

Health focus for farm forum

HOW healthy are we? Is dairying good for your health?

People attending this year's Dairy Research Foundation's symposium will have the opportunity for a voluntary, quick health check, and to find out how healthy the dairy industry is as a group.

Symposium organiser, Associate Professor Yani Garcia, said this was one part of the symposium theme, "Dairying, a healthy obsession".

The optional health checks and group report will be conducted by the National Centre for Farmer Health, which has been assessing farmer health in a number of Australian farming regions.

Similar health checks at dairy conferences in Western Australia and south west Victoria found dairy farmers showed more signs of being at risk of diabetes and heart-related illnesses than

the general population.

So what will be the situation in NSW? Is dairying good for your health? To find out, register for the Dairy Research Foundation Symposium, to be held at Camden on September 8 and 9.

The program includes a host of exciting speakers including overseas experts and Australian dairy farmers, advisors and researchers.

Topics covered include:

- Ways to reduce carbon emissions from Professor Tim McAllister, of Canada;
- Healthy dairy farms for the future, from Lyn Strong, a NSW dairy farmer;
- Advances in managing milk fever, acidosis and ketosis, from Professor Michael Doherty, of Ireland;
- Growing a healthy dairy business (from 45 to 800 cows), from Victor Rodwell, a WA dairy farmer; and
- Overcoming reproductive challenges, from Joe Chittick, a NSW dairy farmer.