

Health in Saleyards

Bringing the health professional to the farmer

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Introduction and Rationale

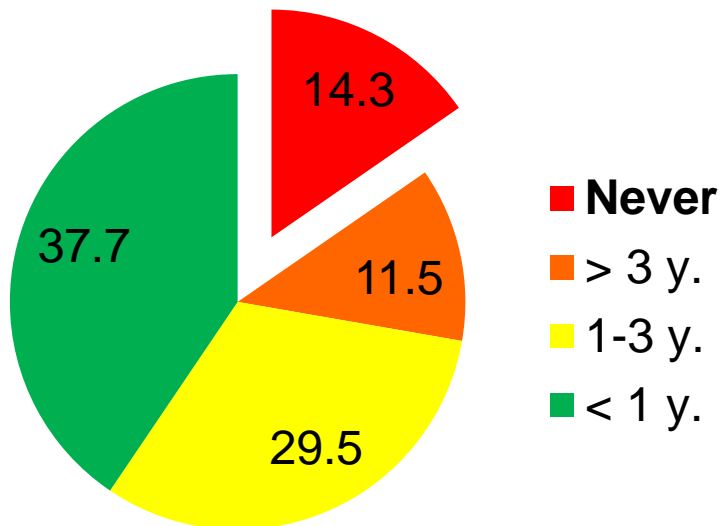
Some possible barriers to farmers attending for health check ups:

- Distance to a clinic
- Time: travel, off farm
- Cultural: “she’ll be right”
- Cost: esp. if not bulk-billed
- Health literacy / awareness
- Fear of unknown



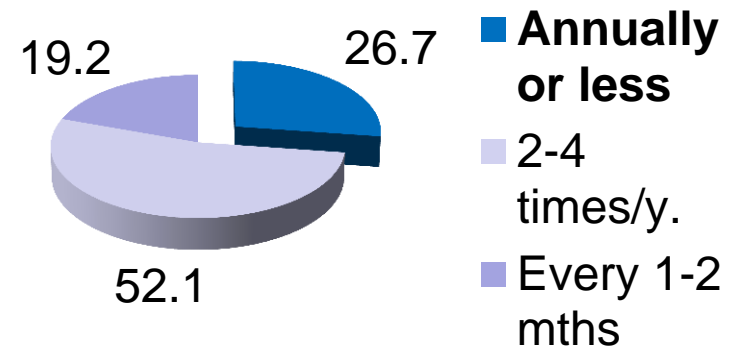
Some supporting NCFH data

**AgriSafe™ clients,
last routine check up
(%), n = 56**



*Personal communication:
Mark Atcheson, Agrisafe Clinician*

**Arthritis study
freq. of GP visits (%),
n = 74**



**Median distance to GP:
26 km (1-212 km)**

Unpublished NCFH arthritis study data

Other NCFH health assessments

Sustainable Farm Families™

3 year comprehensive health program
including health checks
conducted in rural communities

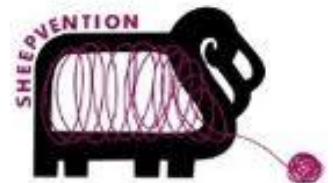
AgriSafe™ Clinics

Comprehensive agricultural health checks
conducted at NCFH



Saleyard health assessments by NCFH

- Warrnambool Dairy Conference 2009
(basis for this project)
- WA Dairy Conference
- Camden Dairy Conference
- Sheepvention 2011 *(respiratory screening only)*
- **Hamilton Weaner Sales 2012**



Planned: Warrnambool Show, October 2012

NCFH @ Weaner Sales 2012, Hamilton Livestock Exchange

- Major livestock sales event, January 4-12
- Advance publicity: media, stock agents etc.
- Strategic location between saleyard and canteen
- 3 clinical areas with health professionals
- Ethics approval*
- Admin support

**Get a
Health
Check!**



* *Multidisciplinary Ethics Committee,
South West Health Care*

Publicity

National Centre for Farmer Health

is offering

Free Health Assessments

at the

2012 Weaner Sales

Assessment include: Cholesterol, glucose and blood pressure tests, performed by qualified health professionals.

2nd -14th February – In front of the canteen



In conjunction with Southern Grampians Shire

It's not often you're given a **free** investment

Invest in the most important aspect of your agricultural business (YOU) with a free health assessment at the:

2012 Hamilton Weaner Sales

Tuesday 3rd – Thursday 12th January



Health Assessments by Registered Nurses include:

- Blood glucose and cholesterol levels measured;
- Eyesight check;
- Height, weight and body mass measurements;
- Blood pressure;
- Respiratory check; and
- Well-being assessment

No time at the weaner sales? Contact our AgriSafe clinicians for a free comprehensive agricultural occupational health and safety assessment on 55518533 prior to or post the sales.

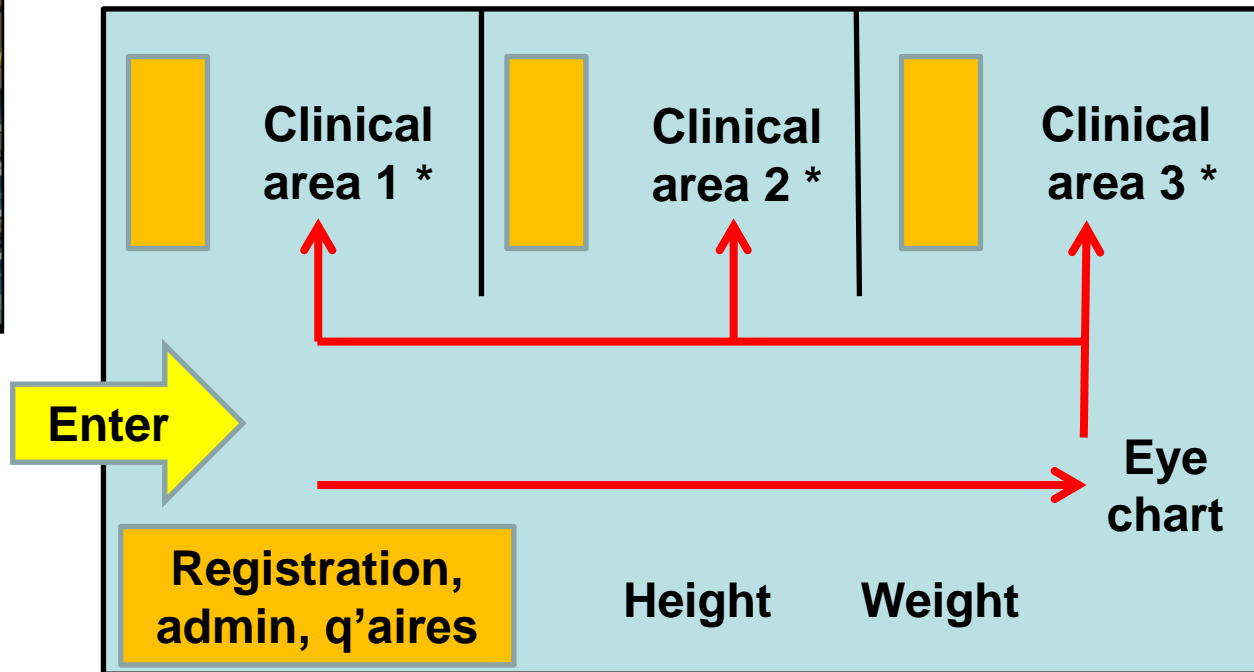
Your health doesn't just affect you - it impacts your family.



Site layout

Famous Hamilton Saleyards Canteen

* BP, glucose,
cholesterol, BMI
K10 discussion
in each area



To saleyards
100 m



What's assessed?


- Demographics: occupation, date of birth.
- Height, weight, BMI, distance vision, BP
- Mental health psychological distress (Kessler K10)
- Q'aire: overall health, body pain, smoking, alcohol*, farm safety/personal protection
- Random blood glucose and cholesterol
- Referral (to GP) guidelines:

BP \geq 140/90, glucose \geq 5.5 (F), \geq 6.5 (NF), chol \geq 5.5, K10 \geq 20

* *The AUDIT alcohol consumption questions (AUDIT-C): an effective brief screening test for problem drinking. Arch Intern Med. 1998 Sep 14;158(16):1789-95*

“Health Passport” given to participants

wdhs Western District Health Service



**Hamilton Weaner Sales
2012**

Health & well-being passport

www.farmerhealth.org.au

NATIONAL CENTRE FOR FARMER HEALTH

in partnership with **wdhs** Western District Health Service

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Health and well-being assessment

Did you fast from 10:00pm last night (i.e. just water)? YES NO

Name of Health Professional: _____

Participant details

Name of participant: _____

Occupation: _____ Postcode: _____

Date of birth: _____ Sex: _____

Like further information about the National Centre for Farmer Health? If yes, please provide contact details: YES

Postal address: _____

Email address: _____

Health assessment

Health Indicator	Recommended Values	Results	See your GP	Recommend
Weight	N/A		N/A	N/A
Height	N/A		N/A	N/A
Body Mass Index	M 20-25 F 20-25			<ul style="list-style-type: none"> Monitor your diet Increase your exercise
Eye Sight: Glasses or contacts	6/6 - Standard 6/5 - Excellent 6/9 - Borderline 6/12+ - Poor	L Eye 6/	R Eye 6/	N/A
What type of glasses? <input type="checkbox"/> Reading <input type="checkbox"/> Distance <input type="checkbox"/> Bi-focal				

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Health assessment continued

Health Indicator	Recommended Values	Results	See your GP	Recommend
Blood Glucose Level	< 5.5mmols ≥ 5.5mmols <i>Non-fasting</i> refer GP < 6.5mmols ≥ 6.5mmols			<ul style="list-style-type: none"> Monitor your diet Increase your exercise
Blood Cholesterol	< 5.5mmols ≥ 5.5mmols refer GP			<ul style="list-style-type: none"> Monitor your diet, reduce fats Increase your exercise
Blood Pressure	< 140/90 ≥ 140/90 refer GP	A A		<ul style="list-style-type: none"> Reduce salt in your diet Increase your exercise
K10	Above 20 refer GP			<ul style="list-style-type: none"> Seek support Adopt relaxation methods

Are you currently taking any medication? YES NO

Please note if this medication impacts: BGL BCL BP

Name of GP (only if required): _____

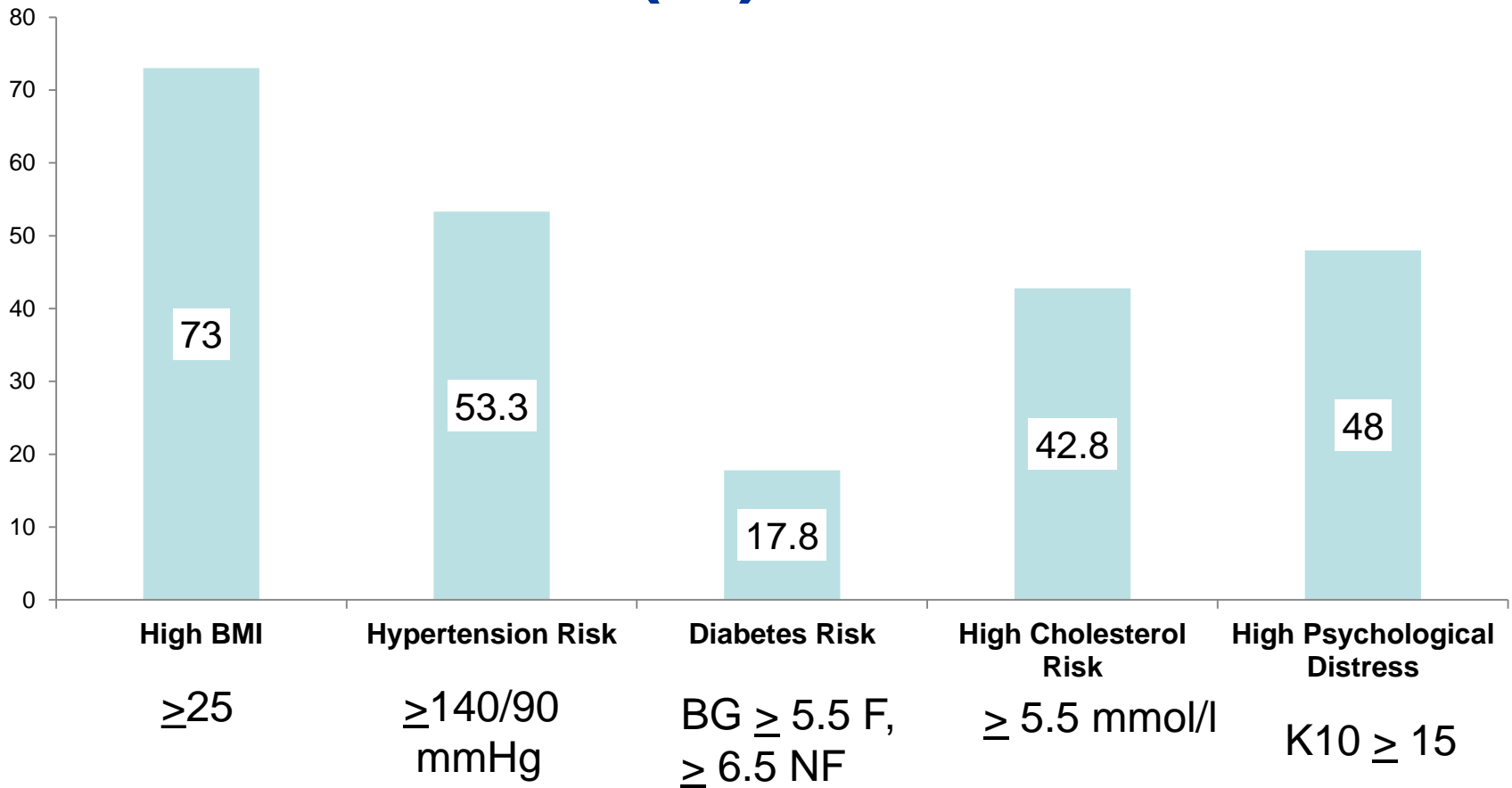
Suburb: _____

Results 1

n=152, M 86.8%, F 13.2%

	Minimum	Maximum	Mean	Std. Deviation
Age (years)	18	91	55.5	14.9
Weight (kg)	50.00	150.0	87.2	15.7
BMI (kg/m ³)	16.14	42.9	27.9	4.3
Blood glucose level	3.3	12.7	5.6	1.3
Cholesterol level	3.88	7.8	5.3	1.0

Prevalence (%) of health risks



One participant referred to A/E at Hamilton Base Hospital due to high BP

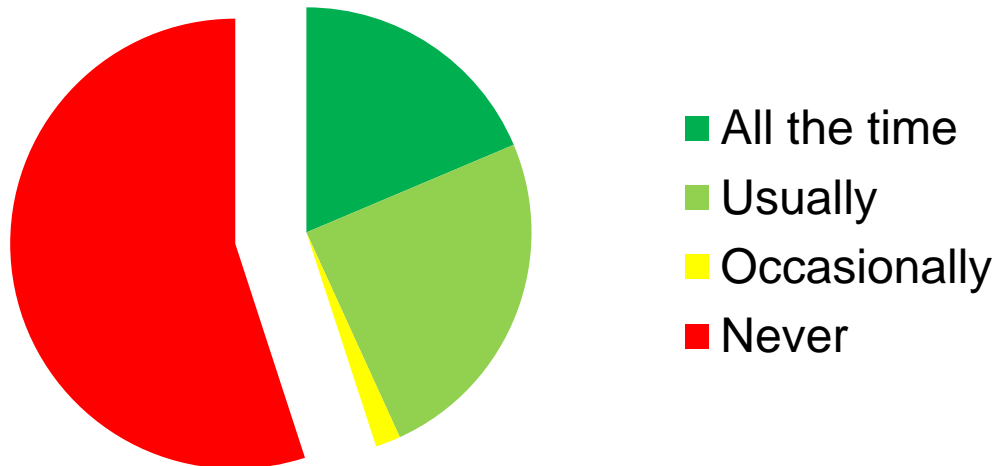
Results 3

Current smoker 9.9%

Previous smoker 30.3%

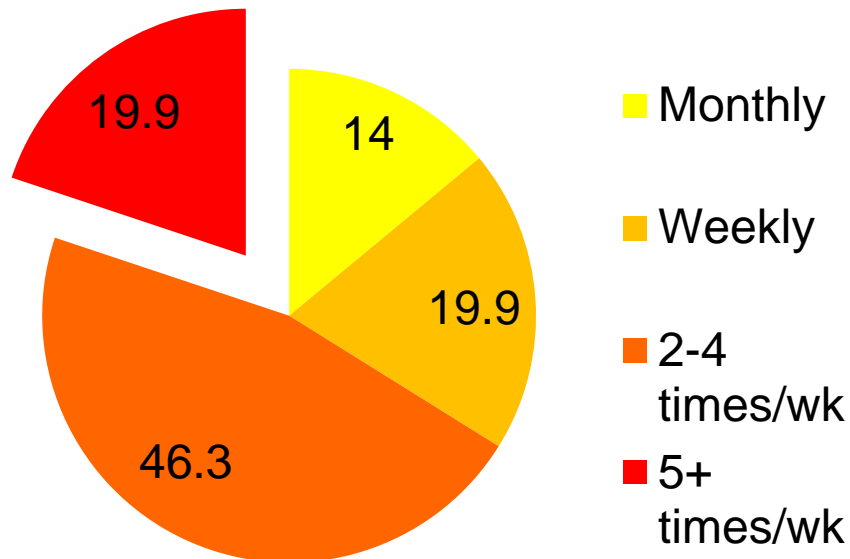
Current alcohol drinker 90.6%

Helmet usage: motorbike or ATV

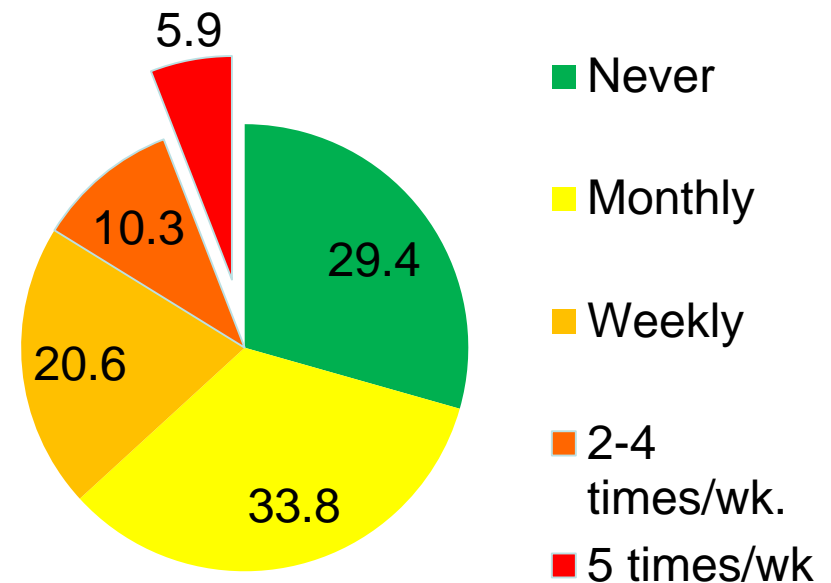


Alcohol consumption (n = 136 *)

Any alcohol



High risk drinking



* 16 declined to answer

More safety questions

Do you use?	Yes (%)	No or rarely (%)	Occas. (%)
Protective gear: farm chemicals	80.9	19.1	N/A
Protective gear: farm machinery	50.7	12.5	36.8
Seatbelts: road	92.9	2.0	5.9
Seatbelts: farm	9.6	71.9	18.5
Sun protection	71.1	2.6	26.3

Study Limitations

- Most bloods **non-fasting**
(difficult as canteen next door!)
- Difficulties with **self-reporting** – tendency for response rate reduced if “socially unacceptable”
eg. high risk drinking, safety questions
- Small numbers, so more health checks planned!

Conclusions

- Health assessments achievable “in the field”
- Significant lifestyle risks identified
- Safety issues of concern
- Lower smoking rates encouraging
- Support by saleyard community and farmers

Overall the health assessments were **well received**, plans underway to do more at future similar events



Farmer health checks well received

By IAN WHITING

OVER 150 people took the opportunity to have a free health check at the Hamilton weaner sales and the National Centre for Farmer Health (NCFH) says the program was well received but some of the results are concerning.

In a novel approach the NCFH set up a health check centre at the saleyards and 152 farmers, agents and truck drivers attending the weaner sales took the opportunity to have a free health check. Director of the NCFH, Sue Brumby said the program was very positively received.

"People were really appreciative that we were actually at the weaner sales. Whilst they were a little bit hesitant at first there were quite a few friendly faces that they already knew inside the tent and I think that that actually really helped.

"152 people came in for a health check, 132 men and 20 women, an average age of 55, with ages ranging from 18 to over 90," she said.

However according to Ms Brumby some of the results were concerning.

"73 per cent were in the overweight category which

high. "In terms of alcohol, 90 per cent consumed alcohol, so 136 of the 152 consumed alcohol and of those 70.6 per cent self reported that they drank at high risk levels at least monthly. So that's more than six standard drinks without your blood alcohol level going back to zero in one occasion. If you are a man that is seven drinks or more and if you are a woman more than four drinks. So that is actually quite high and is one of the highest groups we have ever had.

"Again it is an area that you can help to modify, if you know about it. Perhaps a few less drinks and a few more alcohol free nights," she said.

Other information collected asked about Personal Protective Equipment (PPE) and how stressed people were feeling.

Ms Brumby said 118 people said they rode a motorbike or quad bike and of those only 18.5 per cent wore a helmet all the time and 55 per cent never wear a helmet.

"So for us there are some messages there, you know we have seen a change in time of people wearing seatbelts on the road and helmet wearing is one area

Ms Brumby said they would like to attend next year and appreciated the Southern Grampians

Shire Council and WDHS support.

"The team has been really chuffed with the positive

affirmation and acceptance from farmers and were wondering if we had done this when we started nine

years ago how we would have been received.

"I think we have got a good reputation for

working with farmers and the opportunity to do this in our community was great".



DEREK Morse, LMB Linke Livestock checks in his for a free health assessment with Sue Brumby, National Centre for Farmer Health at the Hamilton weaner sales. (Pic supplied)

Questions?

