



Hopetoun Landcare  
Group



*Western District Health Service*

## ***Sustainable Farm Families Program***

A Sustainable Farm Families Program is to be run in Hopetoun on Wednesday 9<sup>th</sup> and Thursday 10<sup>th</sup> April and will emphasise the importance of good health to farming families.

Rural Northwest Health successfully applied for funding to host the two-day Sustainable Farm Families workshop. The **Hopetoun Landcare Group** is supporting the workshop as the Industry Partner.

Sustainable Farm Families is an award winning initiative of Western District Health Service, delivered in partnership with the Department of Primary Industries. It is designed to explore links between farming family health and well-being, farm-related safety and farm sustainability.

The project also provides a health education program to help farmers and farming families identify strategies to enhance individual and family health. Male and female farmers who are currently farming and are willing to be involved in this two-year project are encouraged to participate in this program.

It will involve an initial two-day workshop in the first and a one and a half day workshop in the second year.

During the two-day workshop participants will receive information on the importance of good health and its link to farm productivity. Each participant will undergo a physical health check including assessment of blood sugar levels, cholesterol, body mass index, waist-hip ratio and blood-pressure.

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

*Farming families interested in attending the two-day workshops can contact Heather Drendel, Southern Mallee Landcare Coordinator on 5083 2205 for further information or Julie Mills (RNH – Program Coordinator) on 53961223*

Further information on the program is available at  
[www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)