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| **Location of Program:** |  |
| **Date of Program:** |  |

**FOCUS GROUP**

**DAY ONE**

**Focus Group Discussion**

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| 1. Why did you decided to attend and what are you hoping to learn from your participation? |
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| 2. How did you hear about the program? |
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| 3. How important was the physical assessment in regards to your decision to attend? |
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| 4. What attitudes do you think farm families currently hold about their health? |
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| 5. Has a changing climate impacted your health and wellbeing and farm business decisions? If so, how? |
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**State of Rural Health**

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| Think about your level of health and compare it to an urban person, who has the better health status and why? |
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| What do you believe are some of the major causes for the differences between urban and rural men’s and women's health status? |
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| Identify five ways to improve your family health and reduce rural communities’ significant mortality and morbidity rates? |
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**Cardiovascular Disease**

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| What do you believe are the major risk factors for heart disease? |
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| How the previous information might relate to farmers, their families and their business? |
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| Identify three things you or your family can do to assist in the prevention of cardiovascular disease? |
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**Farm Health and Safety**

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| What does the OH&S Act mean to you? |
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| What does it require employers and employees to do? |
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| What is it about farms that make them different and dangerous work places? |
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| What are the major hazards and risks to health on your farm? |
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**Diabetes**

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| List some of the changes in farm life that prevent physical activity in our daily lives |
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| List some of the major risk factors for the development of diabetes in our lives today |
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| Discuss the Life! risk screening tool |
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| If comfortable discuss your findings with your table group. |
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**Nutrition and Diet**

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| Name the five food groups recommended in the new Australian dietary guidelines. |
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| What do you believe are the major causes of obesity in farming families? |
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**DAY TWO**

**Focus Group Discussion**

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| What are the three most important learning’s for you from yesterday’s program? |
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**Stress Less**

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| What are the major causes of stress in your life? |
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| What feelings do you experience in your body when you are stressed? Sick, angry, frustrated? (please make sure you record physical responses as well) |
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| Think about the last three months. Give two examples of work or family life that have had “heavy” and “active” characteristics. |
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| Identify three things that you or your family can do to manage stress |
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| Identify two thoughts (PETS) you could use to enhance your sense of control |
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**Gender Benders – Erectile Dysfunction**

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| What do you think the rates of impotence and erectile dysfunction is in Australian men and what do you think are the major causes of impotence? |
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**Action Planning**

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| What are the three most important learning’s for you as a result of participating in this workshop? |
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| What actions do you plan to take over the next 12 months in response to these learning’s? |
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| Discuss these actions in your table group and be prepared to share at least one of them. |
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