



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Sustainable Farm Families™

The most important aspect of a
healthy Australian farm?
A healthy farming family



wdhs
Western District
Health Service

1/11



Agenda

Day One

- Introduction
- State of rural health
- Cardiovascular disease
- Diabetes
- Farm health & safety
- Diet, nutrition and alcohol
- Health assessments

Day Two

- Group discussion
- Supermarket tour
- Stress less
- Wise women' business
- Wise men' s business
- Feedback on health assessments
- Action planning





Focus group discussion

Purpose of the Focus Group

- To monitor and learn about current attitudes to farm family health
- To gain a common understanding about ‘where we are at’.



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Focus group discussion

Welcome

- Participant introductions
 - your name
 - where you live
 - a brief overview of your farming operations



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Focus group discussion

1. Why?
2. How?
3. How important?
4. What?



Focus group discussion

1. Why did you decide to attend and what are you hoping to learn from your participation?

Go around the room asking participants randomly to answer

Make sure you don't answer for them as their responses are recorded



Focus group discussion

2. How did you hear about the program?

This is to find out the most beneficial way of attendance. Very important that the participants answer truthfully and in depth if possible. The more information we can get out of this discussion the better for the future of SFF



Focus group discussion

3. How important was the physical assessment in regards to your decision to attend?



Focus group discussion

4. What attitudes do you think farm families currently hold about their health?



By the way....

5. Has a changing climate impacted your health and wellbeing and farm business decisions? If so, how?



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Thank you for your participation

Enjoy the rest of the day



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