



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Workshop One and Two

Summary and Recap



1/25

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

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Workshop One and Two Topics

- Rural men's and women's health status
- Cardiovascular disease
- Diabetes
- Farm safety-where you live, play and work
- Skin Cancer
- Nutrition/diet/alcohol
- Supermarket tour/label reading
- Stress
- Gender benders about you and about them
- Depression and Anxiety



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Rural health – discussed

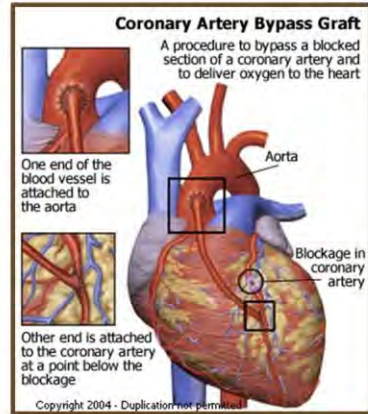
- Difference in age of death in rural areas
- Differences in age of death between sexes males 78.9 Females 83.8
- Death rates for all major diseases and injuries higher in rural areas
- Most illness and injuries preventable
- Commonality throughout rural Australia
- Strategies to improve health outcomes
- Holidays
- Regular check-ups
- Lifestyle changes
- Taking action
- 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, weight and inactivity positive indicators
- Prevention aims at reducing the accumulation of risk factors



Use the resource provided to reiterate – heart models



Cardiovascular Disease

- 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 smoking



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Diabetes - the current facts

- 280 Australians develop diabetes every day
- Diabetes is Australia's fastest growing chronic disease
- Around 1.7 million Australians have diabetes
- More than 100,000 Australians developed diabetes in the past year

source: <https://www.diabetesaustralia.com.au/diabetes-in-australia> 2017



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Diabetes - the current facts

- 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/>



wdhs
Western District
Health Service

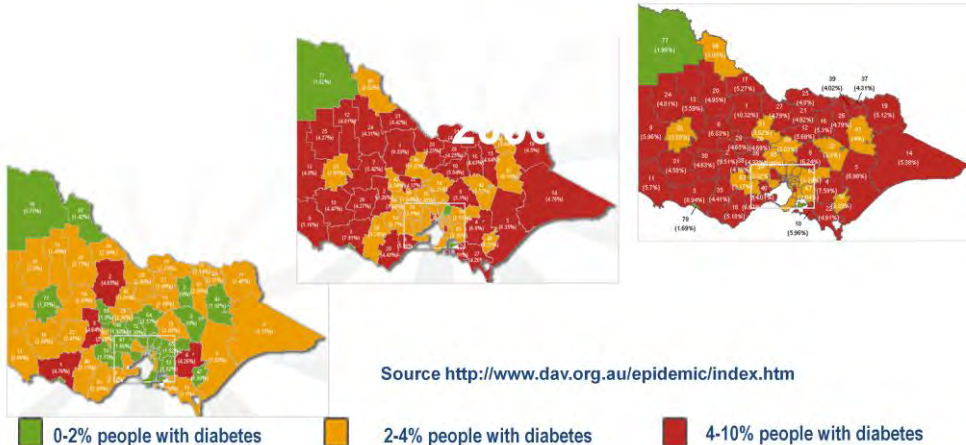
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Diabetes incidence Victoria 2001 - 2008



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

0-2% people with diabetes

2-4% people with diabetes

4-10% people with diabetes



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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
- 60% farmers have hearing damage
- DO - Annual farm audit, Take Action
- Wear a helmet
- Your responsibility

Remember -The things that matter usually aren't things

NB: graphic slides following



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W.D.H.S.



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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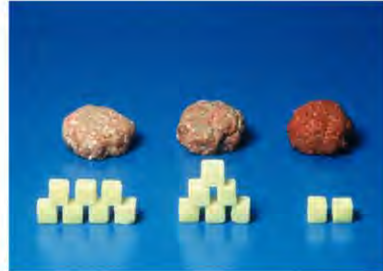
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Nutrition

- Daily requirements
- 30 grams of fibre per day
- 30 grams of fat per day
- Label reading is the key
- Awareness of advertising tricks
- Is the serve size reasonable?
- Alcohol has 7 calories per gram (29 kilojoules)



1 gram of protein = 4 calories

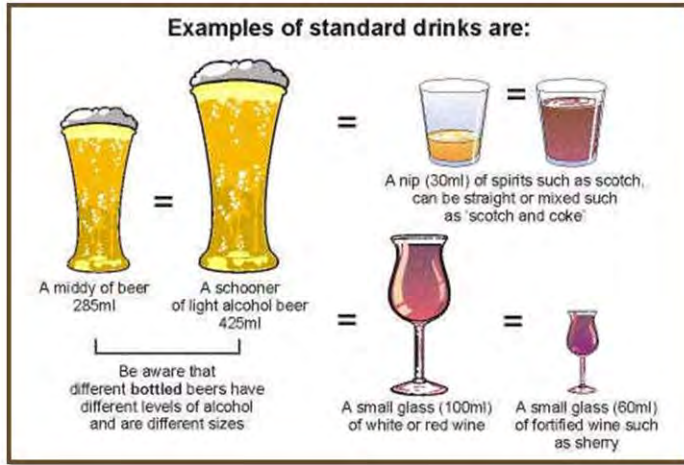
1 gram of alcohol = 7 calories

1 gram of carbohydrates = 4 calories

1 gram of fat = 9 calories



Standard drinks (10 g of alcohol)





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>

Reinforce the long term effects of alcohol abuse -

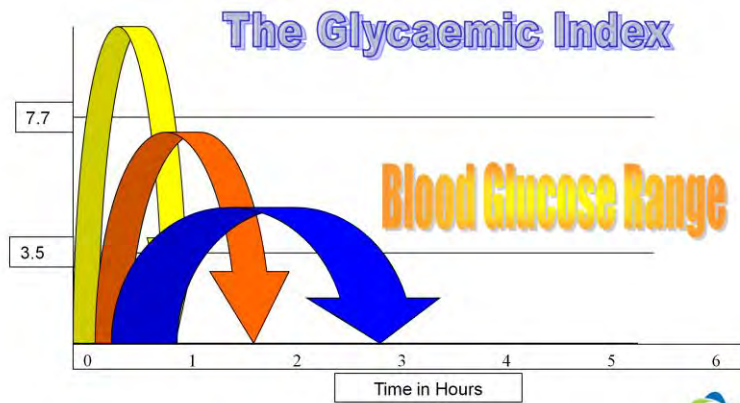
Degeneration of liver

Infection of the mucous membrane of the stomach

Inflammation of the pancreas



Understanding the Glycaemic Index



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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Fat intake



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Stress

- The more control you have the less stressed you will be
- As important as high cholesterol and high blood pressure in CVD
- Ongoing stress is a hazard
- Manage your distress
- ABC (Aware, Breath, Control)
- Laugh
- Do what you enjoy
- Exercise (endorphins)
- Seek help



Job control and Job demand

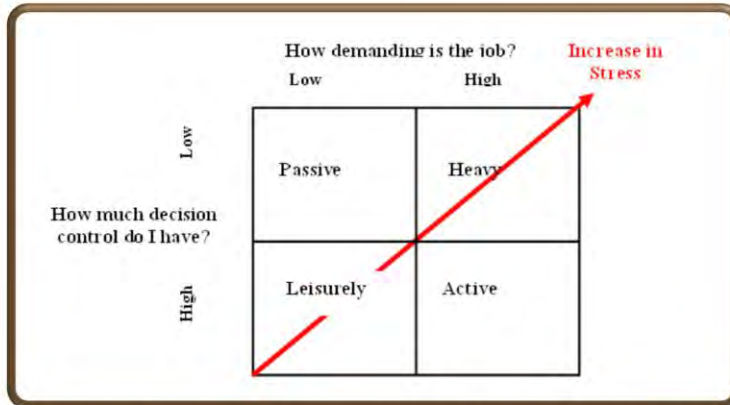


Figure 1 illustrates the likelihood of stress occurring. The more one moves from low demand / high control (leisurely), toward higher demand/low control (heavy) the more the signs and symptoms of stress will present (Gardell, B 1981).

Deliverer of this topic must review this diagram and its key message.

Losing control with a demanding job increases stress. Relate to farmers - e.g. no control over weather, prices etc.

Refer to stress chapter in manuals



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Good stress managers



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Depression is common

- 1 in 5 people in Australia will experience depression
- Stigma discourages people from seeking help!
- **Treatment**
- Cognitive Behaviour Therapy (CBT) – challenges negative thought patterns
- Counselling – working through grief, loss, disease, chronic pain, change
- Medication-variety of treatments available
- Physical activity



Anxiety – more common

- Anxiety - everyone experiences some anxiety
- **Body exposed to adrenaline - effects systems**
- Palpitations, chest pain
- Respiratory (hyperventilation, choking)
- Neurological, (headaches)
- Gastrointestinal, (nausea)
- Muscular skeletal (muscle aches, pains),
- Psychological (fear), nervousness

Treatment: CBT, regulated breathing, relaxation, exercise, support groups, medication



Gender Benders

- Women experience 14 year with a handicap
- Incontinence effects 1:20 Australian men and women 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
- **WELL DONE!!!!**



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