

Farmers keep tabs on health

HAMILTON district farmers have been keeping tabs on their health as part of the Sustainable Farm Families program.

Hamilton P and A Society members attended a workshop at the showgrounds this week where their physical health was tested and farm safety practices accessed.

The society teamed up with Western District Health Service to deliver the program to its 75 members.

Show society boss Rob Stewart said the society believed it was in the interest of its members to inform and educate them, particularly about health.

“We would encourage our members to participate in SFF (Sustainable Farm Families). We really subscribe to the thought of ‘there is no point in a profitable farm if you’re not there to enjoy it’,” he said.

The program, initiated by WDHS, aims to promote health, well-being and safety among farming communities. It focuses on practical steps to improve the lives of farm families and the impact it can deliver to their farm business.

WDHS community services director Susan Brumby said the program had been used in 63 sites across Australia in the past 12 months.

Farmers who completed the program reported enhanced overall health with better eating to improved farm safety.

P and A chairman Philip Baulch said the program was something all farmers should do.

“We all need to think about including our health as a component of the farm business,” he said.

South West TAFE division two nursing students and a Bachelor of Arts-Health Science student have been helping deliver the program.

All participants will complete another day and a half workshop in 12 months’ time, again receiving a health assessment so they can track their health indicators over time.



MEN'S Health nurse Stu Wilder checks the blood pressure of Yulecart farmer Gary Gebert.

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