

Farm families improving health

Farmers from the Kerang region attended a Sustainable Farm Families workshop last week as a part of a statewide initiative to help improve the health of local farmers and their families.

The Sustainable Farm Families program aims to develop the knowledge of farmers regarding their own health, with a focus on what practical steps can be taken to improve the lives of farm families and the impact this improvement can deliver to their businesses.

"The workshops were excellent and over the two days I certainly learnt a lot about my health – in some ways we may have picked up things that will save our lives" participant Brett Boyd said.

"We all received a free health assessment and the workshop sessions really got some good discussions going, and I



Farmers from the Kerang region attended a Sustainable Farm Families workshop.

think everyone enjoyed themselves."

Local nurse Joe McCallum said, "The program covers a range of areas including cardiovascular disease, cancer, diabetes, women and men's health, stress, depression, farm safety, nutrition and exercise.

Farmers who attended came from Kerang and surrounding districts and became aware of the opportunity through their local connection with Fairly, Basal Bael, Sandhull lake landcare group.

Sustainable Farm Families is an award winning initiative of Western District Health Service, based in Hamilton, and is delivered in partnership with the Department of Human Services as part of its longer term drought work.

Farmers who have completed the program have reported that the program enhanced their overall health with everything from better eating to improved farm safety.

Some also found

that they were able to make better decisions because they had a new perspective of how important their health and families were in their lives.

All of the participants will return to complete another two-day

workshop in 12 months' time, again receiving a health assessment so they can track their health indicators over time.

For more information contact the Western District Health Service on (03) 5551 5500.



LANDMARK

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In conjunction with Lipps

PASTURE/FERTILISER INFORMATION NIGHT

at the Kerang Valley Resort,
Loddon Valley Highway, Kerang

on Monday February 18, 2008

Starting at 7:30pm

Guest speakers include

Lee Menhemetti & Jo Tanner

Light refreshments supplied

RSVP by February 15 - Ph 03 5452 1599

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