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Total Participants Workshop 1

Males	697
Age Range Years	19 - 79
Average Age	50.38
Females	561
Age Range	18 - 78
Average Age	48.64
Total Participants	1258
Average group size	19.35



Welcome ,

We have completed the first year of workshops and it has been a great success. Participant feedback informs us you all enjoyed the program and are looking forward to the second year workshops, which are commencing over the next few weeks. We have had some interesting initial results from the first year of the program, which we will share with you over the next few pages.

We have noticed that diabetes is sneaking up. The trick is you can have diabetes **but** not know because there are no obvious symptoms. Unfortunately people with diabetes have a high risk of heart disease, stroke, high blood pressure, amputation risk, nerve and eyesight damage and kidney damage which may require dialysis. Imagine farming with that!

So lets get healthy and active and put a stop to diabetes!

Kind regards *SFF Team*



**Total Blood Glucose
Level above 5.5mmol**



DIABETIC

The Results Are In!!!

**The risk factors are all adding up to
DIABETES**

- ◆ 31.6% of participants had Blood Glucose Levels of 5.5mmols or over
- ◆ 35.7% of male and 44.6% of female participants had Waist Measurements ≥ 102 cm for males & ≥ 88 cm for women
- ◆ 22.5% of participants were Obese

The Diabetic Gate

The diagram to the left, can be used to help you understand diabetes.

If your blood glucose level (BGL) was below 5.5mmol continue with an annual health check, watch your diet and have plenty of exercise.

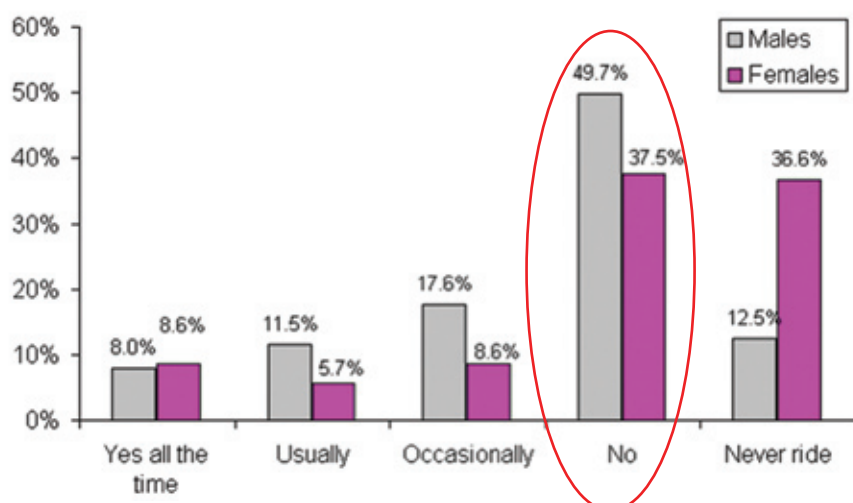
If your blood glucose level was above 5.5mmol fasted you are at a higher risk for developing diabetes in the future. The gate shows that it is easy to sneak silently towards the gate with readings above 5.5mmols. Once you have gone through the gate it closes and you have diabetes.

TIPS

- Monitor your BGL
- Eat a wide variety of nutritious foods, plenty of wholegrain cereals, vegetables, legumes and fruit.
- Eat small amounts of foods which contain added sugars and limit our daily intake.
- Exercise and exercise.

The following pages provide some of your summary results for the first year of the program

Motorbike Safety-Helmets (N=1257)



Summary:

Do you wear a helmet when riding a motorbike? This question was asked in the farm safety survey.

The graph to the left indicates that there is an alarming 49.7% males and 37.5% of females not wearing a helmet at all when riding a motorbike. You can also see that more males ride motorbikes than females with 36.6% of females never riding a motorbike.

Just as a reminder of the dangers of not wearing a helmet, remember the farm accident slides?

Please take care on the farm.

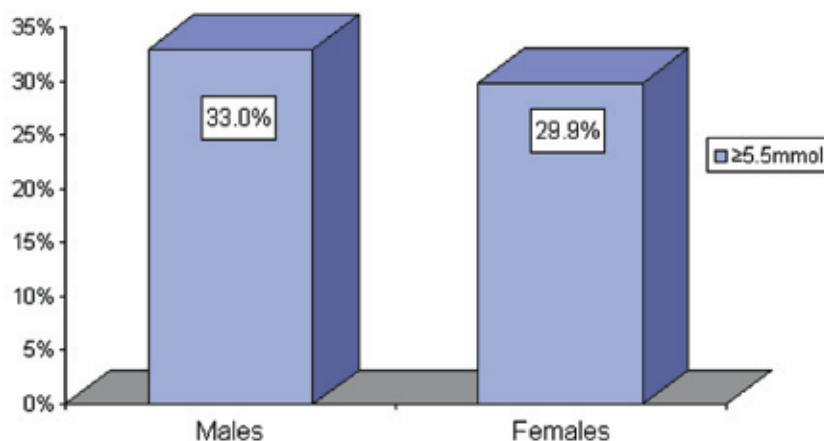
Summary:

The graph to the right highlights the percentage of participants with blood glucose levels of greater than or equal to 5.5mmol (risky) at the commencement of the program.

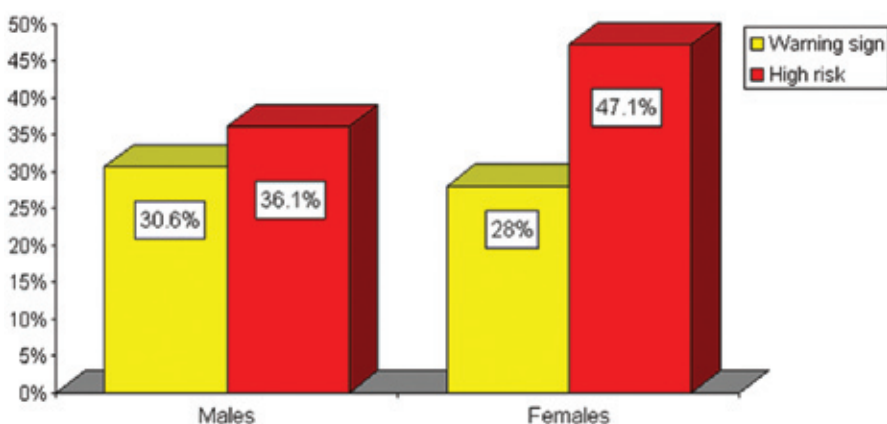
Individuals with blood glucose levels of 5.5mmol or more are at risk of developing pre-diabetes. In pre-diabetes, blood glucose levels are higher than normal but not high enough to be called diabetes. 33% of males and 29.9% of females had blood glucose levels of 5.5mmol or more and are at risk of becoming pre-diabetic.

In workshop 2 we will explain the link between diabetes and your blood glucose levels further. In the meantime watch your diet, eat low glycaemic carbohydrates (remember the diet and nutrition talk), exercise more and read your food labels to help you make better choices!

Blood Glucose (N=1252)



Waist Measurements (N=1247)



Summary:

Waist size is a useful indicator for the risk of diabetes and cardiovascular disease. A waist size of 102cm or more for males and 88cm or more for females is considered to be high risk.

In the first year workshops, 36.1% of men and 47.1% of women were considered to be at risk. If you were in the warning sign category try to be mindful not to be complacent with your weight, as maintaining or reducing your weight may reduce your risk of type 2 diabetes and cardiovascular disease.

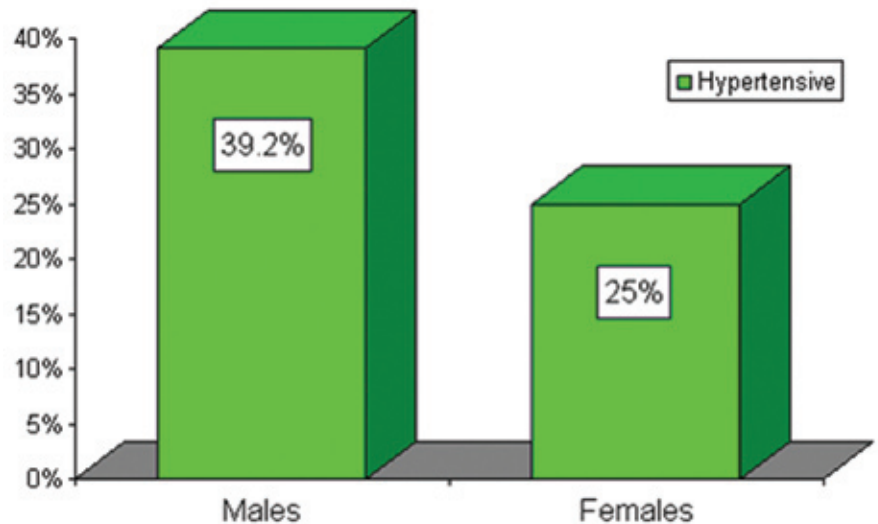
Remember, a healthy balanced diet with regular exercise is the only long term measure for reducing weight.

Summary:

This chart highlights the percentage of people who had high blood pressure which is classified as a systolic (when the heart contracts during each beat) reading of 140mmHg or more, and or, a diastolic (as the heart relaxes for the next beat) reading of 90mmHg.

413 people (39.2% of males, 25% of females) had a blood pressure reading of greater than 140/90. There were 212 people already on anti-hypertensive medications. Hypertension can lead to other problems such as stroke, heart attack, heart failure or kidney disease. Ways to reduce your risk include regular checks with your GP, quit smoking, limit alcohol, reduce/maintain weight, be physically active & eat healthily.

Source: www.heartfoundation.org.au

Blood Pressure (N=1251)***Action Planning***

If you haven't completed your action plans, some of the results shown on the last two pages may be a good reminder for what you may like to achieve between the first workshop and the second workshop. At the second workshop you will be asked to report back to your group on some of your action plans and how successful you have been.

Some actions to date have included.....

- ◆ Peter was going to build a chemical shed
- ◆ Spot lost 2 kilos by eating healthier and no more meat pies!!!
- ◆ Sally and John purchased 3 helmets for their staff, family and themselves and are wearing them.

If you have lost your action planning sheet, please contact your local health professional and they will send you a new one.

E-Care

Don't forget if you gave us your email address you would have been registered to participate in the e-Care program.

The e-Care program is a web and email based program that will help you monitor your health and also benchmark yourself against other participants across Australia. The program also gives you access to health information based on your requests and also has a "ask the doctor" section. We would encourage everyone to get online and complete profile.

Dates for Your Diary!!! - Year 2 of Your Program

PROGRAM	LOCATION	DATE	CONTACT
DPI-21	Shepparton	13th/14th November	Cate Mercer-Grant T: 55518508
DPI-19	Dunkeld	20th / 21st November	Cate Mercer-Grant T: 55518508
DPI-06	Violet Town	26th/27th November	Jean McKinnon T: 57366366
DPI-29	Robinvale	1st/2nd December	Lisa Taggart T: 50518160
DPI-31	Nathalia	4th/5th December	Tony Brown T: 58669444
DPI-10	Mirranatwa	9/10th December	Cate Mercer-Grant T: 55518508
DPI-20	Kyabram	11th/12th December	Cate Mercer-Grant T: 55518508



“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 really 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

Western District Health Service

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POSTAGE
PAID
AUSTRALIA



Tasmania

Welcome to our Tasmanian participants who have recently joined the program. The first Tasmanian program was held in July at Smithton, with 16 farming families from the North West of Tasmania. The project was a joint partnership between Western District Health Service, University Department of Rural Health – University of Tasmania and funding agencies Tasmanian Department of Human Services, ANZ Bank, Circular Head Council, Fonterra and Incitec Pivot. The program was a great success and we are looking forward to your second workshop.



Western Australia

In September the Combined Universities Centre for Rural Health and Midwest GP Network, partnered with Western District Health Service and the Department of Health and Ageing (Federal) to deliver a SFF program at Northampton. The program was a pilot for the area and 18 participants thoroughly enjoyed the program. Comments included:

- It makes you aware that there are people around us that are in the same situation, connecting with others.
- Just because we don't live with the greater population doesn't mean our health doesn't count.

