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Rural families' health program

Groups of farmers can apply to have the award-winning Sustainable Farm Families program in their community, bringing better health, well-being and safety.

The straight-forward, no-fuss program offering practical advice has already proved life-changing for many past participants and now an additional 500 farmers will benefit by participating.

The workshops are broken down into yearly sessions with long-term follow ups focusing on practical steps to improve the lives of farm families in areas that are undergoing significant change.

Farmers will learn how to understand their own health risks, how to manage them and integrate them into farming life, which can be difficult given the pressures they face.

During the sessions, farm-

ers are tested for fasting-glucose and cholesterol levels as well as eyesight checks and height, weight and body mass measurements.

Other sessions include discussions on cardiovascular disease, diabetes, cancer, stress, nutrition and physical activity, anxiety and depression as well as farm safety.

Farming industry and community groups that have up to 24 individual farmers who would like to participate in the program are encouraged to contact the DPI now on 136 186.

Applications close on March 27, 2009.

More information on the SFF can be found at www.sustainablefarmfamilies.org.au

The program is an award-winning initiative of Western District Health Service delivered in partnership with the DPI and local health agencies.



CHECK UP: A Sustainable Farm Families program provides regular health checks for farmers.