

854 PARTICIPANTS

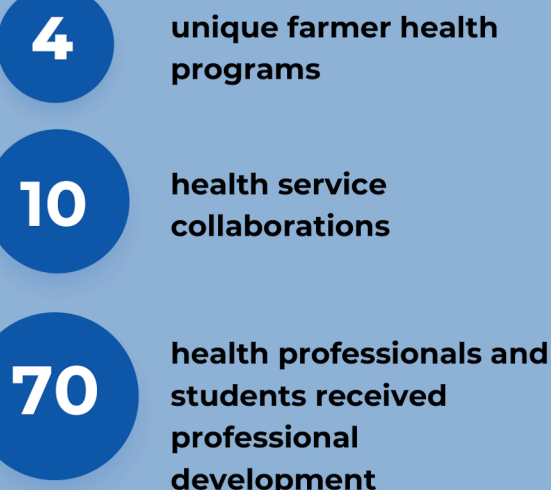
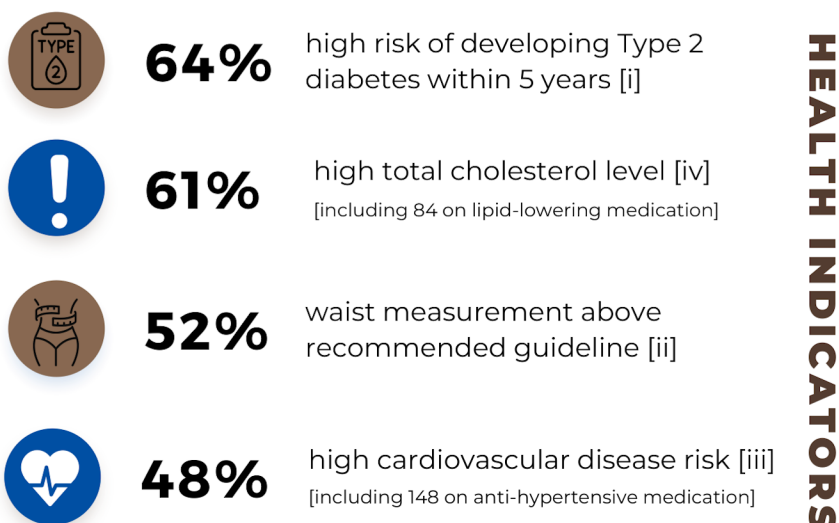
Age Range: 18-89
Age Mean 52.11

 **539**
Male

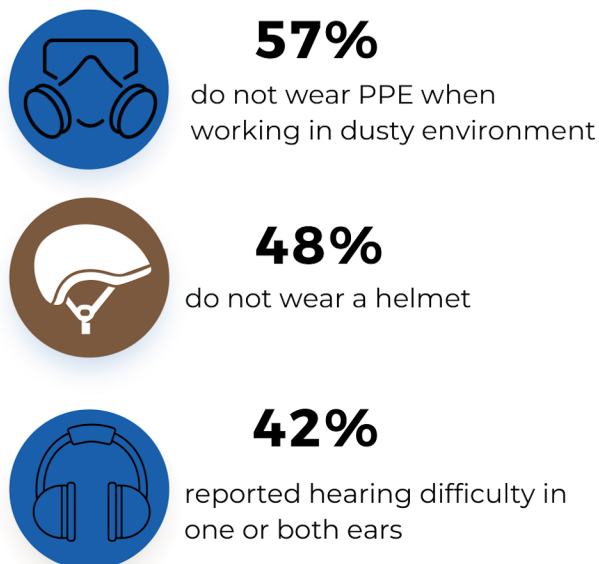
 **284**
Female

Sex data available n= 823

“REALLY INDEBTED TO [THE AGRIHEALTH PROFESSIONAL] FOR SAVING MY LIFE.”
Female (69), 2022”



SAFETY INDICATORS



WELLBEING INDICATORS

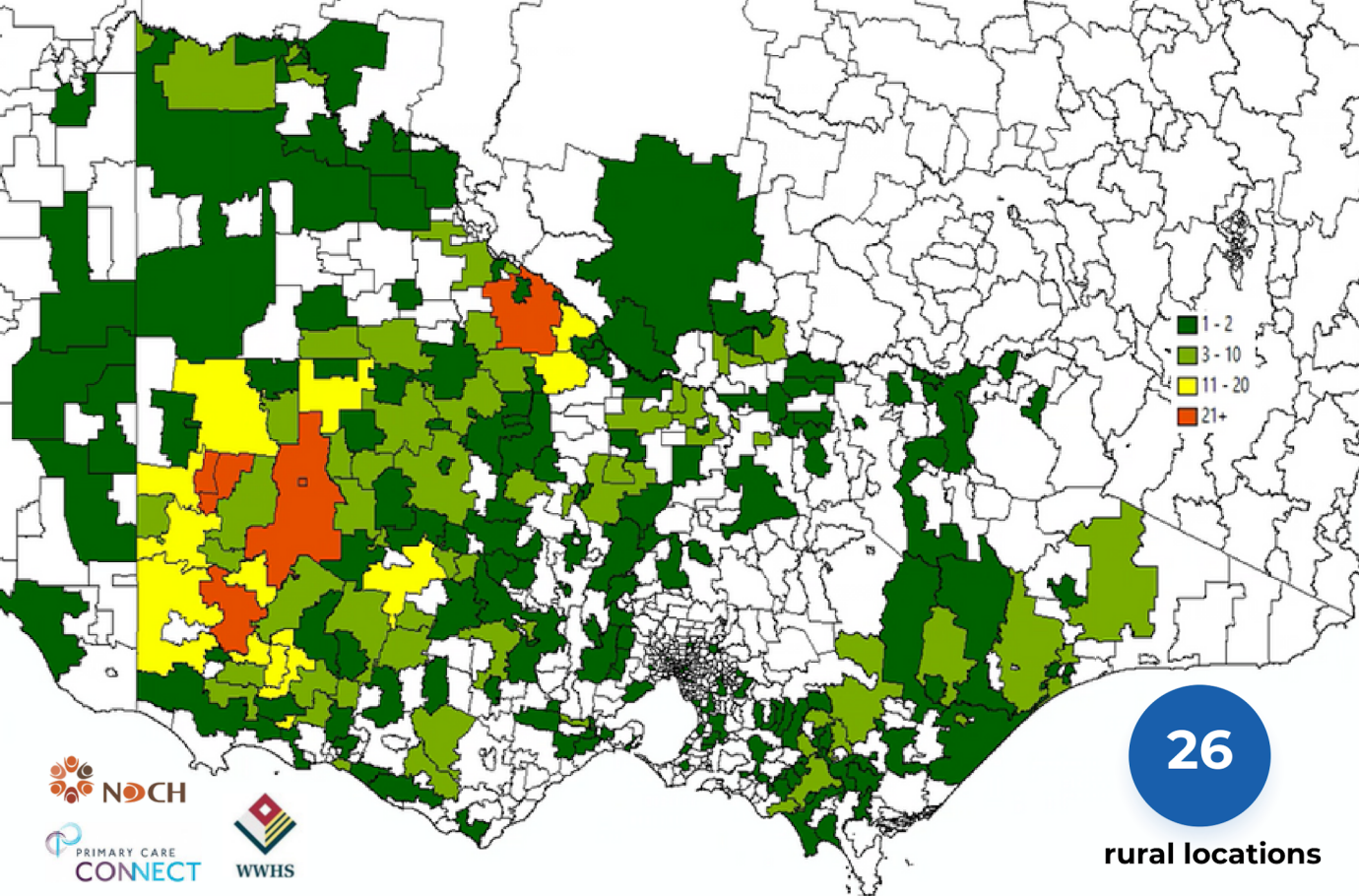


FOLLOW UP RECOMMENDATIONS



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

PARTICIPANT 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

*Evaluation Results n= 277

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

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 ≥ 88 cm; Male ≥ 102 cm) <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 ($\geq 140/90$)

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



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