



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Workshop One

Summary and Recap



1/24

Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

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Workshop One topics

- Rural health
- Cardiovascular disease
- Farm safety - where you live, work and play
- Skin Cancer
- Diabetes
- Nutrition & diet
- Supermarket tour - label reading
- Stress less
- Wise women's & wise men's business
- Action planning



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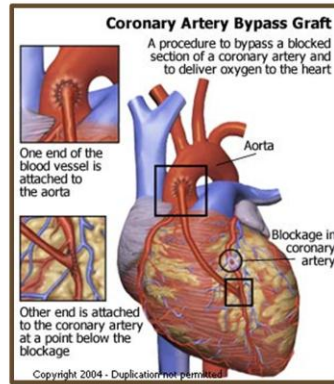
Rural health and wellbeing

- Difference in age of death in rural areas
- Differences in age of death between sexes: males 78.9 females 83.8
- Death rates for all major diseases and injuries higher in rural areas
- Most illness and injuries preventable
- Commonality throughout rural Australia
- Strategies to improve health outcomes
- Holidays
- Regular check-ups
- Lifestyle changes
- Taking action
- Recognising the impact of illness on you, your family and business



Cardiovascular disease

- Big killer of men and women in Australia
- Lifelong process
- Cholesterol the key
- Genetically related
- Smoking, elevated stress levels, overweight and inactivity positive indicators
- Prevention aims at reducing accumulation of risk factors



Hand around the heart models and also the cholesterol build up artery model



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Cardiovascular disease- prevention

- Brisk walking is the recommended form of exercise
- 30 minutes of moderate intensity exercise preferably most days of the week
- Reduce weight
- Reduce saturated fat intake
- Reduce stress, take up relaxation, walking
- Quit!



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Diabetes

- 275 Australians develop diabetes every day
- Diabetes is Australia's fastest growing chronic disease
- Nearly 1,000,000 Australians are currently diagnosed with diabetes. For every person diagnosed, it is estimated that there is another who is not yet diagnosed; a total of about 1.7 million people
- The total number of Australians with diabetes and pre-diabetes is estimated at 3.2 million

<http://www.diabetesaustralia.com.au/en/Understanding-Diabetes/Diabetes-in-Australia/>



Diabetes

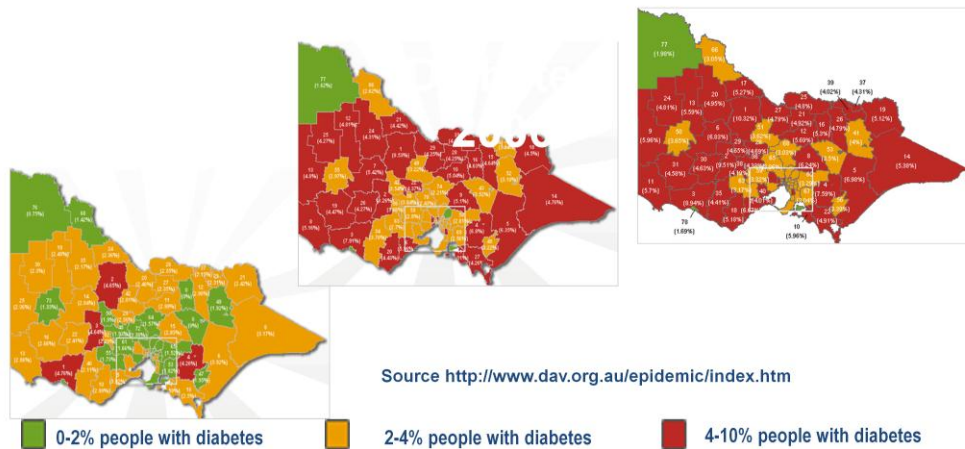
- As the sixth leading cause of death in Australia, it is critical we take action
Up to 60% of cases of type 2 diabetes can be prevented
- Aboriginal people have one of the highest rates of Type 2 diabetes in the world

<http://www.diabetesaustralia.com.au/en/Understanding-Diabetes/Diabetes-in-Australia/>



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Diabetes incidence Victoria 2001 - 2008



Source <http://www.dav.org.au/epidemic/index.htm>



Western District
Health Service

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Remember the spread of diabetes – you will notice that it does affect rural areas. Well SFF also picked up on this trend which has got worse



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Farm health and safety

- OH&S Act 2005 commenced July 1 2005
- Many OH&S problems are long term
 - e.g. sore back, hearing loss (60%), hernias, sun exposure
- Do annual farm audit - Take Action
- Wear a helmet, heads are hard to mend
- Fence your house, make it safe

Remember - The things that matter usually aren't things

NB: graphic slides following



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Skin cancer

Three types of skin cancer

- Basal cell
- Squamous cell
- Melanoma

Prevention is the key

- Slip, Slop, Slap, Seek, Slide
- Avoid getting sun burnt
- Get partner to check hard to reach/see spots
- Wear broad brim hats, long sleeves
- Early detection is important



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Sprocket injury - child



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Head injury – no helmet



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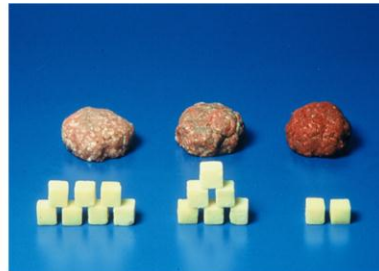
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Nutrition

Daily adult requirements

- Recommended grams of fibre per day ???
- Recommended grams of fat per day ???
- Recommended grams of salt per day ???



- 1 gram of protein = 4 calories
- 1 gram of alcohol = 7 calories
- 1 gram of carbohydrates = 4 calories
- 1 gram of fat = 9 calories



Nutrition

- 30 grams of fibre per day
- 30 grams of fat per day
- 4 grams of salt per day
- Label reading is the key
- Awareness of advertising tricks
- Is the serve size reasonable?

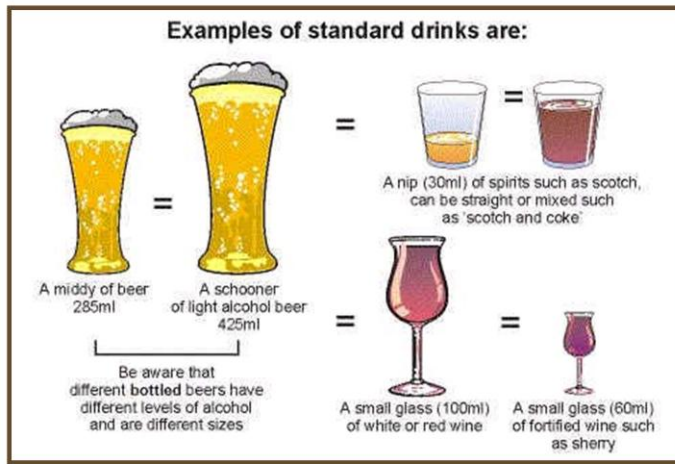
HIGH-FIBRE FILLERS to add to your diet

	fibre content
2 small wholemeal pita bread pockets	8.6g
1 cup frozen mixed veg	8.6g
½ cup baked beans	8.2g
½ cup creamed corn	8.1g
Handful of dried figs (about 7)	8.4g
1 cup roasted sweet potato	7.2g
1 avocado	7.1g
1 bran muffin	6.3g
2 Weetbix-style biscuits	5.0g
Handful of dried prunes	5.4g
1 cup cooked broccoli	5.2g





Standard drinks (10 g of alcohol)





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Alcohol - guidelines

- For healthy men and women, **no more than two standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime.
- Drinking **no more than four standard drinks on a single occasion** reduces the risk of alcohol-related injury arising from that occasion.
- At least 2 alcohol free days a week

<http://www.alcohol.gov.au>



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Reinforce the long term effects of alcohol abuse -

Degeneration of liver

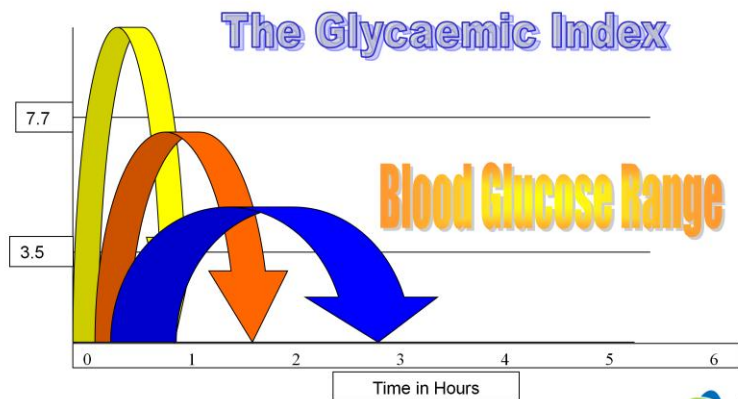
Infection of the mucous membrane of the stomach

Inflammation of the pancreas



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Understanding the Glycaemic Index



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Yellow - heavily processed foods / alcohol

Blue - wholegrain salad sandwich

Refer to manual regarding high, medium, low GI foods (diet nutrition chapter)



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How are you going with choices?



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Stress – effects on health

- Lack of energy, not interested in socialising
- Difficulty remembering
- Lack of interest in sex
- Sleeping problems - early waking or over sleeping
- Irritability – short temper
- Headaches
- Stomach churning
- Thoughts of suicide



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Ask if anyone has listened to the meditation CD that was given to them in workshop one?

What they thought?

Has anyone used any other relaxation techniques?

Ways to stress less?



Good stress managers

- Anticipate, monitor stress, *“know thy stressors”*
- Influence their reactions to events
- Practice daily relaxation
- Use health buffers- exercise, good eating, adequate sleep, healthy pleasures
- Recognise early warning signs of stress
- Constructive reaction to distress rather than destructive which heightens the distress



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Good stress managers



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Gender benders

- Women experience 14 years with a handicap and 6 years with a severe handicap
- Incontinence effects 1:20 Australian and **40%** of women over 50; Pelvic floor exercises assist
- 60% of women experience mild to moderate menopause symptoms
- Men die before women
- 40% of men over 50 have erectile dysfunction
- Men with urinary problems should seek early assessment
- Prostate cancer gives no symptoms until late in the disease process



Action planning

- Importance of using your new knowledge
- Choosing things you would like to work on –
 - self, family, farm
- Writing them down
- Reported back this morning



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