their diligence with form returns

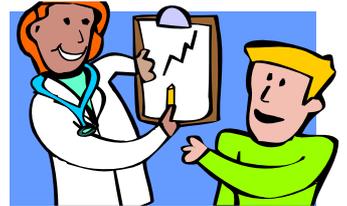
and flexibility with timetables.

To all the research partners including RIRDC, Farm Management 500, RMIT University, LandConnect, VFF, DPI and AWIA, your ongoing support of WDHS has been fantastic and has greatly assisted in the development of the successful project.

Our steering committee has been hard at work meeting on numerous occasions and directing the program for the next two years and beyond.

Please remember to contact us at any stage throughout the project if you have any concerns. We have already assisted many within the project with additional information and support throughout the first year.

Finally, Seasons Greetings to you and your families.



Points to remember

- Please remember to fast from 8pm prior to your physical assessment
- Don't forget your manuals for the education session
- Wear comfortable clothing for the day
- Please fill out and bring the additional surveys
- Come with an open mind



Remember that stress comes in many forms including rashes, insomnia, illness and agitation. Be aware of your body and acknowledge stressful times and try to change your thoughts to positive ones. Revisit the techniques from Chapter 6 Stress in your SFF Manuals.



Benalla Feedback

The second year education session for Benalla went well recently with some very impressive results for the majority of the group!

Significant weight loss, girth reduction and cholesterol lowering were noted. Along with this came some great action plan reports on farm safety measures and major lifestyle changes.

Everybody had a great day and reinforced the significant effect that this project has had on many farming family lives. As stated by one member " fish in the Benalla area are now an endangered species ."

The challenge is out there for all other groups.



Over-55s warned of skin cancer risk Sunday, October 31, 2004.

<http://www.abc.net.au/health/thepulse/s1256123.htm>

Cancer experts are mounting a new campaign to warn the over-55s of the dangers of skin cancer.

They say both men and women need to check their skin regularly for any changes.

Johnny Raper is known as a rugby league immortal. But he had to confront his mortality when he was diagnosed with melanoma, the most deadly form of skin cancer.

"When I think about it, I might not have been here if I had waited a week later," Mr Raper said.

After radical surgery, he is now cancer free and a passionate campaigner for the sun safe message.

"I used to lie in the sun and get sun-burnt, blister and I thought it was great. When I was lying in the bed in

the RPA hospital, I thought what a fool I was," he said.

The figures are startling. Two Australians over 55 die every day from melanoma.

"The people who are over 55 now were already in their 30s when the slip-slop-slap campaign started so when they were growing up, unprotected exposure to the sun was simply part of the way of life," Anita Tang, from the NSW Cancer Council, said.

The Cancer Council today launched a new campaign to urge people over 55 to be aware of changes in their skin.

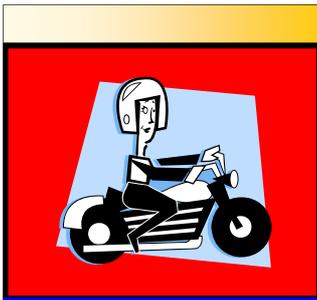
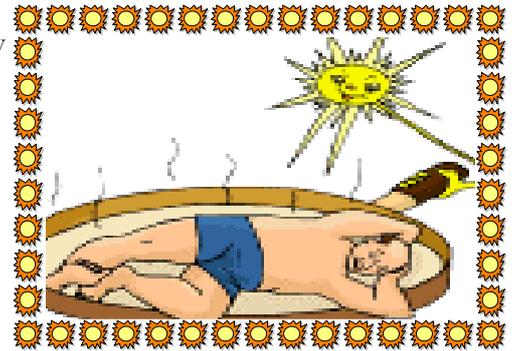
People should keep an eye out for any new spots, any spots that appear to be growing, irregular, or bleeding.

The Cancer Council says people over 55 should check their skin at least four times a year.

People with lots of moles, with fair or red hair and a family history of skin cancer are most at risk.

Doctors say 95 per cent of melanomas are treatable if caught early.

Just a little note that rural people have higher incidence of skin cancer so remember to wear your hats and plenty of sunscreen. Annual checks assist in the early detection of skin spots.



Are you Getting Enough????

Do as some of the Benalla group do.
 1. Stop the bike or ute 100 meters away from the gate
 2. Get out and walk or jog to the gate
 3. Open gate
 4. Walk or jog back to the ute and repeat as necessary.
 It is all about making opportunities for exercise, not about going to the gym. Make your day work for you!! Remember that the recommended amount of exercise is 30 minutes at least 5 times per week. Make the time increments any way you like.

More results from your first year

Results from the first year of the SFF project include some of the information regarding your general health and wellbeing and health in general. Some interesting results came from your self reported information. When asked how you would say your health is ranging from poor to excellent?

Females	Males
92%	93%

Stated they were good, very good or excellent.

On asking participants who had body pain ranging from none to very severe in the last four weeks?

Females	Males
12%	30%

Stated they had moderate to very severe body pain

When asked if health inter-

ferred with normal activities outside or inside the home

Females	Males
27%	34%

Stated they experienced interference.

On a question relating to those who had some difficulty with their waterworks. Getting up more than once a night or difficulty with urination in any way such as dribbling when coughing or laughing.

Females	Males
61%	43%

Stated they experienced some level of this

And finally on questioning whether people felt anxious or depressed in any way the results were

Females	Males
17%	0%

The results are interesting

from a research point of view in that we often rate our feeling of wellbeing as what we expect people to think rather than what is really happening in our bodies. To rate feeling so good yet suffer bodily pain on a moderate to severe level in the last four weeks is a good example of how we say we are one thing but really are another.

Further issues on what anxiety and depression are will be covered in the second year of the project.

It will be interesting to present these to each of the groups and gauge your thoughts in the next year.

Finally 100% of participants stated that they would recommend this program to others.

A healthy Hamburger It is possible !!

Upcoming Dates to remember

Group dates and times for 2005

Horsham Group

Thursday the 17th of February
VIDA

Clare Group

Thursday the 24th of February
Same venue as last year

Swan Hill Group

Thursday the 3rd of March
Murray Downs Resort

Hamilton Group No 1

Tuesday the 22nd of March
Western District Health Service
Auditorium

Hamilton Group No 2

Wednesday the 23rd of March
Western District Health Service
Auditorium

Please remember to fast from 8.00pm the previous evening. Water is permitted to drink but no food

Assessments will commence at 7.00am

- From** <http://www.betterhealth.vic.gov.au/>
- Ingredients:**
- 350 g lean minced beef,
 - 1 carrot, large, grated
 - 2 medium zucchini, grated
 - 1 green apple, large, cored and grated
 - 3 slices wholemeal bread, made into crumbs
 - 2 tablespoons parsley, chopped
 - 1 teaspoon mixed dried herbs
 - 1 egg, beaten
 - 1 tablespoon olive oil
- To assemble:**
- 1 onion, large, sliced
 - 6 hamburger buns
 - 2 tablespoons grainy mustard
 - 2 tomatoes, sliced
 - 6 small lettuce leaves
 - 6 slices canned beetroot
- Method:**
1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg.
 2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
 3. While burgers are cooking, heat oil and cook onion, stirring several times.
 4. Split and toast buns. Spread top half of each with mustard.
 5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
 6. Top with remaining half of bun.
- Notes:** A good hamburger makes a balanced meal. It's hard to buy good burgers but easy to make them at home. If you have one, use a food processor to grate and mix the ingredients.
- This is a great idea especially for those BBQ's over the summer period with less than 9.0 grams of fat in each burger.**

Chocolate May Cure Coughs!!!!

From <http://www.abc.net.au/health/thepulse/s1256123.htm>

An ingredient in chocolate could be used to stop persistent coughs and lead to more effective medicines, say U.K. researchers.

Their small study found that theobromine, found in cocoa, was nearly a third more effective in stopping persistent coughs than codeine, currently considered the best cough medicine.

The Imperial College London researchers, who published their results online in the *FASEB Journal*, said the discovery could lead to more effective cough treatments.

"While persistent coughing is not necessarily harmful it can have a major impact

on quality of life, and this discovery could be a huge step forward in treating this problem," said Professor Peter Barnes of Imperial College and Royal Brompton Hospital.

Anyone for a Mars Bar or a cup of hot chocolate!!!!



From all the team we wish you the best for the festive season and look forward to seeing you all throughout 2005. We hope you all stay well and encourage you to contact us if you have any queries or concerns.