

## Farmers in 'a good paddock'



NANTAWARRA farming brothers Joe (left) and Dan Wilson tuck into a healthy salad sandwich – provided by photographer Lisa Redpath – during a break from seeding. **MORE FARMING NEWS – PAGE 6**

### Lauren Hermon reports:

FARMERS are overweight due to a lack of manual labour, a new study has found.

And some of our Adelaide Plains farmers agree!

The study showed 2000 farm men and women had been surveyed over a three-year period to determine their overall health.

The study showed the following are some contributing factors to

overweight farmers:

- Advanced technology of machines;
- High stress levels from years of drought and;
- Limited access to health care.

The National Centre for Farmer Health study also found farmers were less healthy than the average Australian.

Young Nantawarra farmer, Joe Wilson said the advanced machinery

they use were often the cause of some over-

weight farmers.

"Not a lot of farmers fix things themselves any more. We've got ma-

chines for that now," Joe said. As a young farmer, Joe said he still did quite a bit of manual labour. He maintained a lot of farmers could go about

half a day without even having to do anything strenuous.

"It's not like the old days when you'd have to lift bags yourself," he

said. Balaklava farmer,

Matt Tiller, fighting back to health after he suffered an electric shock when on top of a silo in October last year, admits

after quitting football he has become "a little bit unfit". "I don't consider myself overweight though," Matt said with a laugh.

"It depends on what hard labour you have to do. Sometimes you can't use a tractor to do the really hard manual work."