

Latest News

Preventative Health for Farmers

The National Partnership Agreement on Preventative Health

Jason Gowin has been employed by the SA Farmers Federation as a Healthy Worker Adviser (HWA) as part of the joint Federal and State Government initiative under the National Partnership Agreement on Preventive Health.

The main goal of this project is to bring about changes to health via the workplace – looking at smoking, nutrition, alcohol and physical activity (SNAP) - all linked to the spiralling cost of chronic disease management.

SAFF (which has become Primary Producers SA – PPSA) sees this role as a great opportunity to have a dedicated person in their organisation focusing on farmer health.



At HWA launch: Jason Gowin, pictured middle-left with Warren Martin (far left), Deane Crabb (middle-right) & John Neale (far right) of SAFF

‘Farmers have been facing greater stress due to changes in climate, increase in the Aussie dollar, less young people staying on the land and the increase in the use of technology and farm size. When farmers are under greater stress they are more likely to drink alcohol at harmful levels which in turn affects their overall health as well as relationships with their family,’ Jason says.

PPSA is working with SA Health and the HWA steering committee to develop roles and functions that will have the greatest benefit at improving farmer health. Initially this will involve raising awareness. Supporting existing services in becoming farmer focused will be important. The HWA has established links with Deakin University’s National Centre for Farmer Health in Hamilton Victoria who are interested in supporting the work that we are doing in SA.

‘The bottom line is the healthier you and your workforce, the better the productivity and less strain on health dollars,’ Jason says.

Jason is available to work with farmer groups and would welcome the opportunity to talk to your local Bureau Branch. He can be contacted by phone, 8100 8702 or e-mail jgowin@saff.com.au