



Sustainable Farm Families- *the human resource in the triple bottom line*

Western District Health Service
Hamilton, Victoria.

Program objectives



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- Improve understanding between health, stress, injury, farming and isolation
- To evaluate program – process, impact, outcome
- Repeat and transfer program
- Incorporate family health into triple bottom line framework

Program – how it works



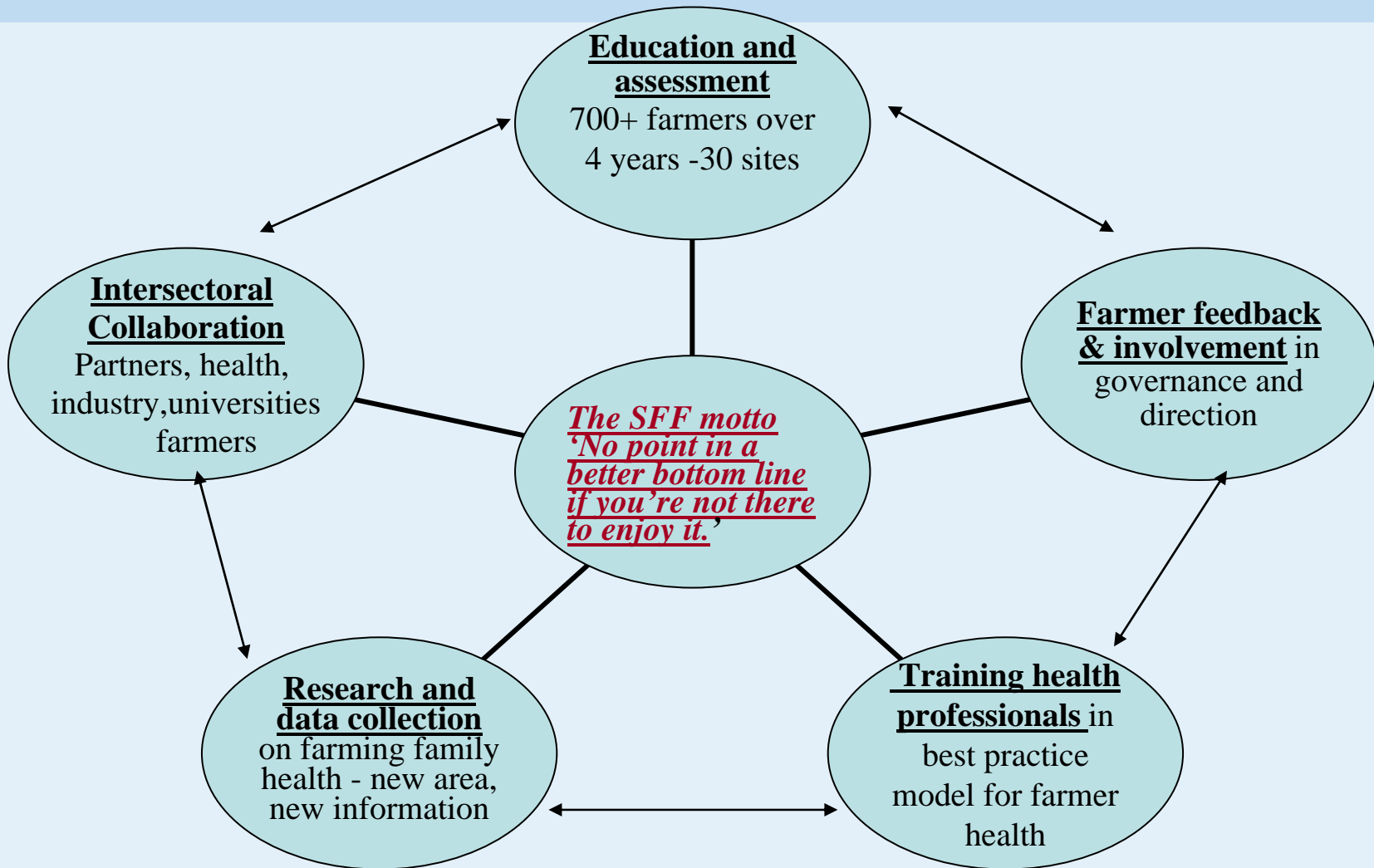
Recruitment and close collaboration with industry partners and health services to optimise delivery of programs

Workshop one -Physical assessment and referrals
2-days with focus on rural health, cancer, heart, stress, diet, OH&S, gender specific issues and taking action

Workshop two- Physical assessment and referrals
1-day program with focus on anxiety, depression
Gender specific issues to opposite sex. Action planning

Workshop three- Physical assessment and referrals
1- day program focus on health and business,
Diabetes, physical activity and action plan review

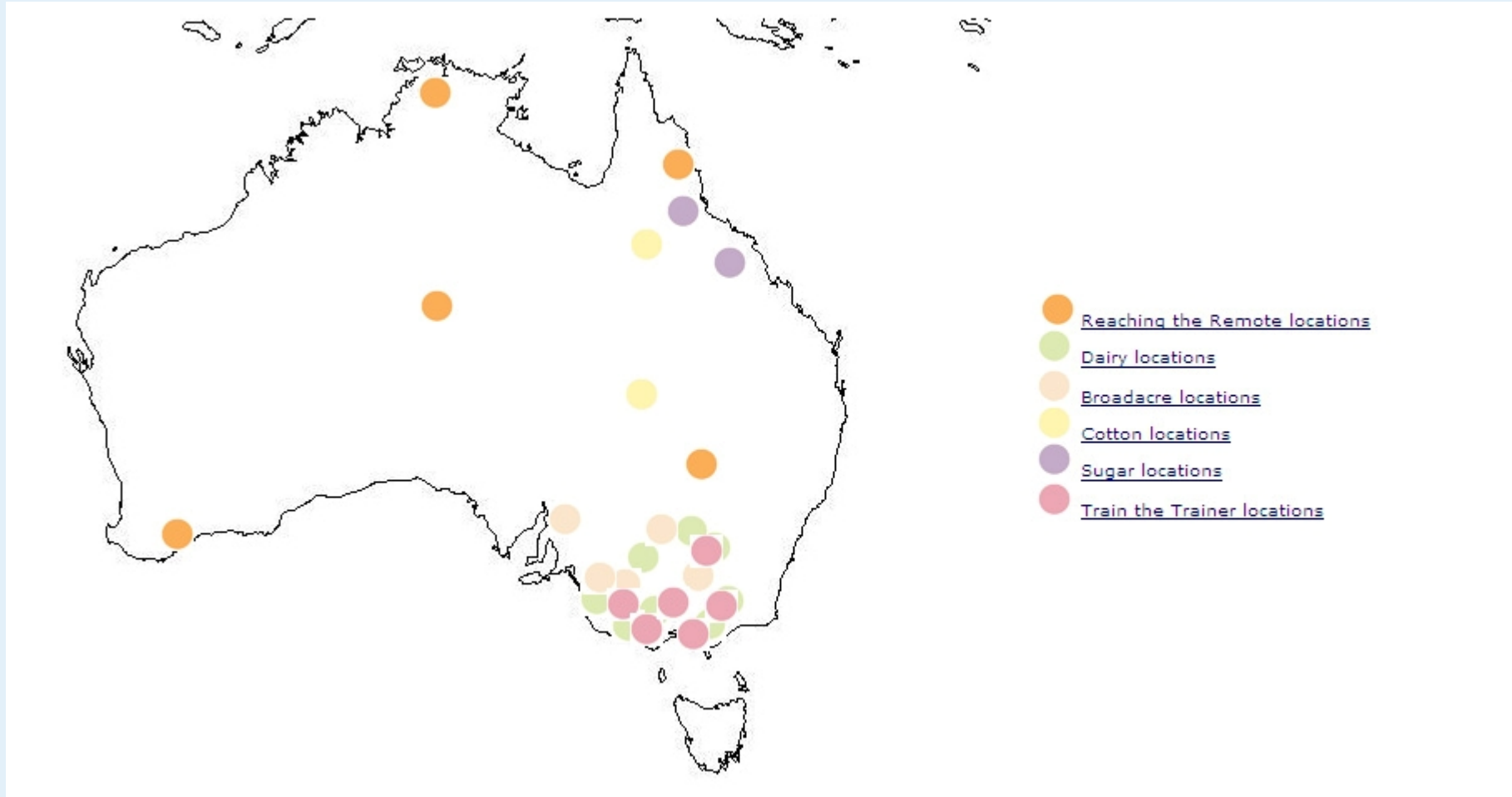
Part and Processes of SFF



SFF Pilot Programs



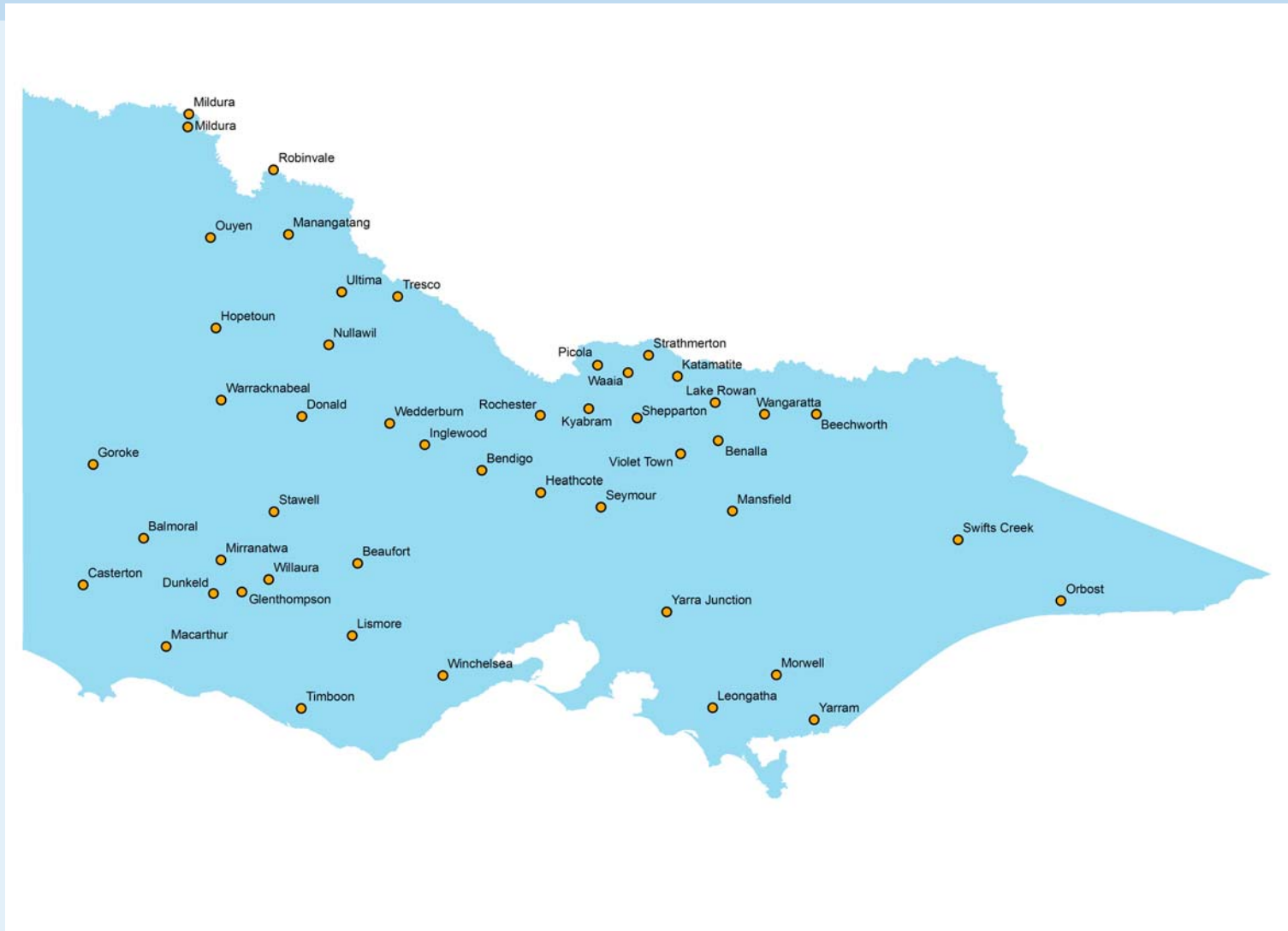
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Victorian Programs 2007- 08



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Program outcomes



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- Improved baseline health across 7 indicators
- Increased knowledge evidenced by pre and post questionnaire
- Positive evaluations of workshops
- Consumers/farmers linked into local health service
- 94 % of farmers identified areas to improve health, stress, safety
- Repeating and transferring SFF across Australia
- Train the Trainer model developed for rural nurses



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*No point in having a better
bottom line if
you're not there to enjoy it*

www.sustainablefarmfamilies.org.au

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