



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Focus Group Discussion

Health and the farming business You, your family, your farm



1/5

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

V. 20

Make sure you have looked at the business decision survey responses from the group. This will give you the information you want to address and refer to throughout this session



Business decision

Think of a recent farm business decision

- Did health issues play a part in your decision making?
- If so how, what and why?

Have some examples prepared relevant to the group you are facilitating

1. Fitting tractor with chemical filter
 - a. Yes health did play a part
 - b. Last lot of spraying I did, cabin got full of chemical smell and wife/husband could smell it when I got home.
 - c. Got a few headaches as well so thought this is a safer option for me
2. Bought new field bins
 - a. Yes health did play a part over financial

- b. Chose more expensive ones with side glass panels and ground operated roof doors, so I don't have to climb any ladders to shut the roof doors or see how much grain is there – getting too old to be climbing up and balance isn't as good as it used to be

3. Sold stock

- a. No I wasn't thinking of my health, I was thinking of my bank balance
- b. Sold stock for the money but I can see it will help my mental health by reducing the worry of paying the bills, also now it won't take me as long to go around them checking them twice a day so it's better for my fatigue management as well

Lifting devices

redesigning cattle yards

Health and business decisions

What are some of the health implications of farming business decisions?

- Both positive and negative

Have some examples ready relevant to the group you are facilitating

1. Maximum cropping plan
 1. Increase stress – will they grow or will they fail
 2. Increase stress – have to pay the account before any return
 3. Increase fatigue – workload increase so less r&r time sowing, spraying, weed/pest management, harvest
 4. Decrease stress – crops a success, prices are good, bank manager happy



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Health and business decisions

What possible farming business decisions can you make in the future that will help look after you, your family and your farm?



4/5

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To be recorded on butchers paper/whiteboard and in focus group discussion so please ensure participants have time to answer.

Have an example ready to share with the group to assist in getting the responses.



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Health and the farming business
You, your family, your farm



5/5

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