



in partnership with



# SUSTAINABLE FISHING FAMILIES

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## Background to the Project

In August 2016, the FRDC awarded a grant to develop an evidence-based health and safety training program for Australian fishing families. The project is hosted by Deakin University and is in partnership with the National Centre for Farmer Health in Hamilton.

Sustainable Fishing Families will be based on the very successful Sustainable Farming Families™ program that has been run for more than 10 years by the National Centre for Farmer Health. The program has received a number of awards, and improved the health, wellbeing and safety of farm men and women, workers, and families across Australia.

Over the next 14 months we will be adapting the program for fishing families, so that it is appropriate to the specific needs of the fishing sector. The program will then be available to fishing communities across Australia.

Healthy Australian fisheries need healthy fishing families.

## How Sustainable Fishing Families can help fishers

- The Sustainable Fishing Families (SFF) program aims to address the health, wellbeing and safety issues specifically facing fishing industries through a sustainable and evidence-based health promotion program based on solid research and collaboration
- Fishing family health is a major issue facing fishing businesses because:
  - Fishers have high rates of injury and premature death
  - Fishers are at risk of certain kinds of illness including skin and diet related disease, and stress related illnesses
  - Fishers have reduced access to health services because they live in rural and remote places, they don't keep office hours, and there is a culture of self-reliance
- SFF is a program that aims to change:
  - Attitudes and behaviour to personal health, wellbeing and safety
  - Behaviour of fishing families
  - Real health outcomes for fishing families
- In addition to a health program, the project will develop health communication materials for the wider fishing industry and associated government/non-government organisations

## **How the Sustainable Fishing Families program will work**

- Three workshops (one, two day workshop and two, single day workshops) during 2017 will be delivered to participating fishing families, at no financial cost.
- The workshops include:
  - Identifying and tracking individual's health, confidentially assessed by health professionals in private appointments (e.g. cholesterol, weight, blood pressure, cardio-vascular assessment, stress)
  - A training program that helps fishing families identify ways they can improve their health, wellbeing and safety, that has been tailored to the needs of fishing families
  - Development of personalised action plans, identifying personal goals and strategies to achieve goals
  - Anonymous evaluations of the program's sessions to inform the program
  - Providing information on the relationship between family health, health as a social issue in rural communities and fishing productivity
  - Collecting anonymised data to understand the relationships between the fisher, their health, their practices and fishing business sustainability

## **How Sustainable Fishing Families will be developed**

- The basis for the SFF program is already in place, with the Sustainable Farming Families™ program and associated materials already developed and delivered to communities across Australia for over 10 years
- The SFF program will be developed with an expert steering committee of fisher men and women, industry experts, as well as health professionals
- The first SFF program will be trialled in the Geelong/Bellarine area with fishers and their partners. There will be plenty of opportunity for feedback to refine the program as it progresses

## **What farmers have said about Sustainable Farming Families™**

- *"Great presentations, simple and easy to understand. Personally tailored health plans."* – Yorke Peninsula, 2015
- *"Informative sessions prepared and presented by knowledgeable and engaging presenters that encouraged us to be proactive in our health."* – Toowoomba, 2014
- *"Health is important and everyone should be aware of their own stats. Take the time to do it."* – Cavendish, 2013
- *"It is fantastic"* – Cavendish, 2013

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## **CONTACT THE PROJECT:**

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Sustainable Farm Families: <http://www.farmerhealth.org.au/sustainable-farm-families/sff-programs>