

## Health & Lifestyle Assessments

Our farmer Health and Lifestyle Assessments are a 20-minute health assessment and include a lifestyle survey covering health behaviours, farm practices and social and emotional wellbeing. The assessment includes cholesterol, blood glucose and blood pressure readings along with diabetes risk, BMI, % body fat and eyesight testing.

The aims and objectives of the Health and Lifestyle Assessments are:

- to identify health and wellbeing risk factors in agricultural producers, farm workers and associated industries;
- to provide knowledge and skills to assist rural people to enhance their health, wellbeing and safety practices;
- to identify health indicators in agricultural regions to better target future research and service delivery.

### Industry Perspective

“Very important service for farmers ... good idea and concept that ticks all the boxes of health ... much needed for the industry ... I appreciate the time given ... the health assessment was good, and care and empathy shown by all the staff.”

Grain Farmer, Victoria

“I found it useful ... it was a good wake-up call ... I only went to the doctor if I was sick, but to get a check-up at a Field Day opened my eyes to some other (mental health) issues.”

Ag Advisor, Tasmania



The NCFH will deliver Health and Lifestyle Assessments to groups of approximately 8-20 people. This will rely on local groups organising the attendees, appropriate venue, catering and logistics of the day with some assistance from the NCFH.

Organising committees may also wish to consider holding an information session along with a healthy breakfast/ lunch / dinner following the assessments. Information sessions would cover one or two chosen health, wellbeing or safety topics such as social and emotional wellbeing, heart health, healthy nutrition or managing fatigue.

## Workshops and community presentations

We can offer presentations ranging from 30 minutes to an hour on a range of topics and will work with you to determine appropriate topics to suit your needs. Our workshops focus on supporting the health and wellbeing of farming communities and run over 2.5 to 3 hours and include:

- Overview of rural and farming health
- The effect of tough times on farmer health
- The flow on effect of poor farmer health
- Identifying and understanding stress
- Risk factors for psychological distress in farmers
- Managing difficult conversations with people experiencing distress
- Knowing your resources
- Self-care when you are supporting others
- Interactive group activities and discussions
- Personal stories from farm men and women and young people who have navigated tough times



Participants will be provided with take home resources including Managing Stress on the Farm and Farmer Support Guide.

Workshops work best when the group size is limited to 15-20 persons and they include an opportunity for social connection (e.g. a meal).

*“The 3-hour workshop was absolutely worthwhile. Simply talking about the issues raised awareness, and will have a collective benefit to participants.”*  
Workshop participant, Bendigo, Victoria

## AgriSafe Australia™

This program allows for the opportunity to meet with trained agricultural health clinicians for a comprehensive assessment. The focus is to identify risk factors for poor health and prevent serious agricultural related injuries by enhancing farmers' knowledge and skills.

The program includes assessment of physical health, wellbeing and farm safety. Recommendations are given on personal protection equipment and farm hazard minimisation. If further review is necessary, written referrals are provided.

An AgriSafe™ program includes the following assessments:

- Blood glucose testing
- Lipid studies
- Blood pressure
- Body mass index
- PiKo - 6 respiratory testing
- Hearing screening (optional)
- Skin examination
- Vision testing
- Urinalysis
- Cholinesterase testing and pesticide exposure assessment (optional)
- Occupational safety and risk assessment
- Testing for correct fit of a mask or respirator



We recommend this program to industry groups able to provide an appropriate private venue, with early morning access (due to fasting requirements of participants) and ability to advertise and fill clinics with 3-4 confirmed participants. There is a requirement for participants to be willing to complete pre-consultation paperwork and receive a follow up phone call to ensure action or follow through on recommendations has occurred.