

‘More motivated, energised, inspired’

JUST over 700 farmers across Victoria have made a difference to their overall health and wellbeing by completing the second year of the award-winning Sustainable Farm Families program.

The Department of Primary Industries project manager SFF Tracey Harper said the program, consisting of a series

of workshops focusing on all aspects of farmer health, was very successful in encouraging farmers to make their health a priority.

“Recent surveys of the workshops have shown that over 80 per cent of participants left each session feeling more motivated, energised and inspired about their health and almost 100

per cent agreed that SFF had increased their knowledge,” Ms Harper said.

The survey also showed that almost half of the farmers interviewed from the workshops made the link between their health and their management capabilities.

One-quarter of participants also made the further link to the success of their business.

explaining that this was because they were making better management decisions and/or safer work practices were making their work easier and more efficient.

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