



**Australian Government**

**Cotton Research and  
Development Corporation**

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#### **DALBY FAMILIES SIGN UP FOR HEALTH AND SAFETY WORKSHOPS**

A new project which aims to raise the health status and awareness of cotton farmers and their families has been launched in the Dalby district by the Cotton Research and Development Corporation.

The **Sustainable Farm Families Project**, which was initially developed for the Victorian dairy industry, explores links between family health, farm related accidents and farm sustainability.

The project takes farmers and their family members through an intensive health evaluation, education and training process which identifies potential health and well-being risks.

Speaking at a presentation to potential participants at the DPI offices in Dalby, CRDC's Program Coordinator, Helen Dugdale, said that 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.

"Similar projects held in other farming regions and industries have attracted a great deal of praise and support from local communities as well as delivering measurable improvements in the health and well-being of farming families.

"The ladies attending today's presentation have been very supportive of the project, and many of them have signed up to take part in the workshops." she added.

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.

"The workshops are a fun, informative and relaxed way of increasing awareness levels of potential health related issues for farming families.

"All personal information discussed during the duration of the project is strictly confidential." Mrs Dugdale added.

Participants will be required to attend an initial 2 day workshop as well as keeping records before, during and after the program. CRDC are currently recruiting participants for the Dalby workshops which will begin on 16 & 17 February.

There is no charge for participants, and anyone interested in taking part is encouraged to contact Helen Dugdale at CRDC on 6792 4088.