

Healthy farmers, healthy families

The importance of healthy farmers and healthy families was highlighted during a Sustainable Farm Families workshop in Timboon last week.

Participants at the two-day workshop received a free health assessment and attended interactive workshops, led by health promotion officer with Timboon and District Healthcare Service Melanie Green.

"The program covered a range of areas including cardiovascular disease, cancer, diabetes, women's and men's health, stress, depression, farm safety, nutrition and exercise," Melanie said.

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 Primary Industries (DPI) as part of its longer term drought work.

Farmers who completed the program said they were able to make better decisions because they had a new perspective on how important their health and families were in their lives.



Local farmers check the ingredients of Doritos and dip. 2008



Local farmers compare which butter is healthier. 2008



Phillip Ayres has his measurements taken. 2008



Left: Community nurse Amanda Nash checks Linda Whiting's blood pressure. 2008