

Farm Family Health and Landscape Health

A health impact assessment



The collaborators



UNSW research centre for
primary health care and equity

Research that makes a difference

The location



The problems

Southern Rivers Catchment Management Authority

- Improving project take up rates
- Demonstrating additional outcomes
- Meeting landholders in distress

Greater Southern Area Health Service

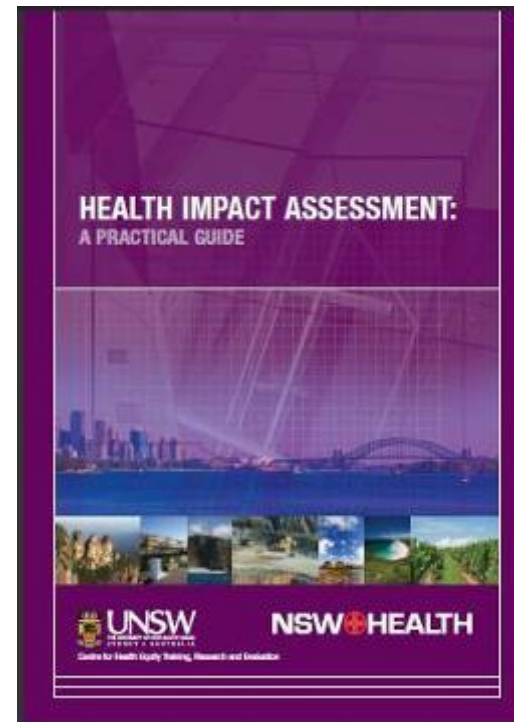
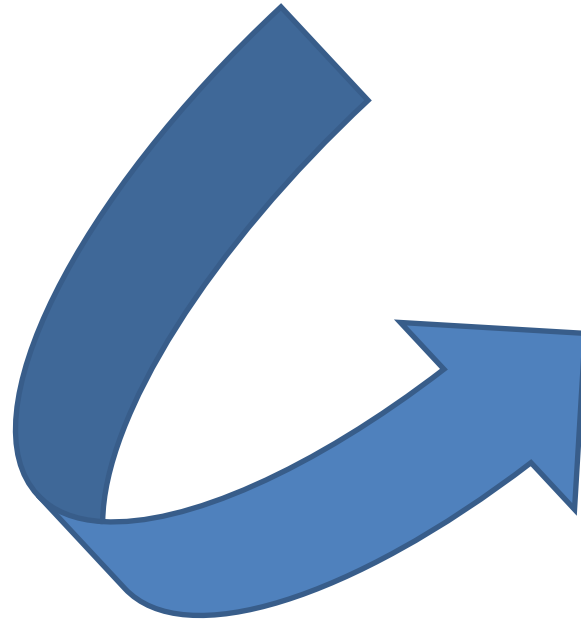
- Reaching those who don't access health services
- Addressing poorer health status of rural residents, especially men

The context



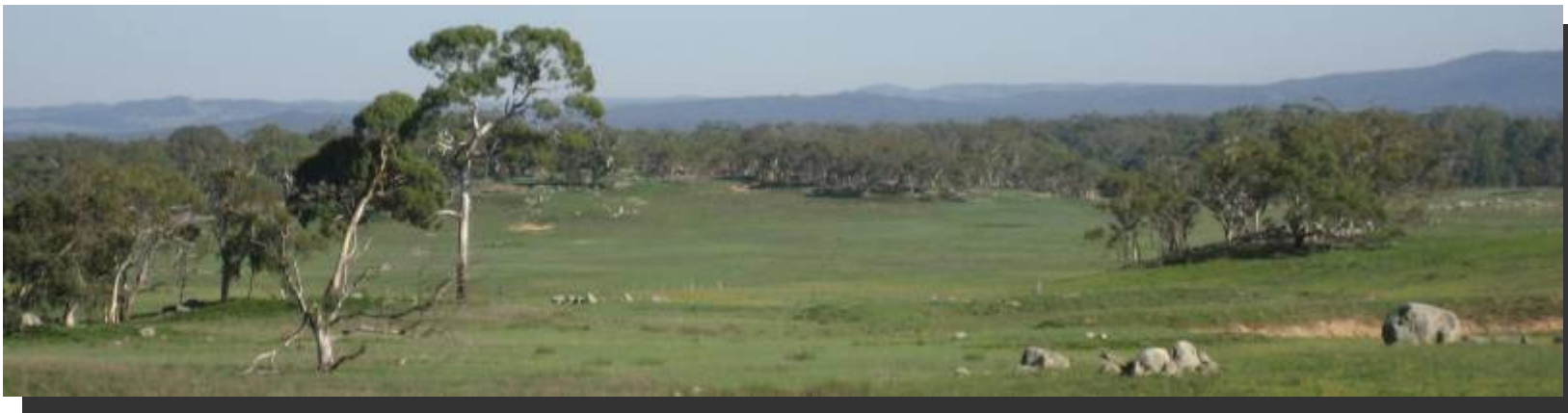
A chance meeting

- CHETRE presentation to the Regional Coordination Management Group



HIA focus

- The **extension** component from “Towards Sustainable and Resilient Native Pasture Enterprises”
 - access and reach of services
 - mental wellbeing and empowerment
 - water quality



Objectives of the proposal

- to communicate the value of native pastures
- to allow local farmers to build capacity for sustainable land management and adaptation to climate change
- to promote a whole of property approach
- to maximise health and social outcomes for family farms

Methodology

- Steering committee and working group
- Analysis of literature
- Key stakeholder interview
- Focus groups
- Agree on findings and recommendations



First parallels

Extension

- “the process of enabling change in individuals, communities and industries involved with primary industries and natural resource management”
- “seeks outcomes of capacity building and resilience in individuals and communities”

Health Promotion

- “the process of enabling people to increase control of the determinants of health and thereby improve their health”
- “embraces actions directed at strengthening the skills and capabilities of individuals”

Farmers' voices

The kids come out and help plant trees and in the future it will be great to do down there with the kids, so it's good for the family. That's a warm fuzzy.

Farmers' voices

In the drought, seeing some green growth adjacent to the tree lanes is uplifting.



Farmers' voices

In the droughts of the past, you felt you had absolutely no control, now [following SRCMA training] you have the time to go and tend the fences, check or sell the stock...you feel you are back in control and doing something positive in the time of drought.

Farmers' voices

We traditionally were spring country and that kept our family going for decades. Now we can't wash our clothes in that water or have a vegie garden.

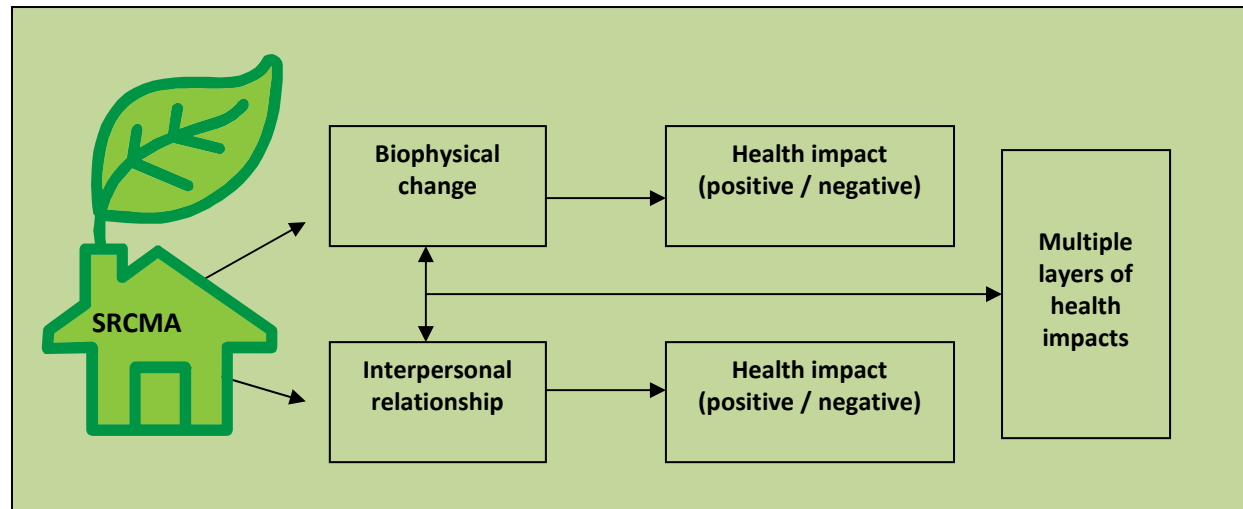
Farmers' voices

Field days are good because you go away and think 'I can try that' and it reinvigorates you 'cause sometimes you get down

Farmers' voices

Being shown things like the different birds on your property so that when you go out in your paddocks you see more. It feels good.

Model of impact



Service reach and access

Key findings

- barriers to access are barriers to potential health benefits
- no mechanism to target services to landholder need
- untapped potential for current clients to market SRCMA services to others
- application forms for funding are a barrier
- widespread misperception of SRCMA role

Key recommendations

- incorporate equity into a planning tool
- develop a peer education and peer referral process
- review application forms and contracts
- develop a communication strategy and consistent branding

Mental Wellbeing and Empowerment

Key findings

- need for a coordinated response with other services
- clear potential for SRCMA clients to be in distress (and financial stress)
- landholders in distress may see no services other than SRCMA staff
- field days are a positive social event
- successful implementation of SRCMA programs leads to reports of improved wellbeing

Key recommendations

- SRCMA and GSAHS to develop an MOU and ensure collaboration
- develop a policy re staff meeting landholders in distress
- continue field days with a social component
- develop staff awareness of services re financial issues
- develop indicators re mental wellbeing and empowerment / natural resource management

Water Quality

Key findings

- water quality has an indirect impact by triggering stressors in farming families

Key recommendations

- SRCMA staff to be aware of impact of reduced water quality and quantity on landholder willingness to participate in programs



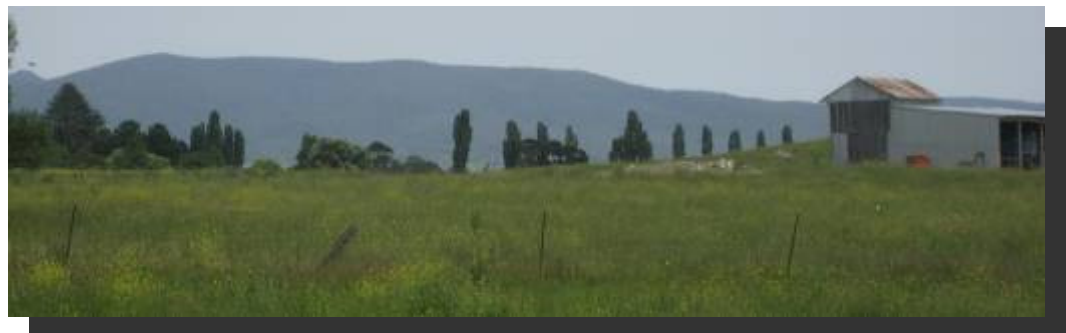
Reflections

Successes

- GSAHS has provided funding to SRCMA to implement recommendations (August 2010)
- Engagement of SRCMA board
- Interest in the project through climate change and drought networks
- Ongoing collaboration eg farm safety workshops

Challenges

- Staff turnover and impact on project pace and continuity.
- Differing views of 'evidence'
- Sustaining the interest
 - once the project phase is complete and
 - now that it's raining again



A photograph of several alpacas in a grassy field. In the foreground, a small black alpaca stands facing left. Behind it, a white alpaca is partially visible. To the right, a brown alpaca's head and neck are visible, looking towards the black alpaca. In the background, a larger tan alpaca stands. The text "Any questions?" is overlaid in white, bold font in the center of the image.

Any questions?