**FOR IMMEDIATE RELEASE**

***LOCATION* FARMERS RETURN TO MONITOR THEIR HEALTH**

Farming men and women from (local town name) / (name the industry group) will return next week to participate in health assessments and learn more about their health.

As a part of the Sustainable Farm Families (SFF) program, farmers not only assist a research project into the state of farming health, but also have the opportunity to understand their own health risks, how to manage them and integrate them into farming life, which can be difficult given the pressures they face.

Results from xxxxx farmers who have participated in previous xxxxxx SFF workshops revealed xx per cent of men and xxx per cent of women were classified as overweight or obese, instantly putting them into a high risk category for cardiovascular disease, cancer, diabetes and osteoarthritis.

Just over xxxxx of participants were also identified as having high blood pressure. High-risk participants such as these were referred for follow up with appropriate health professionals.

“There were some cases where participants had significant risk factors for diseases such as diabetes, cardiovascular disease and arthritis which were identified at the workshops, which could have otherwise gone unchecked,” local registered nurse (insert name) said.

“We are really looking forward to seeing how everyone has progressed with their health plans in the past 6 months.”

SFF workshops cover a range of health topics including cardiovascular disease, cancer, diabetes, stress, injury prevention, depression, anxiety, nutrition and exercise.

The program is an initiative of the National Centre for Farmer Health delivered in partnership with the xxxxxxxxxxxxx and collaboration with insert name of health agency. Funding for this program was provided as a part of the insert name of where funding came from package.

For more information contact the National Centre for Farmer Health on (03) 5551 8533 or visit [www.farmerhealth.org.au](http://www.farmerhealth.org.au)

Media Contact: Insert Name of Health Professional organising program

Photo Caption: Insert