



Farmer Health E-News

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August 2015

WANT TO JOIN THE FARMER HEALTH TEAM?

Steering Group Nominations now open closing Sunday 30 August 2015

Are you passionate about making a difference to farmers' lives?

The National Centre for Farmer Health is currently funded through the Victorian Department of Health, research grants and philanthropic support.

Steering Group members will be responsible for advocating for the needs of farming families to the NCFH decision-makers, monitoring the NCFH strategic goals, and ensuring they are reached in a timely manner. You will also act as an ambassador for all the NCFH projects by providing support and encouraging the NCFH team in cross sector collaboration for transferability to other states and countries.

The Steering Group has 11 members, with a balance of industry groups, government and health agencies, and at least a

minimum of two community members who are currently farming.

Applications are sought from suitably qualified and experienced persons to serve as community members of the Steering Group. Members will be initially appointed for up to 4 years to ensure continuity of membership.

Applicants must have an interest in rural health, wellbeing, farming or work health safety.

Further information can be found at
www.farmerhealth.org.au/careers

**Enquiries: Susan Brumby
0355518533; or
susan.brumby@wdhs.net**



Check your stats at South West Soils Conference 2015

The NCFH are a proud sponsor of the South West Soils Conference to be held in Colac on Wednesday 9th and Thursday 10th September, 2015. This is a major regional event focusing on healthy soils and

innovation in agriculture. We will be providing free 15 minute health and lifestyle assessments at the conference. Head to <http://www.swsc.com.au> to book your assessment or see us there!

Remember the most important asset of a healthy farm is a healthy farmer!

Level B or C Research Fellow

Full-time until 30 June 2019

Based in Hamilton, Vic

We are seeking a Level B or C Research Fellow who will conduct research in the area of farm family health, wellbeing and safety within Deakins' School of Medicine. The appointee will manage research projects, promote NCFH, and maintain links and partnerships with relevant academic, industry, health and professional communities. Limited postgraduate teaching in the Agricultural Health and Medicine Graduate Certificate is also expected.

Interested? Go to

<http://www.farmerhealth.org.au/page/jobs-at-ncfh/senior-research-fellow-or-research-fellow>

Position Descriptions:

[Level B](#)

[Level C](#)

**Closing: Sunday 16th
August 2015**



After a very successful event in 2014 we will be back again! On October 18th we will be running for farmer health at the Melbourne Marathon and we would love you to join us. You can show your support for the unique programs we deliver in regional communities by walking or running with us. There are different distance runs and a walk to choose from and they all finish with a lap of the MCG.

For further information and to register and/or fundraise [click here](#)

To donate to team Run 4 Farmer Health [click here](#)



Photo: Ed Kus, VIC, who ran the last 12km of the 2014 Marathon (42km) in a cow onesie to raise extra funds for the NCFH.

The Ripple Effect THANK-YOU

Thank you to all who applied for The Ripple Effect steering group. We had an overwhelming response with many more nominations than we had positions available. Members have now been notified. The quality of the nominations was outstanding and all who applied have agreed to be involved in a variety of ways. THANK-YOU



Protection from sun and pesticides: Are Aussie farmers taking notice?

The National Centre for Farmer Health is proud to have been involved in publishing 2 research papers this month.

Smit-Kroner, C., Brumby, S. (2015) [Farmers sun exposure, skin protection and public health campaigns: An Australian Perspective](#) Preventive Medicine Reports, vol 2, July, pp. 602-607.

Cotton, J., Lewandowski, P., Brumby, S. (2015) [Cholinesterase Research Outreach Project \(CROP\): measuring cholinesterase activity and pesticide use in an agricultural community](#), BMC Public Health, 15:748

Congratulations to all our authors on their relevant research!

Would you wear a FitBit™ to improve Farmer Health?

The National Centre for Farmer Health is seeking participants for a new study to investigate just how active our Victorian farmers and communities are.

The 'Fitter Farmers' study is seeking full-time workers (18y or over) to wear a FitBit and an ActivPal physical activity tracker over a 7-day period. You will receive a \$50 gift voucher for your troubles!

We're not just looking for farmers! If you are a farm-based agricultural worker, a regionally-based health service worker, or a Geelong-based worker, we would love to hear from you!

For more information, please see www.farmerhealth.org.au, or contact Dr Vanessa Vaughan (03 5551 8533)



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