



# SUSTAINABLE FARM FAMILIES FIRST PROGRAM IN ROBINVALE

The Robinvale Table Grape Growers Association members attended a two day Sustainable Farm Families program on 3rd & 4th December 2007 at Robinvale as part of a state-wide 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.

One participant found the workshops really enhanced "The value of the human resource and health to both the work place and yourself, the program was excellent and I certainly learnt a lot."

Sue Pippin, Health Promotion Officer from Robinvale District Health Services said "the participants received a health assessment which included blood glucose, blood pressure and blood cholesterol readings, respiratory measures, weight, height, skin

checks and a one on one consultation with health professionals. Sue also 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."

Sustainable farm families is an award winning initiative of Western District health Service, based in Hamilton and was delivered in partnership with the Department of Primary Industries. Robinvale District Health Service was the lead agency and the Robinvale Table Grape Growers were the very first in their industry to be involved locally.

Farmers who have completed the program have reported that the program enhanced their overall health with

everything from better eating to improved farm safety.

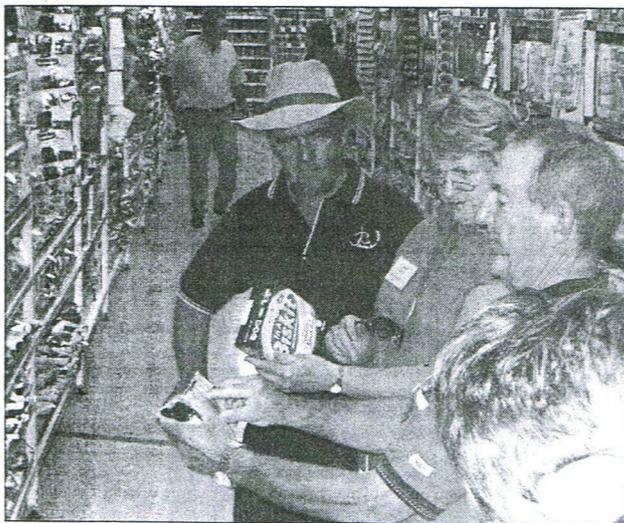
Some also found that they were able to make better decisions because they had a new perspective of how important their health and families were in their lives.

For many participants, it was the first time that they had ventured into the local supermarket to look at food labels and contents. One quote overheard was "There is certainly plenty of food for thought after this outing, it has been a great opportunity to learn more about food labelling and what it actually means."

Sue Pippin Health Promotion Officer was delighted with the outcome of the two day workshop and will continue to monitor the progress of the 17 participants, already noting they are booked in to do a first aid course next year, are taking daily walks with their spouse and are wearing wide brim hats.



*Pictured: The team: The Robinvale Table Grape Growers Association's Sustainable Farm Families program.*



*Pictured: Trevor Jury, Cheryl Lang (Nurse) and Bob Norton.*