

Physical assessment report

How did the group go?

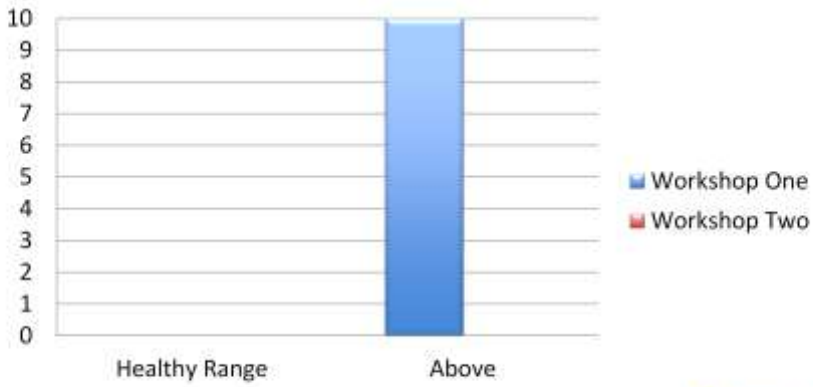


Have these figures entered before Day 2 begins. Remind participants of the assessment they had the day before.



NATIONAL CENTRE FOR
FARMER
HEALTH

BMI (Body Mass Index) healthy range – 20 to 25



2/12

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

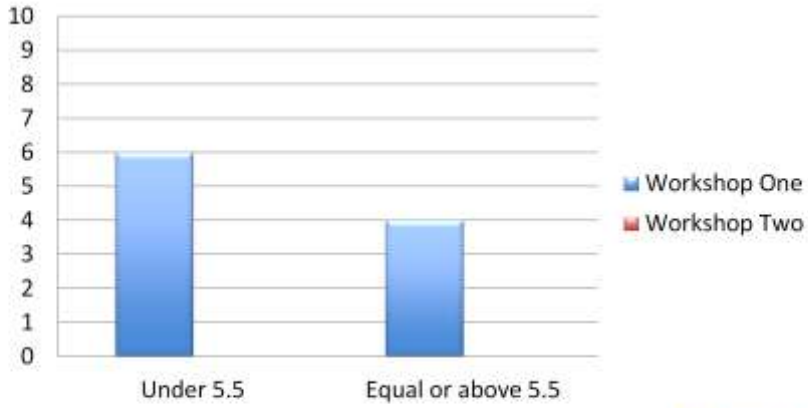
Reinforce healthy range 20-25.

Ensure no one is identifiable.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Cholesterol Benchmark 5.5mmol



3/12

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

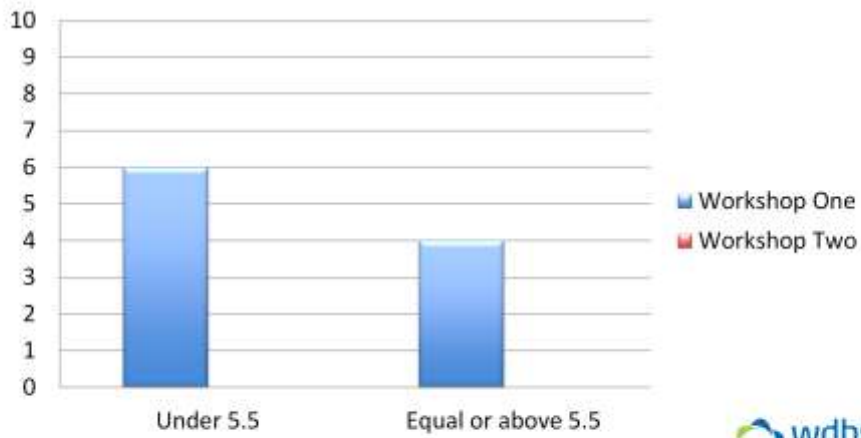
Reinforce that over 5.5 will be referred to GP.

Suggest low saturated fat diet, physical activity, etc.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Blood Glucose Less than 5.5 mmol



4/12

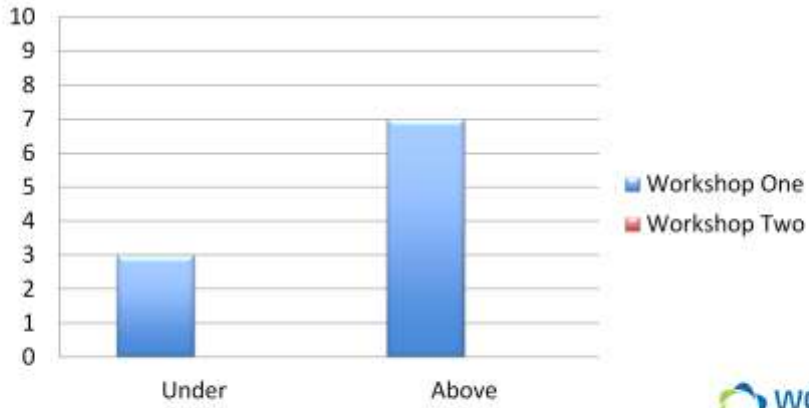
Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family

Over 5.5mmol. referred to GP.
Indication of Type 2 diabetes.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Blood Pressure <140/90 Recommended



5/12

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

Over 140/90 – explain the difference between systolic and diastolic in simple terms.

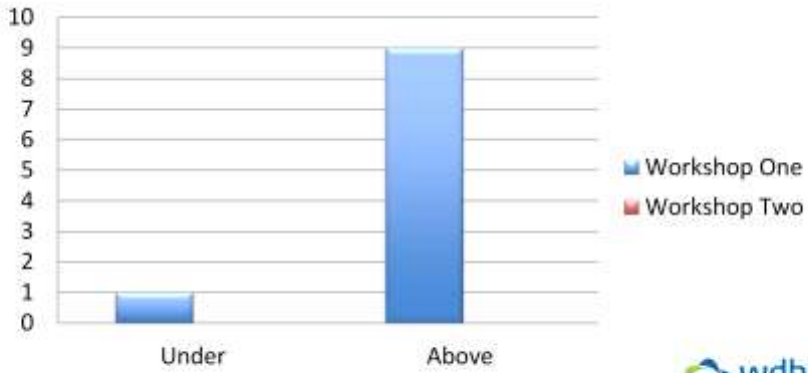


NATIONAL CENTRE FOR
**FARMER
HEALTH**

Waist

=<102cm – Male (4 x risk of diabetes if =<102)

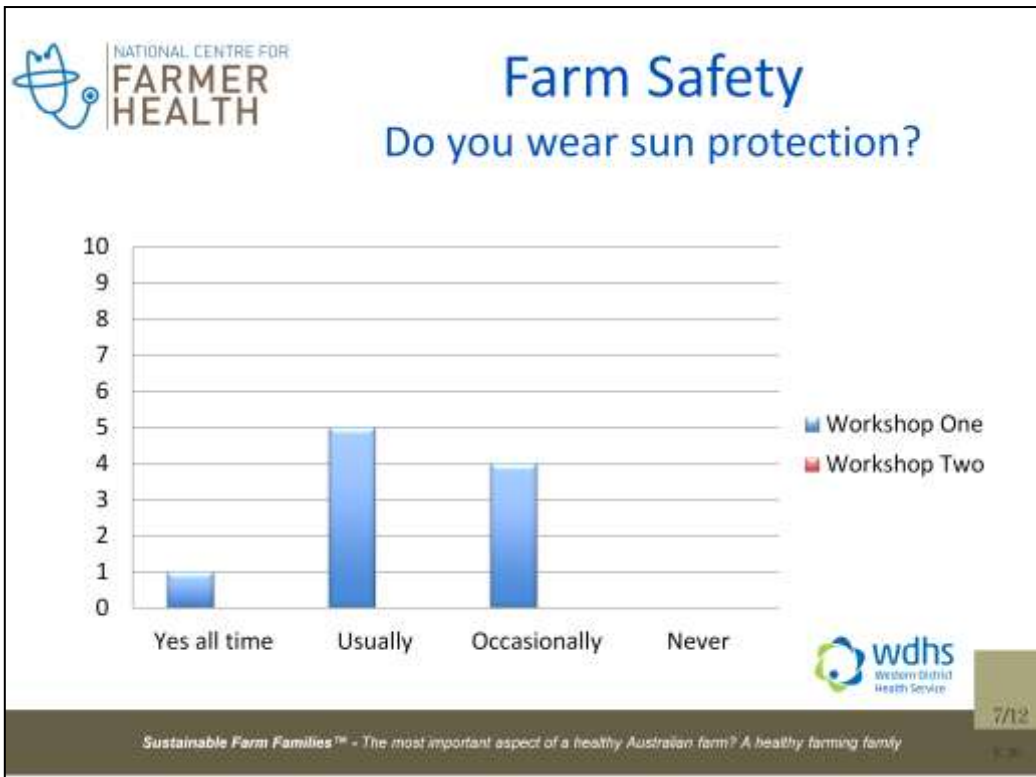
=<88cm – Female (4 x risk of diabetes if =<88)



6/12

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

Carrying too much weight around waist is a risk factor for heart disease, diabetes and cancer.



The farm safety questions are taken from the safety survey sent out and returned prior to workshop.

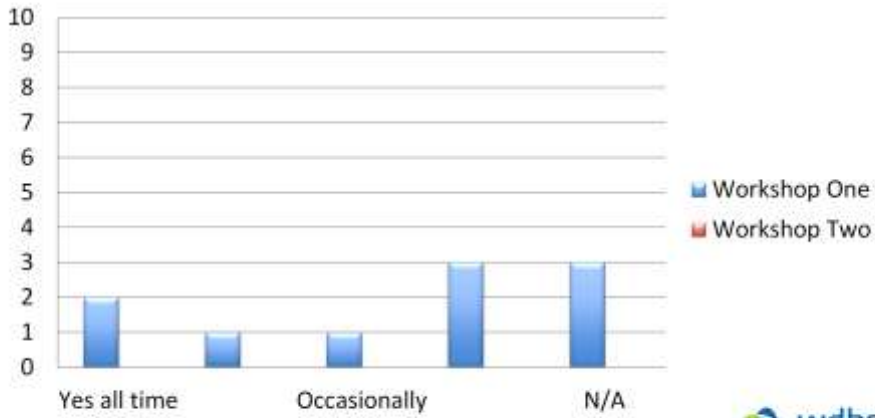
You may find here that some farmers don't like to wear sunscreen. If this is the case, reinforce other options - long sleeves, pants, broad-brimmed hat etc.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Farm Safety

Do you wear a motorbike helmet?



8/12

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

If you get similar results to this suggest ways to make accessing motorbike helmets easier.

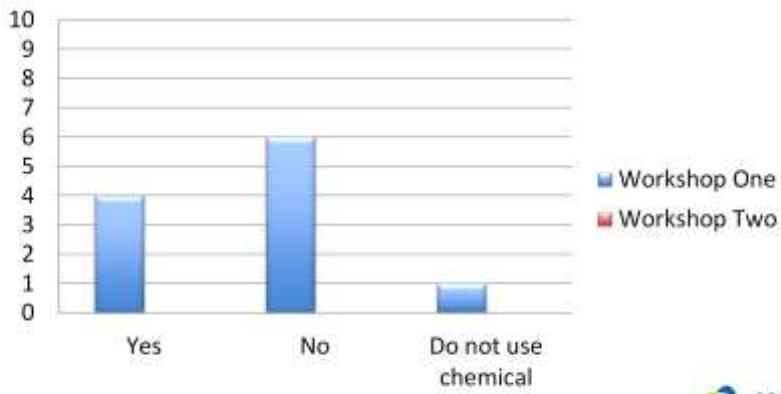
Look at demo helmet again.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Farm Safety

Do you wear PPE when using chemicals?



1/12

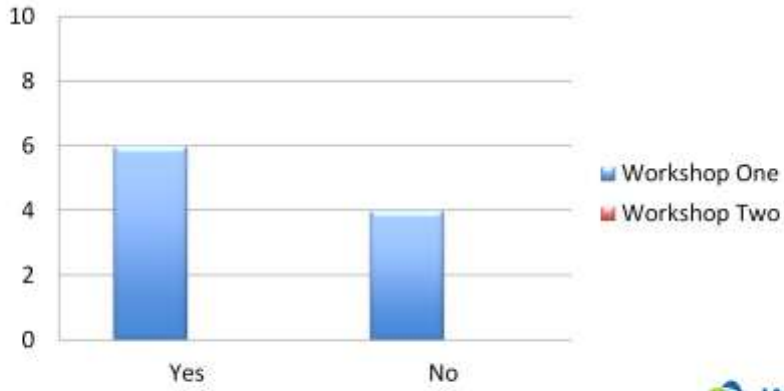
Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Farm Safety

Do you have PTO guards fitted?



10/12

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

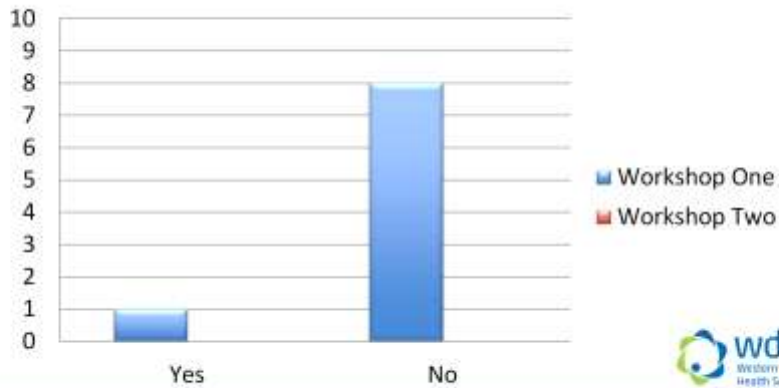
Remind participants of accident slides.



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Farm Safety

Have you suffered any farm
injury/illness in the last 12 months?



11/12

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

Physical assessment report

How did the group go?



Have these figures entered before Day 2 begins. Remind participants of the assessment they had the day before.