

Work Health – free health checks

WESTERN District Health Service and the Division of Primary and Preventative Health will be offering the State Government funded Work Health checks at Sheepvention 2010.

The Work Health initiative provides a free physical assessment to those who wish to participate in the scheme. All information collected is confidential and participants will receive a comprehensive evaluation of their health indicators, including cholesterol, blood glucose, blood pressure and any need for medical follow up if required.

Visitors are invited to see the health team from Western District Health Service and book in for their free assessment on both days of Sheepvention.

Dietetics staff will also be available to provide dietary advice and information on healthy eating for:

- * Optimum health
- * Weight management
- * Blood cholesterol control
- * Blood pressure control

The dietetics advice and information will be offered in line with the Work Health Checks being conducted at the site.

Come and meet our physiotherapy staff on site. They will be supporting the Work Health theme, providing advice regarding exercise and injury management for optimum

work health.

The National Centre for Farmer Health (NCFH) will again blow into Sheepvention in 2010 by offering a respiratory test to adult visitors to the site. This is a topical test for NCFH as data collected from Sustainable Farm Families (SFF) participants indicates that respiratory illness is common in farming men and women.

NCFH staff will also provide visitors to the site with information about what is being done to improve the health, wellbeing and safety of farm men and women, and their families and communities.

These activities include the new farmer health website (www.farmerhealth.org.au), professional training opportunities and research projects including investigations into depression and obesity in farm men and women.

NCFH is a partnership between Western District Health Service (WDHS) and Deakin University, generously funded by the Future Farming Strategy and the Helen and Geoff Handbury Trust.

Come along and visit the WDHS site to get an indication of your lung health and discover what the NCFH is doing to improve the health of farmers around Australia.

WDHS Volunteer Program Co-ordinator, Jeanette Ryan will be on site to talk to you about becoming a volunteer.



NCFH's Dr Scott McCoombe conducting a respiratory test on Constable Ben Carol of Hamilton Police while his colleague, Constable Desiree Stephens watches on at last year's Sheepvention.

The Health Service relies on the generosity and support of 300 plus volunteers around the region to support the provision of high level services to families throughout the community. If

you think you may like to find out more about volunteering, information will be available and staff will be happy to chat with you and answer your questions.

WDHS volunteers support hospital patients and residents of the aged care facilities, Community Transport Services, the Opportunity Shop, fundraising, events co-

ordination and lots more. Talk to Jeanette about the difference volunteering can make in your life as well as the lives of those you are supporting.