

## SRDC Update

industries, explores links between farming family health, farm related accidents and farm sustainability.

The driving force behind the project was a recognition that farmers were ageing, working harder and longer and experiencing death, injury and suicides rates at a higher level than the average Australian population. The key message to farmers was to stay alive and healthy so that they could enjoy their succession plan.

Farmers and their family members can get involved in the project and participate in an intensive health evaluation, education and training program that may identify potential health and well-being risks. Over a 12 month period participants will attend a series of workshops covering health education, risk assessment, health action planning, health assessment, farm accidents and farm sustainability.

This project has been the recipient of major awards, both on a State and National basis, for innovation in the health industry, as well as the agriculture sector. Replicated and tailored projects held in other farming regions and industries, including a pilot in cotton regions in February 2006, have attracted a great deal of praise and support from local communities.

The program has delivered measurable improvements in the health and well being of farm families, with significant changes in attitudes and behaviour to personal health and safety. These are demonstrated through reduced cholesterol levels, weight reduction, improved diet and in some cases early medical assistance in relation to some potentially life threatening situations, including skin lesions.

Please contact Neale Price at SRDC (07 3225 9444 or [nprice@srdc.gov.au](mailto:nprice@srdc.gov.au)) for more information or if you are interested in participating in this project.

### SRDC Dates to Remember

7 March Launch of report on the outcomes of the October 2005 Value Chain Forum and Workshop, Brisbane

7-8 March SRDC Working Party assessment of Full Research Project proposals

2 May Queensland Sugar/SRDC Innovation and R&D Award winners announced at ASSCT Conference, Mackay

Should you wish to discuss any aspect of this Update or require information please contact any of the SRDC

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*SRDC Update is a bimonthly publication from the Sugar Research and Development Corporation. It provides news about SRDC and their progress towards the delivery of research outputs and outcomes for a competitive and sustainable Australian Sugar Industry.*

### Farm Family Health Workshops

Despite a perception that the country is a healthy place to live, the reality is that farming families can have more health problems than city residents. That is why this new Farm Health & Safety Joint Research Venture project, with SRDC contributing \$20,000 per annum to this Joint Research Venture, is being expanded into the sugar industry, with pilots in the Burdekin and Herbert regions tentatively scheduled for March 2006.

The Sustainable Farm Families project, which was initially developed for the Victorian grazing