

5 tips to improve farmer health

Healthy eating

Having a healthy breakfast and eating healthy snacks during the day will provide better fuel for a hard working body and reduce your risk of developing type 2 diabetes.



Pack fruit and nuts into your lunchbox



Choose water over soft drinks

Drinking water

Your brain is mostly water, so keeping hydrated helps you concentrate better, relieves fatigue, boosts immunity and prevents headaches. Take water with you on the farm. It's also better for your waistline.

Exercise

Exercise can relieve stress and boost your mood. Try including it into your daily routine and remember any physical activity is better than none.



Walk to check the stock or the crops



Avoid caffeine before bedtime

Sleep

A regular sleep pattern can reduce stress and your chances of a stroke or heart condition, as well as improving your concentration, decision-making and boosting physical performance.

Relaxation

Relaxation can lower blood pressure and reduce chronic pain. Taking time out to do something you enjoy will lead to greater productivity in the long run.



Arrange an off-farm outing



NATIONAL CENTRE FOR
**FARMER
HEALTH**



RURAL BANK
Farmer focused. Future driven.

5 health facts for farmers

Farmers are more at risk because they often work alone:

- Operating machinery by themselves
- Help not available when needed
- Lack of mobile phone coverage

Animals are involved in around

20%

of serious on-farm injuries

63%

farmers at high risk of developing type 2 diabetes within five years*

Diet is an issue for many farming families. Busy farmers often feel too busy to make sure they are eating healthy foods, especially if out on the farm all day.

Although physically demanding, the way we farm has changed. Farmers spend a lot more time sitting and as a result many are becoming overweight.

Over
78%
classified as overweight or obese*

47%

never wear a helmet while riding a quad bike or motorbike*

Quad bikes have been involved in many injuries and deaths, and are not safe for use in all terrains. Use caution, install roll over protection, wear protective clothing and keep children off.

The pressures of managing a farm during difficult times can be highly stressful. Social isolation and working long, irregular hours can exacerbate this, and may lead to anxiety or depression.

1.6

times more likely to die by suicide than the general working-age population*

* Statistics from report to Rural Bank on 'Health & Lifestyle Assessments 2016-2018 Events Summary' dated January 2019

** A 2013 analysis by Melbourne University discovered 'suicide by occupation' around the world, found the suicide rate for agriculture workers was 1.6 times higher than the average for all employed people. Milner et al. (2013)

Sources include findings from Health & Lifestyle Assessments, NCFH research, Safe Work Australia, Commonwealth of Australia 2018, Australian Bureau of Statistics.

Farmer health is critical to the continued growth and prosperity of agricultural industries and regional communities, and Rural Bank supports the National Centre for Farmer Health (NCFH) to generate positive change in farmers' lives. To read more about our partnership with NCFH and find out ways you can take positive action to improve your own health, visit www.ruralbank.com.au/ncfh or contact us on 1300 660 115. (1279951-1279946) (02/19) BEN50RBM023.