



NATIONAL CENTRE FOR  
**FARMER  
HEALTH**

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

## Introduction



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## Sustainable Farm Families™

- Overview on human resources
- Partners and collaborators
- Objectives/progress of the research
- Better understanding of project



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## Human resources in the bottom line

“Any organisation’s human resources are  
according to current management theory,  
the most important investment of an  
organisation.” (Kurziński, M 1998)



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## Let's look at our human resource

“Rural workers report:

- increased substance abuse
- low morale & depression
- long hours of work that lead to greater risks of accidents and
- withdrawal from community activities and involvement.”

Australian Catholic Welfare Commission, Valuing Rural Communities, 1998.



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## Our human resource

‘Increasingly families are also being relied upon to provide the labour which adds extra burdens of family health and human resource management.’

*Todd, H 2004 ‘Labour a big issue’, Dairy Australia [www.dairyaustralia.com.au/template](http://www.dairyaustralia.com.au/template)*



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## Value adding to our triple line?

High mortality and morbidity of farming males and females could be prevented with:

- ✓ improved health behaviours and
- ✓ better access to health services and information.

That's exciting



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## What is SFF doing?

### Recognising:

- ✓ Our human resource is our greatest resource – all farm businesses need them
- ✓ The health of this resource is not as good as it could be
- ✓ Farmers are playing their part in this project—Sustainable Farm Families.



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## Partners and collaborators

**Sustainable Farm Families™ coordinated by: Western District Health Service**  
in collaboration with funding agencies\*, partners and collaborators including:

### GOVERNMENT AGENCIES

- Cotton Research & Development Corporation;
- Department of Health and Ageing\*;
- Department of Human Services\*;
- Department Primary Industries\*;
- Department of Primary Industry, Fisheries and Mines, NT;
- Joint Research Venture on Farm Health and Safety, managed by Rural Industries Research and Development Corporation\*;
- Sugar Research & Development Corporation\*;
- Department of Economic Development, Jobs, Transport and Resources

### UNIVERSITIES

- LaTrobe University;
- RMIT University Hamilton;
- University of Ballarat;
- Deakin University



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## Industry Partners

- Agri West
- Anglicare Victoria
- Australian Women in Agriculture;
- Balmoral Pastoral & Agricultural Society
- Best Wool Best Lamb;
- Biological Farming Group
- Birchip Cropping Group;
- Casterton Managed Consultancy;
- Country Fire Authority;
- Fairley, Bael Bael, Sandhill Lake Landcare Group
- Farm Management 500;
- Gardiner Foundation\*;
- Glenthompson Progress Association
- Glenthompson Dunkeld FNC
- Hindmarsh Landcare Network
- Land Connect Australia;
- Leigh Catchment Group;
- Manangatang Landcare Group;
- Murray Goulburn;
- MT Pleasant FNC;
- Northwest Ag Services;
- Nullawil Agricultural Group;
- Punjabi Horticulturalists;
- Robinvale Grape Growers;
- Southern Farming Systems;
- Thorpdale Potato Promotion Group;
- Tresco Horticulture;
- United Dairy Farmers Victoria;
- Victorian Farmers Federation;
- WestVic Dairy\*;
- West Gippsland Catchment Management Authority;
- WinHort Yarra Ranges.

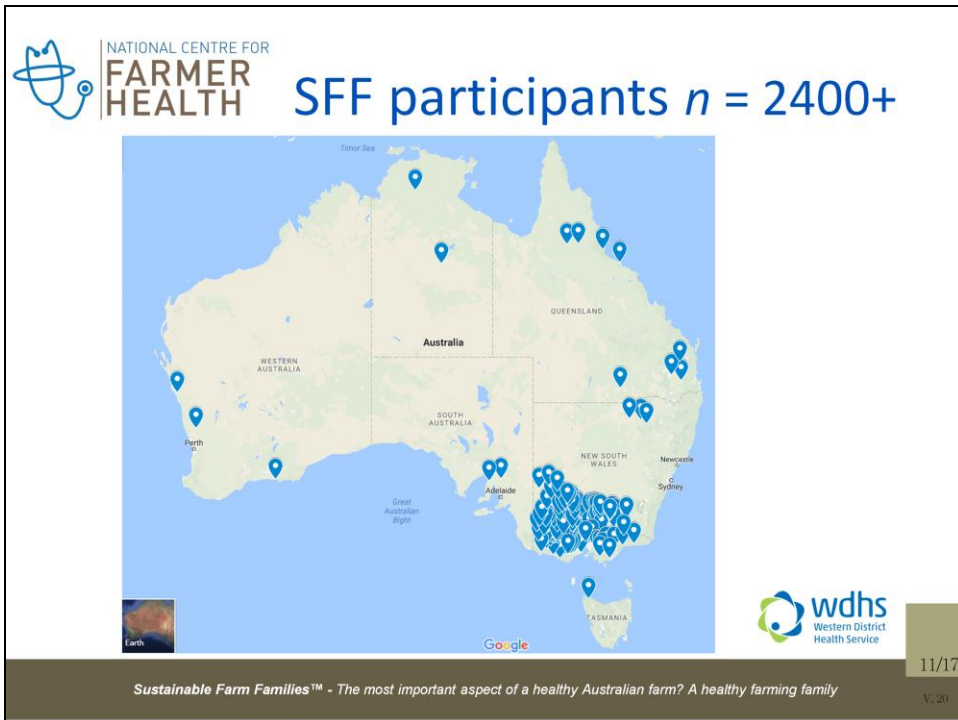




## Health Agencies

- Balmoral Bush Nursing Centre;
- Bairnsdale Regional Health Service;
- Beaufort & Skipton Health Service;
- Beechworth Health Service;
- Bendigo HealthCare Group
- Cobram District Hospital;
- Colac Area Health;
- Delatite Community Health Service;
- East Grampians Health Service;
- East Wimmera Health Service;
- Eastern Health;
- Frontier Services - QLD;
- Gippsland Southern Health Service;
- Greater Western Health Service NSW Health - NSW;
- Hesse Rural Health Service
- Hunter New England Health, NSW Health - NSW;
- Inglewood & Districts Health Service;
- Katherine West Health Board NT;
- Kerang District Health;
- Lake Bolac Bush Nursing Centre;
- Latrobe Community Health Service;
- Macarthur Community Health
- Mallee Track Health & Community Service;
- Moira HealthCare Alliance;
- Nathalia District Hospital;
- North East Health;
- Orbost Regional Health;
- Robinvale District Health Service;
- Rochester & Elmore District Health Service
- Rural NorthWest Health;
- Seymour District Hospital
- South West HealthCare;
- Stawell Regional Health;
- Sunraysia Community Health Services
- Timboon & District Healthcare Service
- West Gippsland Health Service
- West Wimmera Health Service;
- Yarram & District Healthcare Service
- Yarrawonga District Health Service

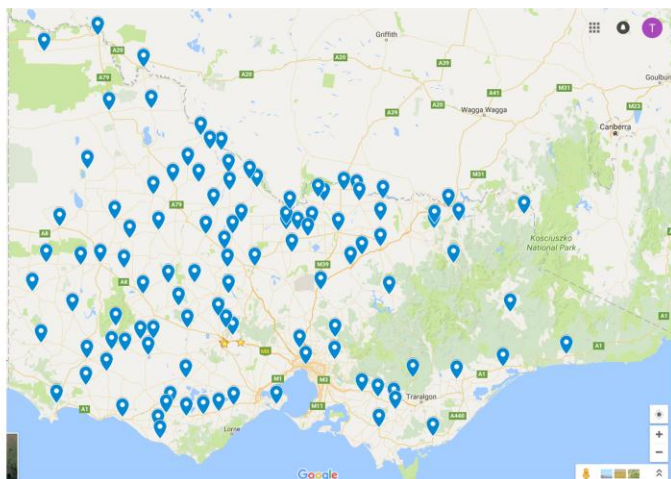




since 2002 , we have worked individually with farmers from 135 locations across Australia with 87% of these being in Victoria . Our farming participants ranged from 18 – 82 , and were made up of 54% men and 46% .

We worked with producers of wool, beef, cropping, cotton, cane, pastoral country, viticulture, and the pastoralists. We found that 46 and multiple farming modalities with sheep and cropping the most common. were

# Programs in Victoria 2006 - 2016



## Objectives of SFF program

- Provide knowledge and skills to farmers/families
- Improve understanding between health, stress, injury, farming and isolation
- To evaluate program – process, impact, outcome
- Repeat and transfer program
- Incorporate family health into triple bottom line framework



## Collaborating Partners example



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## Your Trainer Team

- **SFF™ Health Professional Susan Brumby,**  
*RN, RM, PhD, Director, National Centre for Farmer Health*
- **SFF™ Health Professional, Alan Lowe,**  
*RN, Master of Remote and Indigenous Health*
- **SFF™ Agricultural Facilitator, Heather Drendel**  
*Land Management Extension Officer, Department of Economic Development, Jobs, Transport and Resources*
- **SFF™ Program and Data Coordinator, Tracey Hatherell**  
*Program and Data Coordinator, National Centre for Farmer Health*





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***No point in having a better bottom line if you're not there to enjoy it***



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