

2025 - 2026



NATIONAL CENTRE FOR
**FARMER
HEALTH**

SHAPING
HEALTHY
FARMING
COMMUNITIES

ABOUT US

Guided by evidence, we influence positive change for health, wellbeing and safety in agriculture, fostering transformative action on farms.

HEALTHY FARMERS ARE VITAL TO A THRIVING AGRICULTURAL SECTOR

Across Australia, people living and working in farming communities experience higher rates of chronic disease, injury, cancer, and psychological distress than their city counterparts. These inequities affect not only farming families but also the agribusinesses, suppliers, and service providers who depend on them.

Established in 2008 as a partnership between Western District Health Service and Deakin University, the National Centre for Farmer Health (NCFH) is Australia's leading organisation dedicated to improving the health, wellbeing, and safety of farmers and agriculture-dependent communities.

Our integrated approach combines:

- Evidence-based research into the health, wellbeing and safety risks unique to farming.
- Education and training for farmers, farm workers, students, advisors, and health professionals.
- On-the-ground services that meet farmers where they are — at field days, workplaces, and community events.

Over the last 15 years, NCFH has delivered practical programs and built trusted relationships with farming communities and stakeholders. We understand the pressures of the farming life cycle and how physical health, mental wellbeing, and safety intersect.

By partnering with us, your organisation helps sustain the people who power Australia's food and fibre industries — ensuring a healthier, safer, more resilient future for rural Australia.



We acknowledge the traditional custodians of the land on which we and our partners work. We will always be mindful and respectful that First Nations people are the Traditional Custodians of this country.

THE SCALE OF THE PROBLEM

Australia's farmers face unique and demanding challenges that directly and indirectly impact their health, wellbeing and safety. Our farmers:

2x

more likely to die by suicide, compared to the general Australian population

Extreme climatic events, unpredictable market and policy pressures, economic uncertainty, geographic isolation, and limited access to services significantly impact the mental health and wellbeing of farmers, farm workers, farming families, and farming communities.

10

times more likely to die in the workplace than the average Australian worker

Farming remains one of the most hazardous industries, with persistently high injury and fatality rates. Alarming, children account for 15% of farming-related fatalities — a figure that has remained unchanged for over 20 years. Evidence shows that farming injuries both influence and are influenced by poor mental health.



increased risk of chronic diseases including diabetes, heart disease and some cancers

Our farmers are frequently exposed to significant health risks, including chemicals, dust, extreme heat, and fatigue with researching revealing that chronic disease often correlates with poor mental health outcomes.

Our farmers need relevant and relatable evidence-based programs, resources, and support tailored for their unique circumstances. Our tools and programs can help prevent and manage the physical and mental risks associated with farming, improving lives and supporting sustainable farming businesses and farming communities.



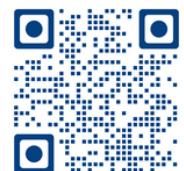
OUR STRATEGIC APPROACH

Following years of research and work in and with regional communities, we have a five-step process for delivering impact and making positive change to outcomes for farmers and farming communities:

1. **Continue to deliver excellence in research, education and training and service delivery** by evaluating current programs and co-designing and translating industry-relevant research to expand and tailor our services.
2. **Drive towards the national expansion of the NCFH** to increase our presence and support to even more Australian farmers and communities.
3. **Nurture and grow quality relationships with all stakeholders, collaborators and partners** to increase our influence.
4. **Maintain and develop a quality, committed workforce** to enable NCFH expansion, influence farmer health, wellbeing and safety, create change and extend our reach.
5. **Deliver financial security through a sustainable funding model** that positions NCFH as the preferred provider for research, education, training and services to support organisational growth and increased impact.

Read our Strategic Plan:

www.farmerhealth.org.au/page/about-us#strategic-plan



JOIN US IN OUR MISSION:

SHAPING TOMORROW'S HEALTHIEST FARMING COMMUNITIES.

Strategic pillars

Evidence

- > Collect, interpret and translate evidence to drive change
- > Expand innovative research in response to need
- > Evaluate impact

Action

- > Empower the farming community to foster transformation on farms
- > Develop collaborations and delivery models to increase access to health programs

Influence

- > Use our expertise to influence policy, practice and culture
- > Target, tailor and scale professional development, secondary and tertiary education



OUR PROGRAMS AND SERVICES

SERVICE OFFERING	SESSION LENGTH	AUDIENCE	KEY FOCUS AREA
GEAR UP FOR AG HEALTH & SAFETY	90 minutes +	Secondary School Students (Years 9-12)	Topics and focus areas based on specific needs and may include: <ul style="list-style-type: none"> • Agricultural Hazards and exposures • Prevention Strategies • Respiratory Health • Eye & Ear Safety • Zoonotic Diseases • Agri chemicals • Heat related stress • Personal Protective Equipment • Wellbeing
SHIFTING GEARS: FARM SAFETY RESOURCES FOR TEACHERS	Program is customised by educators to meet specific teaching needs	Secondary School Students (Years 9-12)	<ul style="list-style-type: none"> • Agricultural health statistics • Agricultural Exposures and agents of injury • Flow on Effect of Poor Farmers Health • Prevention Strategies • Quad bike and side by side vehicles • Hierarchy of Controls
HEALTH & LIFESTYLE ASSESSMENTS	20 minutes per individual Minimum 1 day booking	Farmers, farm workers	<ul style="list-style-type: none"> • Physical health indicators • Mental and emotional wellbeing • Lifestyle, behavioural, occupational safety risk • Personalised education
CALM THE FARM: CREATING HAPPY HEALTHY WORKPLACES	120 minutes	Farm managers and owners	<ul style="list-style-type: none"> • Overview of work-related risks to mental health • Factors impacting farmer and farm worker wellbeing • Practical solutions for improving mental health in farming workplaces
HOW CAN I HELP? SUPPORTING FARMER WELLBEING FOR AGRICULTURAL SERVICE PROVIDERS	90 minutes	Trusted agricultural advisors	<ul style="list-style-type: none"> • Identify common indicators of stress among clients • Apply active listening techniques • Connect clients with relevant resources and services • Personal wellbeing and boundaries
TAILORED SESSIONS	45-90 minutes	Customised to audience	Topics and focus areas based on specific needs and may include: <ul style="list-style-type: none"> • Health promotion topics (e.g. nutrition and diet, alcohol, physical activity and sleep) • Chronic disease prevention (e.g. cardiovascular disease and diabetes). • Practical strategies to improve physical and mental wellbeing. • Farm specific health risks (e.g. chemical exposure, occupational exposures, fatigue management or musculoskeletal strain)

CULTIVATING SAFE FUTURES

GEAR UP FOR AG HEALTH & SAFETY

The problem:

Children under 15 have accounted for 244 of the 1,742 farm-related fatalities in Australia since 2001.

The solution:

The Gear Up for Ag program introduces high school students to farm safety, risk management, and best health practices to foster a culture of safety and empower young people to take an active part in improving farm safety.

Delivered by farmer health specialists directly to schools over a 90-minute session, this program includes practical demonstrations and discussions, making farm safety education engaging and hands-on.

The program can cover various farm safety topics such as mental health, proper use of personal protective equipment, respiratory or hearing health and much more.

PRICING: \$3,200 + GST
per program

PUBLICATION



SCAN ME

SHIFTING GEARS: FARM SAFETY RESOURCES FOR EDUCATORS

The problem:

- Since 2001, 1742 Australians have tragically lost their lives on farms, with tractors and quad bikes often involved.
- Younger farmers demonstrate some of the highest levels of psychological distress of any farming demographic.

The solution:

Launched in 2023 to complement the Gear Up for Ag program, Shifting Gears is a teacher-led, school based program that aims to cultivate a culture of farm safety among students, particularly those who live on farms, study agriculture and horticulture, or are considering careers in these fields.

Key features include:

- Downloadable PDF resource
- 6 engaging, documentary-style videos
- 13 customisable teaching activities and discussions

PRICING: FREE

DOWNLOAD



SCAN ME



IMPROVING HEALTH & WELLBEING

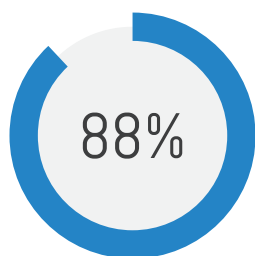
HEALTH & LIFESTYLE ASSESSMENTS - PROVEN PREVENTION WHERE FARMERS ARE

The National Centre for Farmer health has delivered more than 10,000 health checks across a number of programs since its inception.

Our Health & Lifestyle Assessments, delivered at agricultural field days, workplace events, and farmer gatherings nationwide. These checks bring primary prevention to places farmers already visit — removing barriers to care created by distance, workload, or stigma.

Each 20-minute consultation is delivered by qualified health professionals and screens for:

- Blood pressure, cholesterol, glucose and diabetes risk
- Vision, BMI, and cardiovascular indicators
- Farm safety practices and occupational exposures
- Social and emotional wellbeing



of surveyed participants reported taking positive action on our team's recommendations to improve health, wellbeing and/or safety behaviours or practices

For corporate partners, HLAs offer a visible, measurable way to invest in the sustainability of agriculture. Supporting these services means:

- a stronger, healthier rural workforce; and
- fewer preventable injuries and illnesses that interrupt productivity.

“OH HELL YEAH I'VE MADE SOME CHANGES! COMPLETELY CHANGED MY DIET, HAVE CUT OUT ALCOHOL AND INCREASED EXERCISE... LOST SOME WEIGHT, SEEN A GP AND I'M FEELING MUCH BETTER.”

Female (57), Cattle/Grain, Millmerran



PRICING:

From **\$9,500 + GST**
per day

*Discounted daily rates apply for extended programs.



CAPACITY BUILDING

CALM THE FARM: CREATING HAPPY, HEALTHY WORKPLACES

This 2-hour workshop offers practical, solution-focused education to reduce work-related risks to mental health on farms. It covers:

- An overview of work-related risks to mental health,
- Factors impacting farmer and farm worker wellbeing, and
- Practical solutions for improving mental health in farming workplaces.

Our facilitators, backed by research, have developed strategies to mitigate mental health risks in the agricultural sector. These workshops aim to provide clear, actionable strategies to improve mental health on farms.

PRICING: \$3,500 + GST
per workshop



STRENGTHENING FARMER WELLBEING: UNDERSTANDING IDENTITY, STRESSORS, AND RESOURCES

This 2-hour workshop is designed for rural professionals working with farmers or overseeing projects impacting farming communities. It provides a deeper understanding of:

- Farmer Identity and Culture: How identity affects mental health and wellbeing in farming communities.
- Identifying Stressors: Recognising signs of stress and learning how to offer effective support.
- Health & Wellbeing Resources: Overview of NCFH resources and strategies for supporting farmer wellbeing.
- Self-Care & Boundaries: Practical tools for prioritising self-care in high-stress environments.

PRICING: \$3,500 + GST
per workshop

'We found the workshop to be both informative and engaging, and a valuable space for our employees to learn, share experiences, and discuss ways to support the wellbeing of farmers and employees alike. The resources provided were relevant and helpful, and Kelly was a wonderful facilitator who made the room feel comfortable to share, ask questions, and – most importantly – to listen with humility. We thank the National Centre for Farmer Health for helping our employees to further develop their skills in engaging with farmers and supporting the agricultural communities in which we operate.'

- Iluka Resources Limited
October 2024

CAPACITY BUILDING

HOW CAN I HELP? SUPPORTING FARMER WELLBEING FOR AGRICULTURAL SERVICE PROVIDERS

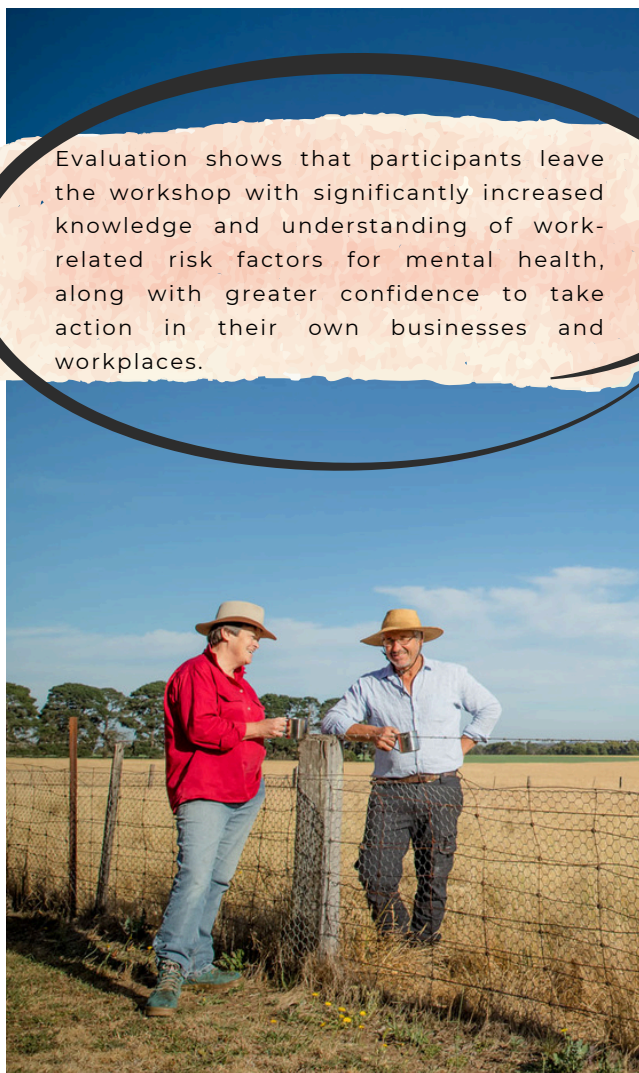
This program is available as a 90-minute face to face workshop with an existing trusted advisor network or as a 60-minute webinar. It is designed to equip agricultural trusted advisors with the confidence and skills needed to support farmers during challenging times while prioritising their own wellbeing.

Key Learning Outcomes:

- **Recognise Signs of Stress:** Identify common physical and behavioural indicators of stress among clients.
- **Effective Communication:** Apply active listening techniques to better understand client concerns.
- **Provide Basic Support:** Offer appropriate guidance and connect clients with relevant resources and services.
- **Wellbeing and Boundaries:** Reflect on personal wellbeing, understand the importance of setting boundaries, and maintain resilience when supporting clients in distress.

PRICING: \$2,850 + GST
per workshop

Evaluation shows that participants leave the workshop with significantly increased knowledge and understanding of work-related risk factors for mental health, along with greater confidence to take action in their own businesses and workplaces.



GOT A SPECIFIC TOPIC?

We can deliver customised presentations and educational sessions designed to meet the specific needs of your audience. Whether as workplace sessions, community events, or group settings, we aim to deliver practical, engaging, and evidence-based information to empower participants.

Topics We Cover:

- Health Promotion and Education
 - Designed to complement Health and Lifestyle Assessments, or provide general health education relevant for farmers and farm workers.
 - Practical strategies to improve physical and mental wellbeing in farming communities.
- Safety-Focused Discussions
 - Chemical exposure, respiratory health and other topics
 - Ways to reduce risks associated with working in agricultural environments

PRICING:
From \$2,250 + GST



ADDITIONAL CHARGES

Our program and service fees are designed to be as inclusive as possible. However, for programs delivered in remote or distant locations, additional charges may apply to cover:

- Staff travel time
- Travel costs
- Accommodation and meals



RESOURCES AVAILABLE

We offer a range of free resources to support the health and wellbeing of farmers, farm workers, and their families:



Managing Stress on the Farm: Available in hard copy and online.



Steering Straight: My Plan to Keep on Track: Tool to help farmers maintain wellbeing.



Farmer Health Assessment Tool (Farmer HAT): Tool to identify health and safety risks.



Campfire Podcasts: Engaging discussions on topics related to the farming work environment.



PARTNER WITH US

The success of Australian agriculture depends on the health and resilience of its people. By partnering with the National Centre for Farmer Health, your organisation can play a pivotal role in:

- Reducing injuries, chronic disease, and mental health risks in farming communities.
- Equipping farmers, workers, and advisors with evidence-based tools to stay safe and well.
- Strengthening the workforce behind Australia's food and fibre supply chains.

What we offer:

- Customisable packages that allow for flexibility and tailored services based on unique organisational needs.
- Innovative programs and resources tailored for farmers and farming communities.
- Evidence-based interventions that make a lasting impact.

JOIN US IN CREATING THRIVING RURAL COMMUNITIES AND A STRONGER AGRICULTURAL SECTOR.

CONTACT INFORMATION

For more information about our programs or sponsorship options, or to discuss alternative arrangements and opportunities, please contact:

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in partnership with



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