



GARDINER FOUNDATION



Sustainable Dairy Farm Families Newsletter is produced in collaboration with the above partners.

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Year one report	1
Where it started	1
Statistical results	2
More results	3
Skin cancer	3
From the professor	4
Waist size does matter!	4

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

The end of year one has seen groups run at Melbourne, Colac, Cobden, Warrnambool, Warragul, Leongatha, Trafalgar, Wodonga, Shepparton, Kerang and Corryong.

A total of 210 participants were involved in the project and this included 109 men and 101 women representing approximately 137 dairy farm families.

Highlights for the project in year 1 included successful attainment of the following goals

- Delivery of education programs to the designated areas
- Registration and data collection on all participants.
- Meeting required target numbers, and
- All within budget

Aims for the remainder of 2005 include establishing the dates for our second year workshops, keeping you all motivated, maintaining accurate statistical data and reporting the results of the project to you throughout our second year.

In closing, we hope you all enjoy this newsletter and encourage you to contact us if you require any further information.

*Sue, Stu, Ann and Larry*

## Stressed???

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.



*Where it all started!  
Pictured is the first dairy group in Melbourne*

Well, we have come a long way since the first program for the Dairy industry. Pictured at the VFF in Melbourne, is the first group of dairy members made up of industry partners and collaborative bodies. From this humble beginning we have completed 11 dairy farm families workshops throughout Victoria with a combined total of 210 participants

- 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 2006 and 2007.
- It's never too late to address these!

# Some Preliminary Results for your interest

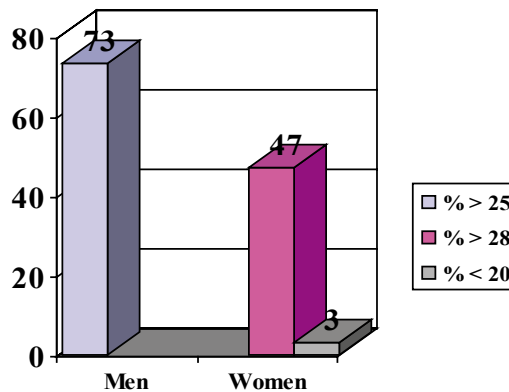
No doubt you will all be wondering how did the results pan out in the wash? Was Gippsland fitter than the Southwest, or did the Northern districts take the trophy home?

We don't want to disappoint you and whilst all groups had some minor differences in readings and results, these will become more evident as the project continues.

Firstly we look at how the project, as a whole, progressed with significant focus on some of the physical findings.

## Body Mass Index

Men > 25  
Women > 28

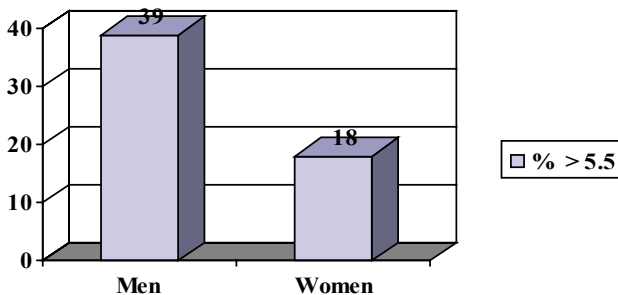


The graph to the left defines the Body Mass Index (BMI) results for all participants in the project. This figure is obtained by dividing your weight and height measurements.

This is then plotted within set ranges, 20-25, being normal values for men and 20-28 for females. There were 80 men over the 25 BMI level which equates to 73% of all males.

There were 48 females (47%) above the recommended range. 3% of women were underweight with a BMI of less than 20

## Fasting Cholesterol



The graph to the left highlights the cholesterol results for all participants. The results reveal a 39% incidence of males with a cholesterol over the 5.5 mmols level and an 18% rate for the women. Medical specialists believe that levels above 5.5 indicate an increased risk for vascular disease such as heart disease and strokes.

These results are common in rural communities and reveal some concern in relation to their positive link to cardiovascular, stroke and vascular diseases.

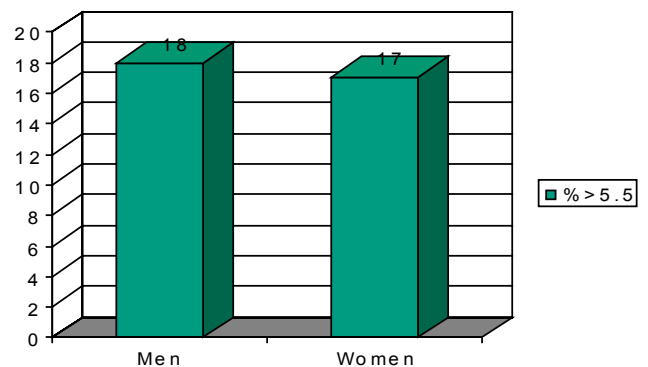
Remember we cannot reverse the buildup of cholesterol in the blood vessels.

The graph to the right is an important graph in revealing the fasting blood sugar results of participants who have levels above the 5.5 mmols for a fasting test. The information re diabetes indicates some concern about individuals with 10 hour fasting sugar levels of above 5.5 mmols. 18% of men and 17% of women recorded levels above 5.5 mmols.

Individuals with elevated levels at a fasting test over the 5.5 range may be at risk in the future of developing type 2 diabetes. It is important to remember the education principles re the glycaemic index and the way in which foods release their carbohydrates and the effects on blood sugar levels.

For more information go to [www.betterhealth.vic.gov.au/](http://www.betterhealth.vic.gov.au/) and follow the links to diabetes and glycaemic index.

## Fasting Blood Sugar



## More results from your first year

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

<b>Females</b>	<b>Males</b>
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?

<b>Females</b>	<b>Males</b>
22%	28%
Stated they had moderate to very severe body pain.	

When asked if health interfered with normal activities outside or inside the home.

<b>Females</b>	<b>Males</b>
34%	40%
Stated they experienced interference.	

During the physical assessments, participants were asked about any difficulties with their waterworks, getting up more than once a night or difficulty with urination in any way such as dribbling when coughing, lifting or laughing.

<b>Females</b>	<b>Males</b>
55%	41%
Stated they experienced some level of this	

The results are interesting from a research point of view in that we often rate our feeling of well-being as what we expect people to think rather than what is really happening to 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.

## Solariums - Fashion To Die For Cancer Council of Victoria 1/10/2005 www.sunsmart.com.au

**1 October, 2005.**

A new campaign to warn Victorians about the dangers of solariums and tanning clinics has been launched by Health Minister, Bronwyn Pike.

Solariums – Fashion to Die For is a joint campaign between the Bracks Government and SunSmart, a program of The Cancer Council Victoria, to make people aware of the dangers of contracting skin cancer from solariums. “With the spring racing carnival upon us and summer approaching it is vital to warn Victorians of the risks of skin cancer from tanning and solarium use,” Ms Pike said.

“This campaign is aimed at fashion conscious young women who feel pressured into having a tan - but the messages apply to anyone who uses a solarium.

“The message is simple – using a solarium for even a small amount of time can increase your chances of developing skin cancer.

“Solariums emit ultraviolet rays up to five

times stronger than the midday summer sun. In Victoria, this is the equivalent of the UV index being over 60.

“With more than 1300 Australians dying from skin cancer every year, too many people assume that solariums are a safe way to tan. This is wrong.

“Compliance monitoring of the Victorian solarium industry shows there are not high rates of compliance with the Australian Standard.

“Because this is an ongoing concern the Department of Human Services will be consulting closely with the industry to investigate how standards and training for operators could be improved”.

A study by the Center for Behavioral Research for the Cancer Council Victoria indicated young women between 16 and 25 were not properly advised of the dangers of solarium safety by solarium operators.

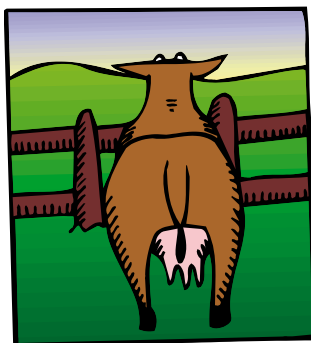
SunSmart Victoria program manager Kylie Strong said: “The research

indicated 16 year olds could get access to 52 per cent of solariums without parental consent. Thirty per cent were not provided information about the risks of solarium use, and 90 per cent of the high-risk, fair-skinned customers were allowed access to tanning units.

“In fact, after potential customers suggested they were having second thoughts about using the solariums, staff in 75 per cent of the centres tried to reassure them about using the tanning units.

The results of this research indicate that we can't rely on some members of the industry to uphold the Standard,” Ms Strong said.





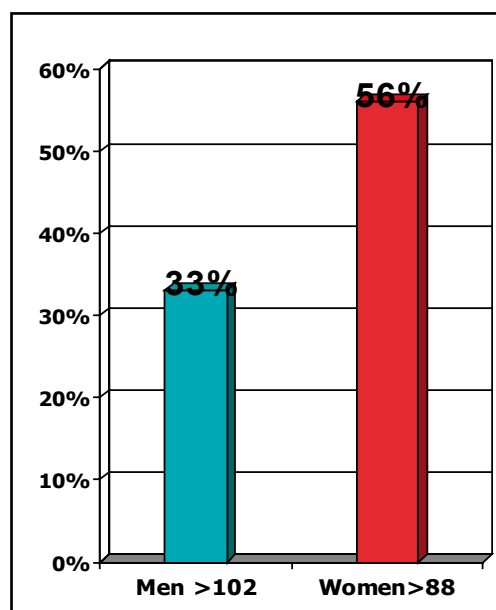
**Remember the issues we discussed re farm safety and how it effects your farm?**  
 Remember the significant discussion that was brought up in each of the groups and how we focused on the issues around getting safety as a real issue in our workplace. The government is already aware of farm safety and this has been highlighted specifically regarding tractor accidents. Keep in mind the injuries and accidents that can occur on the farm and remember that this is **your** workplace and often the place where **your** family live and play. Making it safer today will make it easier in the future. Farm safety was certainly one of the major areas that all groups highlighted where significant improvements could be made. We look forward to seeing how you cover farm safety in your action plan reports.

## Waist Size Risk Under-Reported 10/14/2005

<http://www.lifescrpt.com/articles/3582.asp?FD5D33CEE3DF>

Excess body fat, wherever on the body it stores itself, is a known risk factor for heart disease. However, a series of recent studies have demonstrated that large waist size in particular is associated with a significantly greater risk of heart attacks. According to the most recent statistics available, the World Health Federation estimates that a waist size of 88 centimetres for women and 102 centimetres for men places patients in the highest-risk category for the onset of heart attacks. 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. In fact, a majority of high-risk heart disease patients report never having been informed of the relationship between abdominal fat and heart attack risk. Public health officials urge immediate attention to the matter, as heart disease kills 17 million people worldwide each year. Without preventative interventions and societal lifestyle changes, that number is expected to increase.

SDFF Year 1 Waist Measurement



## “A Prompt from the Professor”

Keeping track of our new healthy living plan can be a bit difficult as we attend to the daily task of running our farms. How can you keep a record of relevant information to support your Sustainable Dairy 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 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 and what you have learnt, and
- Most of all enjoy the modest challenges you have set and enjoy the time out from your busy schedule.

Best wishes, John.

From all the team we wish you the best for the festive season and look forward to seeing you all throughout 2006.  
 We hope you all stay well and encourage you to contact us or your local health professional  
 if you have any queries or concerns.  
 ...and don't forget to *SLEEP, SLOP, SLAP !!!*