

SCALING UP FARMER HEALTH CHECKS PROJECT SNAPSHOT

January 2020 to June 2023

854

PARTICIPANTS

Age Range: 18-89 Age Mean 52.11



539 Male



284

Sex data available n= 823

4

unique farmer health programs

10

health service collaborations

70

health professionals and students received professional development

SAFETY INDICATORS



57%

do not wear PPE when working in dusty environment



48%

do not wear a helmet



42%

reported hearing difficulty in one or both ears

**Health, Wellbeing and safety indicators based on n= 699



REALLY INDEBTED TO [THE AGRIHEALTH PROFESSIONAL] FOR SAVING MY LIFE.

Female (69), 2022



TH INDICATOR



64%

high risk of developing Type 2 diabetes within 5 years [i]



61%

high total cholesterol level [iv]

[including 84 on lipid-lowering medication]



52%

waist measurement above recommended guideline [ii]



48%

high cardiovascular disease risk [iii] [including 148 on anti-hypertensive medication]

WELLBEING INDICATORS



49%

consume alcohol at high risk levels at least monthly [v]



39%

reported moderate to very high level of psychological distress [vi]

FOLLOW UP RECOMMENDATIONS



589

participants were recommended to see a GP or other health professional



3375

recommendations made to improve health, wellbeing and safety outcomes

LOCATIONS

EVALUATION RESULTS

88%

Followed up on recommendations to make lifestyle and behavioural changes

These included:

reducing sugar and salt consumption

adopting relaxation methods

increased physical activity

improved safety practices

56%

Followed up recommendation or referral to see a GP or other health professional

These included:

blood pressure, glucose and cholesterol

skin checks

optometrist and audiologist

cancer screening for breast, cervical, prostate

*Evaluation Results n= 277

I GOT REFERRED TO A GP AND RESULTED IN A DIAGNOSIS OF TYPE 2 DIABETES - I WOULD NOT HAVE GONE IF NOT REFERRED. THANK YOU.

Male (57), Kerang

WE LIVE IN A RURAL AND REMOTE AREA AND ACCESS TO GPS AND HEALTH SERVICES IS MINIMAL AT VERY BEST AND THE BOTTOM LINE IS IF IT WASN'T FOR THIS SERVICE I WOULDN'T HAVE HAD ANY OF THESE CHECKS DONE.

Female (63), Wimmera

THE PROCESS CAUSES SELF-REFLECTION, AND A CHANCE/OPPORTUNITY TO IMPROVE WHAT I AM DOING IN TERMS OF SAFETY.

Female (70), Willaura

[i] The Australian Type 2 Diabetes Risk Assessment Tool https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/6d252140-1ff0-47b2-a83f-3cc3db348131.pdf (accessed August 2020)

[ii] Health Direct, Guideline for waist circumference and disease risk, (Female ≥88cm; Male ≥102cm) https://www.healthdirect.gov.au/body-mass-index-bmi-and-waist-circumference [iii] National Heart Foundation of Australia, Guideline for the diagnosis and management of hypertension in adults 2016, Hypertensive risk range (≥140/90) with waist measurement above recommended guideline

 $[iv]\ Heart\ Foundation,\ Blood\ cholesterol,\ > https://www.heartfoundation.org.au/your-heart/know-your-risks/blood-cholesterol$

[V] National Health and Medical Research Council 2001, 2009 and (draft 2020), Australian alcohol guidelines: health risks and benefits, Commonwealth of Australia, Canberra https://nhmrc.gov.au/health-advice/alcohol

[vi] Furukawa TA, Kessler RC, Slade T, Andrews G. The performance of the K10 screening scales for psychological distress in the Australian National Survey of Mental Health and Well-Being. Psychol Med. 2003;33(2):357-362





