

# Farmers put health in front paddock

DIFFICULTY accessing health services and achieving a work-life balance were two of the main issues brought up by local cattle station owners and staff at Katherine's first Sustainable Farm Families (SFF) workshop.

About 20 men and women attended the workshop at the Katherine Motel on Sunday and Monday.

SFF was developed in western Victoria by farmers, health services, universities and farming industry groups in response to higher illness and premature death rates in farming families.

It is now being extended to remote areas in other states, including in Katherine and Tennant Creek.

SFF Principal Investigator Sue Brumby, from Hamilton in Victoria, said access issues were even more prominent in the Katherine region because of the isolation.

"The incidence of these issues are higher certainly in rural areas and our suspicions are they are here in farming families because they access less services," Ms Brumby said.

Ms Brumby said the hard work required on cattle stations left little time for looking after one's health



Sue Brumby and Sara Potter (both standing) from Sustainable Farm Families go through workbooks with Keith and Roxie Holzwart from Avago Station, John Armstrong from Gilnockie Station and Sally and Jim Sullivan from Cave Creek Station.

or for leisure time.

"Certainly here the work-life balance seems to be a bit more difficult to get right," she said.

Subjects covered at the workshop included rural health, cardiovascular disease, cancer, farm health and safety, stress, nutrition and health issues particular to men and women.

Morgan Lorimer from Conways Station near Beswick said the ses-

sion about men's health was particularly interesting for him.

"It was a definite eye-opener and very informative," Mr Lorimer said.

"It covered quite a few areas that I wasn't aware of in health in general and men's health in regards to different types of cancer that men are particularly susceptible to and ways to try to prevent them."

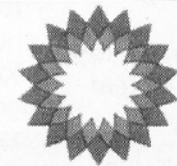
Each participant also underwent a physical health check to assess

blood sugar levels, cholesterol, body mass index, waist-hip ratios and blood pressure.

Participants will return in one year for more subjects and an overview of this week's workshop.

Staff from Binjari Health Service, Katherine West Health Board, the Department of Primary Industries, Fisheries and Mines and the Centre for Remote Health assisted with some of the lessons.

streamline the enrolment structure for preschool and transition students.



BP ROADHOUSE

## WIN! PETROL VOUCHERS

Three vouchers to be won each week - two x \$40 and one x \$20 redeemable at these fuel outlets.

Name: .....

Address: .....

Phone: bh .....

Cut this whole coupon (ads included) out and drop into the *Times* office by 5pm every Friday. The three winners will be drawn from the entries each week and names will appear in the following week's paper. You can enter as many times as you like, but they must be on the original form.

**Katherine Times**  
YOUR TOWN & COUNTRY WEEKLY



**Winners ☆ Winners ☆ Winners ☆**

This week's winners in the *Katherine Times* fuel giveaway are:

**2 x \$40: Richard Coburn, Lucy Burn.**

**1 x \$20: Vanessa Jones.**

The lucky winners can pick up their vouchers at the *Times* office between 9am and 5pm Monday to Saturday.