

The Sustainable Farm Families acknowledges collaboration with the above partners.

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<i>Year one report</i>	1
<i>Workshop dates for 2007</i>	1
<i>Statistical results</i>	2
<i>Alcohol and your health</i>	3
<i>Cervical cancer</i>	3
<i>Quiz: Know the Fats</i>	3
<i>Diabetes</i>	4
<i>A prompt from the team</i>	4



Congratulations to all who have been involved in what many believe to be a ground breaking program for rural and remote farm families.

A total of 121 participants were involved in the project, with 34 from Western Australia, 35 from the Northern Territory, 24 from Queensland and 28 from New South Wales. There were 70 females and 51 male participants across the project. The participants ranged from 22 to 74 years old with an average age of 44.

Aims for the remainder of 2007 are keeping you all motivated, maintaining accurate statistical data and reporting to industry & government an accurate reflection of the state of remote farming family health.

Some comments from participants:

'It puts the spotlight on you and your health.'

'Improved health leads to better production and better outcomes'

Highlights for year one included successfully accomplishing the following goals

- Delivery of workshops to the designated areas, Esperance, Cascade (WA) Tennant Creek, Katherine (NT) Mt Surprise, Georgetown (QLD) Walgett & Burren Junction (NSW).
- Registration and data collection on all participants.
- All within budget.

By now you should have all received your action plans. These are to help you keep on track and achieve your goals. Some actions to date include: *'Improve Farm OH&S'*, *'Take kids on a great fishing trip'* and *'Lose weight and tone up'*.

We hope you enjoy this newsletter and in spite of the seasonal challenges keep up your focus on good health, wellbeing and safety.

The SFF Teams

Upcoming workshop dates 2007

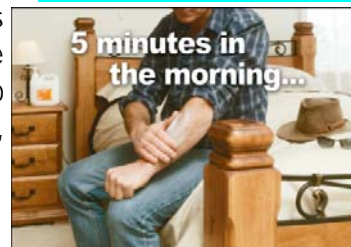
Tennant Creek
5-6th November

Katherine
8-9th November

Mt Surprise & Georgetown
26-30th November

Stressed???

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



• Remember to keep your action plans active in your mind as we expect to hear about the progress you have made when we return to each of the areas in 2007-2008

• It's never too late to address these!

Keen participants from Walgett and Burren Junction

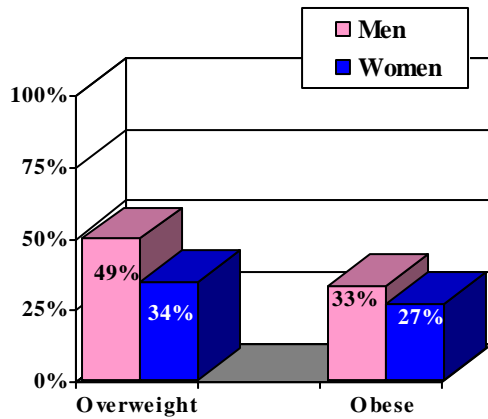


Preliminary Results from Year 1

Body mass index (BMI) is used to estimate your total amount of body fat.

Our results show that there were 82% of males either overweight (BMI>25) or obese (BMI>30) whilst there were 61% of women either overweight or obese. We encourage all participants to get into the healthy BMI range by managing their 30 minutes of exercise five times a week and maintaining a healthy diet!

Percentages of participants with overweight or obese BMI Scores



Risks of being overweight and physically inactive

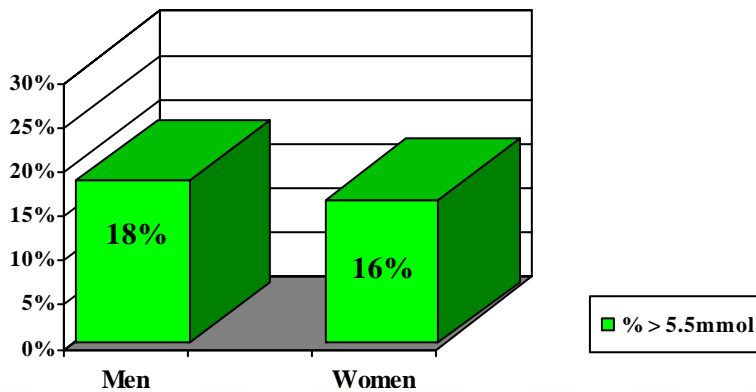
If you are overweight (BMI over 25) and physically inactive, you may develop:

- Cardiovascular (heart and blood circulation) disease
- Gall bladder disease
- High blood pressure (hypertension)
- Diabetes
- Osteoarthritis
- Certain types of cancer, such as colon and breast cancer.

<http://www.betterhealth.vic.gov.au>



Percentage of participants with fasting cholesterol over 5.5mmol



Cholesterol

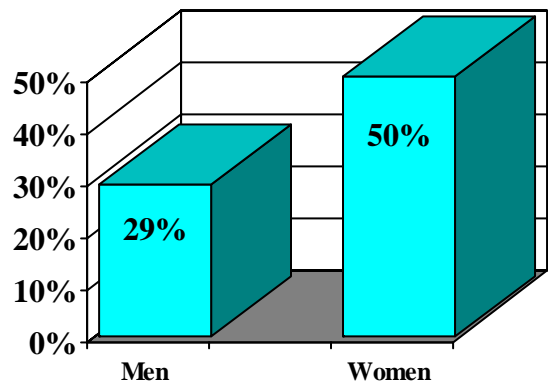
The graph to the left highlights the percentage of participants with cholesterol levels of greater than 5.5mmol (risky). If you were a participant finding out about high cholesterol, then remember to eat lean red meat and low fat dairy products to help reduce your cholesterol into the healthy range. Medical specialists believe that levels above 5.5 indicate an increased risk for vascular disease such as heart disease and strokes. Remember reducing your intake of saturated fat is best for lowering your cholesterol level. Saturated fat is found in animal fats, dairy (choose lower fat options) coconut and palm oil (often used in take-aways and commercially prepared biscuits).



Body fat distribution and health risk www.betterhealth.vic.gov.au

A person's waist circumference is a better predictor of health risk than BMI. Having fat around the abdomen or a 'pot belly', regardless of your body size, means you are more likely to develop certain obesity-related health conditions. Studies have shown that the distribution of body fat is associated with an increased prevalence of diabetes, hypertension, high cholesterol, cardiovascular disease and more recently cancer. The Better Health Channel estimates that a waist size of 88cms or more equates to substantially increased risk for women. The cut off for men for substantially increased risk is 102cms. However, public health officials estimate that many people, and even a significant number of doctors, remain unaware of the link between waist circumference and heart attacks. The graph to the right indicates that 29% of men and 50% of women have an abdominal measurement of high risk. We look forward to seeing how these results change in our second year workshop. Remember, a healthy balanced diet with regular exercise is the only long term measure for reducing weight.

Percentage of participants with a waist measurement of high risk
Men>102cms Women >88cms



Alcohol: How is it affecting your health?

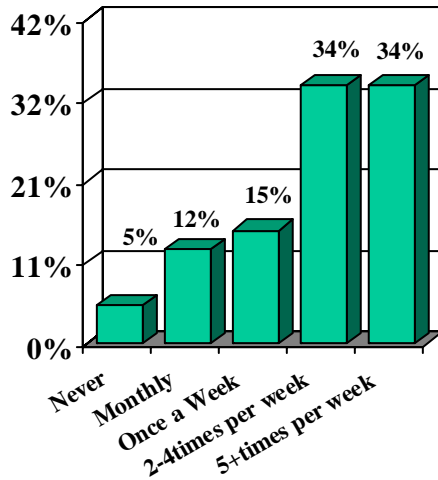
Results from the first year of the project included some interesting information regarding alcohol consumption. The Australian government alcohol guidelines state that men should avoid having more than six standard drinks and women should avoid having more than four standard drinks on one occasion. Results from year one assessments indicate that 75% of men were drinking at risky levels at least once per month (see graph). Whilst 37% of women reported to drink at high risk levels of six or more standard drinks at least once a month. Drinking at these levels can cause serious effects to your long and short term health including:

- Cirrhosis of the liver
- Brain damage and memory loss
- Increased risk of accidents
- Increased risk of male impotency

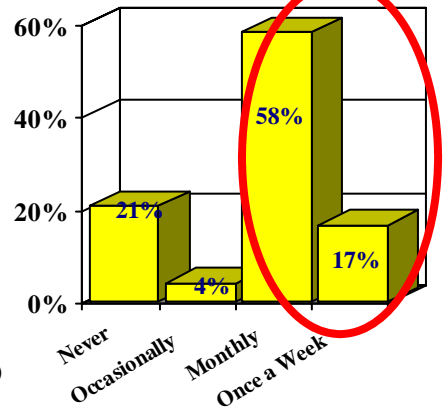
Increased stress can lead people to drink higher than usual amounts of alcohol. Please take it easy over the next few months particularly with the added seasonal

stress of climate, families and mustering. In the lead up to our next workshop we suggest all drinkers to drink at moderate levels (1-2 drinks per occasion & 2 non-drinking days per week). Drinking at low—moderate levels has been shown to have positive effects on prevention of coronary heart disease and stroke incidence, reducing accidents and violence.

How often do you have a drink containing alcohol? (all participants year 1)



How often do male participants have more than six standard drinks on one occasion?



Keeping track of how many alcoholic drinks you have is important. Men should avoid having more than 6 and women more than 4 standard drinks on any one day. Here are some examples of how many standard drinks are actually in what you're drinking:

1 30ml Spirit Nip 40% Alc/Vol

1.8 180ml Average Restaurant Serve of Red Wine 12% Alc/Vol

1 285ml Middy/Pot* Full Strength Beer 4.9% Alc/Vol

* NSW, WA, ACT - Middy; VIC, QLD, TAS - Pot; NT - Handie/Pot; SA - Schooner

NHMRC www.alcoholguidelines.gov.au

Worlds first cervical cancer vaccine fully funded and available

The Cancer Council Australia have welcomed the announcement that the Australian Government will fund the Human papillomavirus (HPV) vaccine. HPV is a sexually transmitted infection usually affecting women between 20-24. Almost all irregular pap smear results are the cause of HPV. In 98% of cases the HPV will clear itself, if however it persists and is left undetected it can cause cervical cancer. The HPV vaccine (Gardasil) prevents infection of four of the many strains of HPV. Two of the vaccinated strains cause approximately 70% of known cervical cancers. As this vaccine does not protect against all types of cancer-causing HPV, pap tests will still be required every 2 years even for vaccinated women. The vaccine is available to women aged 12-26 years of age free of charge at your local health clinic, so make sure you, your daughters and staff are aware. <http://www.health.gov.au/>



Quiz: Getting your fats right.



1. To satisfy the body's needs for essential fatty acids, it's important to eat some greasy foods every day. *True or False?*
2. A single average serve of chocolate mud cake contains about how many grams of fat? a) 20g b) 40g c) 60g d) 80g
3. If you've been exercising to build muscle and then stop, your muscle turns into fat. *True or False?*
4. Fried foods do not increase your risk of heart disease so long as they are fried in vegetable oil. *True or False?*
5. The most useful way to keep blood cholesterol levels healthy is to: a) avoid eating eggs b) avoid eating all foods containing cholesterol c) Cut back on foods containing trans and saturated fats
6. One 100g bar of chocolate has roughly the same amount of kilojoules as: a) 2 large apples b) 4 large apples c) 6 large apples
7. Margarine is healthier for your heart than butter. *True or False?*
8. All types of fat (saturated, monosaturated, polyunsaturated) contain the same amount of kilojoules *True or False?*
9. If you're trying to lose weight, you should aim to lose no more than: a) Between 0.5-1.0kg a week b) Between 1.0-1.5kg c) 2kg a week
10. To lose one kilogram in a fortnight, you would need to cut your energy intake by approximately how many kJ a day on average? a) 1000kJ b) 2500kJ c) 5000kJ
11. To burn off 1000kJ (2.5 TimTams) a 70kg person would need to walk briskly for approximately how long? a) 20mins b) 1hour c) 2 hours
12. Foods prepared outside the home usually have more fat than foods cooked at home. *True or False?*
13. Cold pressed liquid oils (extra virgin olive oil) are healthier because they contain more disease-fighting antioxidants. *True or False?*
14. Children under 12 should not be routinely given reduced-fat dairy products. *True or False?*
15. All seafood have very little fat or cholesterol. *True or False?*

<http://www.abc.net.au/health/quizzes/fat/> Answers: 1) F 2) D 3) F 4) F 5) C 6) C 7) T 8) T 9) A 10) B 11) B 12) T 13) T 14) F 15) T



I'm a farmer. At least I used to be until I was diagnosed with skin cancer. My whole world changed from that moment on. Weeks of chemo, long stays in hospital, I even had to get my son back to run the farm. It's been real tough on the whole family. If I have one message for farmers, it would be that it's not worth it to put things off and put themselves and their families through what we've been through. If you work outside, *always* wear a wide-brimmed hat, long-sleeved shirt, sunglasses and regularly apply sunscreen". **Les Colman**



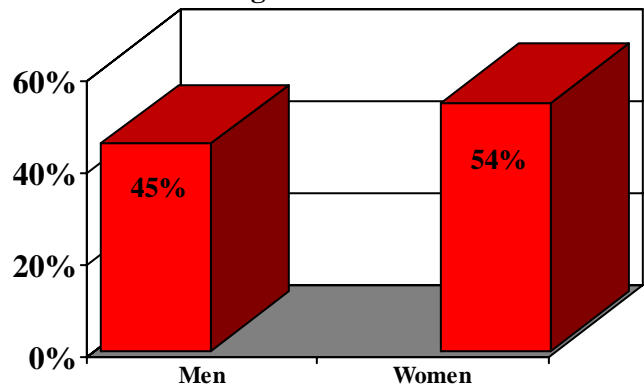
Diabetes: The Silent Epidemic.

In pre-diabetes blood glucose levels are higher than normal but not high enough to be called diabetes. Pre-diabetes has no warning signs or symptoms. Each year, in your early morning assessments we test your fasting blood glucose and people greater than 5.5mmols are referred for further follow up and/or diet advice. Remember the glycaemic index in Diet and Nutrition?

The results from the fasting blood glucose levels show interesting statistics. From the graph it can be seen that there was a 45% incidence of 'risky' blood sugar levels for men and a 54% incidence of 'risky' blood sugar levels for women. The average blood sugar level was 5.8mmol for males and 5.6 for females. Research from the US, Finland and China show that moderate weight loss, and exercise reduce the risk of pre-diabetes developing into type 2 (mature onset diabetes) and help reduce your blood glucose levels. If you are one of these people, finding out about your blood sugar level

gives you a chance to make some changes. In year 2 workshops, we talk about diabetes in more detail. Meanwhile, attempt to reduce fat intake, watch diet, exercise more and read your food labels to make better choices!

Percentage of participants with fasting blood sugars over 5.5mmols



"A Prompt from the team"

Keeping track of our new healthy living plan can be a bit difficult as we attend to the daily task of running our farms and families. How can you keep a record of relevant information to support your Sustainable Farm Families action plans? Of course it depends on what you have set out to achieve, but how about:

- A weekly reflection with the family over a healthy dinner on what you have achieved in the past week and what you might do differently next week.
- Keep a record of actual times of planned activity (walking, catching up with friends, personal phone calls etc).
- Take physical measures less frequently (weight, height if you need to grow!), and don't be preoccupied with them.
- Discuss how the farm safety changes are going, what you have learnt and what has worked well
- Most of all enjoy the modest challenges you have set and enjoy the time out from your busy schedule.

Good luck with your goals and challenges, we look forward to seeing how far you have all progressed in the next workshop!

PROTECT YOUR FARM'S MOST IMPORTANT ASSET. YOU.



Slip on sun-protective clothing



Slop on SPF 30+ sunscreen



Slap on a hat



Seek shade when possible



Slide on some sunglasses



www.sunsmart.com.au