



Sustainable Farm Families Newsletter is produced in collaboration with the above partners. Principal Investigator Sue Brumby Principal researcher Stu Willder Phone 55518450 for further information.

Year one report 1
Results of interest 2
Statistical results 2
Profs report 3
What did you say 3
Web update 3
Want more fibre? 4

- 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 2004 and 2005.
It's never too late to address these!
Everyone should have 1 or 2 alcohol free days per week



Well here we are at the end of year one!!!

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

The end of year one has seen groups run at Benalla, Horsham, Clare, Swan Hill and two groups in Hamilton .

A total of 127 participants were involved in the project and this included 69 men and 58 women representing approximately 35 farm families.

This included 109 FM500 members, 12 members from the VFF, 2 from AWIA and 4 other interested members from the public.

Industries involved in-

cluded beef, lamb, wool, rice, dairy, viticulture and cropping.

Participants were from three states, Victoria, South Australia and New South Wales.

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 target numbers required, and
All within budget

Other highlights included visits by Senator Judith Troeth, Parliamentary

Secretary DAFF, Mr. David Koch MLC, Mr. David Hawker MHR and Mr. Hugh Delahunty MLA who all found the workshops to be of great value.

Aims for 2004-2005 include establishing the visits for our second year workshops, keeping you all motivated, maintaining accurate statistical data and reporting to you all through our second year the results of the project.

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

Parliamentary Visit to the Hamilton Group



The Hamilton Group ran in April 2004 was attended by numerous parliamentary guests who had positive comments for the project and its significant need to rural Australia.

Pictured from left include David Koch, John Marriott, Sue Brumby, Stu Willder, Senator Judith Troeth, David Hawker, Victoria Mack and Professor John Martin. Absent from this photograph was Hugh Delahunty-MLA.

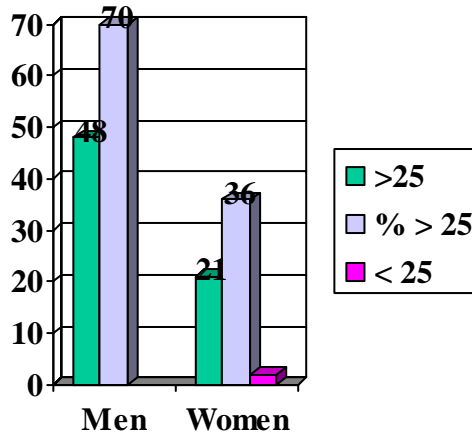
## Some Preliminary Results for your interest

Well no doubt you all will be wondering how did it all pan out in the wash? Was South Australia fitter than Vic or did NSW take the trophy home?

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

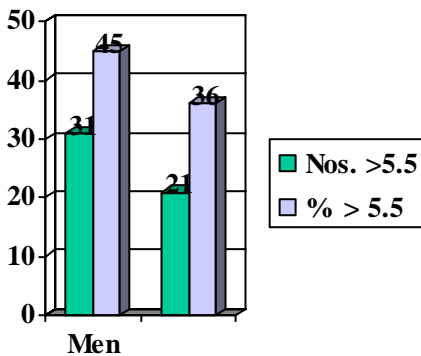
Firstly we look at how the project, as a whole, progressed with significant focus on some of the physical findings.

### Body Mass Index >25

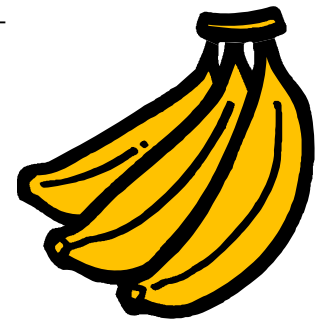


The graph to the left defines the Body Mass Index (BMI) results for all participants in the project. This figure is obtained by dividing your weight and height measurements. This is then plotted within set ranges, 20-25, being normal values for men and 20-28 for females. As you can see there were 48 men over the 25 BMI range which equates to 70% of all males. There were 21 females which equates to 36% above the recommended range. 2 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 45% incidence of males with a cholesterol over the 5.5 mmols level and a 36% rate for the. Medical specialists believe that levels above 5.5 indicate a 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.



*Remember that fruit and vegetables are some of the best sources of fibre and nutrients in our diet*

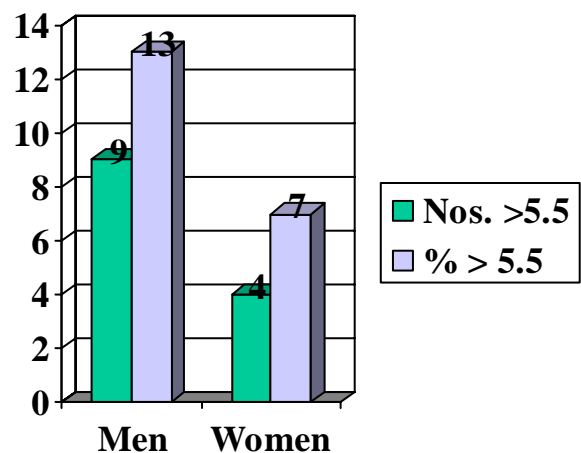
The graph to the right is an important graph in revealing the fasting blood sugar results of participants who have levels above the 5.5 mmols for a fasting test. The information re diabetes indicates some concern about individuals with 10 hour fasting sugar levels of above 5.5 mmols. 13% of men and 7% of women recorded levels above 5.5 mmols.

Individuals with elevated levels as 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



## " 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 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
- Most of all enjoy the modest challenges you have set and enjoy the time out from your busy schedule.

Best wishes, John.



*The benefits of wine are well documented so remember to incorporate some in your diet!!*

## What did you say ??

Victoria Mack Land Connect collated the data on your comments throughout the course and from the evaluations. The comments were certainly indicative of how you felt the program operated and examined the thoughts of each session, as well as the presenters.

These comments are essential in the continuous improvement process for future sessions and below are some participants comments from Victoria report .

**'I enjoyed the two days and feel it was a worthwhile use of my time and have gained new knowledge that would improve my life'**

**'Very informative two days - well done,**

**'Well done to all involved in this pilot program'**

**'Looking forward to the 12 month refresher'**

**'A very worthwhile and**

**well run course'**

**'Shopping will never be the same'**

**'Great stuff. Thanks for the opportunity to attend'**

**'Thank you, well done, great course..... (lots of comments!!)'**

**On the question- Would you recommend the course to others**

**100% of participants said 'Yes!'**

Remember that a little exercise per day is far better than trying to dedicate an hour or more to it.

Take it slow and you will win the race

## Useful Information on the net

To give you some information which is both useful and accurate on the internet we recommend the better health channel which is government supervised and has great links to medical information and sites.

The web site is [www.betterhealth.vic.gov.au/](http://www.betterhealth.vic.gov.au/)

Some of the better sites within this include the easy guide for medications and their uses which is pretty important if you are prescribed any drugs in the future.

Link to the library and the medicine guide for this

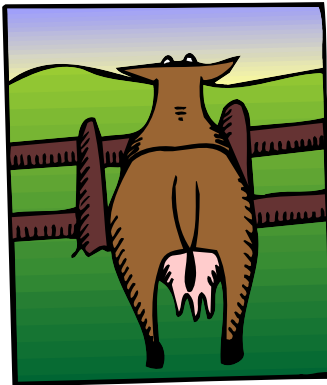
Another link is the health conditions which is through the topics site in the left hand corner.

Feel free to explore the web site as it is fairly easy to tour and gives heaps of easy to understand information

Go for it!!  
[www.betterhealth.vic.gov.au/](http://www.betterhealth.vic.gov.au/)



## Are you turning your back on SAFETY???



### **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 your action plan reports.

## Want some extra fibre in your life??

Well many witnessed the education and training of the Professor throughout the project and he is only too happy to admit that he did have his well educated eyes opened to the many relevant aspects of health.

John, a keen bike rider and being a gent on the upper side of 45 is well aware of the effects of time, aging and the need to maintain ones body shape and physical fitness.

John has included for you all a little recipe from his GI diet book which is sure to increase the fiber content to an accept-

able level within the diet.

Be aware that these museli bars can provide enough gaseous energy to reach Mars and back so go very gently on this one for the first few days.

On the serious side the books within the following web site are excellent for increasing your knowledge and awareness of glycaemic index and weight management.

Go to [www.glycaemicindex.com](http://www.glycaemicindex.com) for further info

Here is Johns Recipe for gas, I

The 'Home made Museli Bars' recipe (from Rick Gallop 2002 The GI Diet, Virgin Books)

200g wholemeal flour  
Sweetener (equivalent to 75g sugar)  
2tsp baking powder  
15g wheat bran  
1 tsp ground cinnamon  
1 tsp allspice  
1/2 tsp ground ginger  
1/2 tsp salt (optional)  
150g rolled oats  
160g apricots (finely chopped)  
70g sunflower seeds, shelled  
175ml apple sauce (unsweetened)  
115ml apple juice  
3 omega -3 eggs  
2 tsp vegetable oil



*If all else fails with the attached recipe an apple or two will get you on your way!!*

1. Line a shallow 20 x 30cm baking dish with parchment paper.
2. Mix the flour, sweetener, baking powder, bran and spices in a large bowl. Stir in the oats, apricots and sunflower seeds.
3. Mix the apple sauce, apple juice, eggs and oil, and add to the flour mixture.
4. Pour into the baking dish and spread evenly.
5. Bake at 200 degrees C for about 15-20 minutes, or until lightly brown. Let cool and cut into bars.

Makes 16 bars

See you soon Sue and Stu.....