



# Sustainable Farm Families Alberta

EVALUATION REPORT

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Sustainable Farm Families (SFF) Alberta is based on Sustainable Farm Families™ (SFF™) Australia.

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

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## Evaluation Highlights

Sustainable Farm Families (SFF) Alberta is a multi-faceted health education program operated by the Farm Safety Centre. Developed specifically for the rural farm context, the program consists of workshops facilitated by nurses and farm facilitators that occur annually over three years. While the specific content covered each year is different, every workshop includes a physical assessment, health and farm safety information, and farmer-to-farmer discussions. Throughout the workshop, participants are encouraged to commit to making changes in their lifestyle and farm safety practices by creating 'action plans'.

The evaluation of SFF Alberta in 2015-16 sought to understand the impact of the program over time and the cultural adaptations required for the Hutterite context. Multiple mixed methods were used to collect data from program staff, current workshop participants and people who did not return for Year 2 of the program.

### 1.0 How was SFF Alberta Implemented?

In its second year, SFF Alberta continued to operate in a nimble way that was responsive to participants' interests. Several quality improvements were made to the 2015-16 workshops, based on previous evaluation results and immediate participant feedback. Most importantly, the year one workshops were successfully adapted to the Hutterite cultural context. Hutterite leaders and participants clearly trust and respect the SFF Alberta team.

For the purposes of the evaluation, participants were divided into three cohorts:

#### **Cohort 1 – Local Producers and Hutterite Producers Returning for Year 2 (n=33 people)**

- Four Year 2 workshops occurred in southern and central Alberta
- Cohort 1 includes the Hutterite participants who completed Year 1 workshop in 2014-2015 (only males)

#### **Cohort 2 – Local Producers in Year 1 (n= 45 people)**

- 4 workshops in southern and northern Alberta

#### **Cohort 3 – Hutterite Producers in Year 1 (n= 123 people)**

- 5 on-colony workshops in southern and northern Alberta
- Individuals from both Dariusleut and Lehrerleut colonies participated

#### **Additional Requests**

- 4 additional colonies requested on-colony workshops after the completion of the 2015-16 schedule<sup>1</sup>

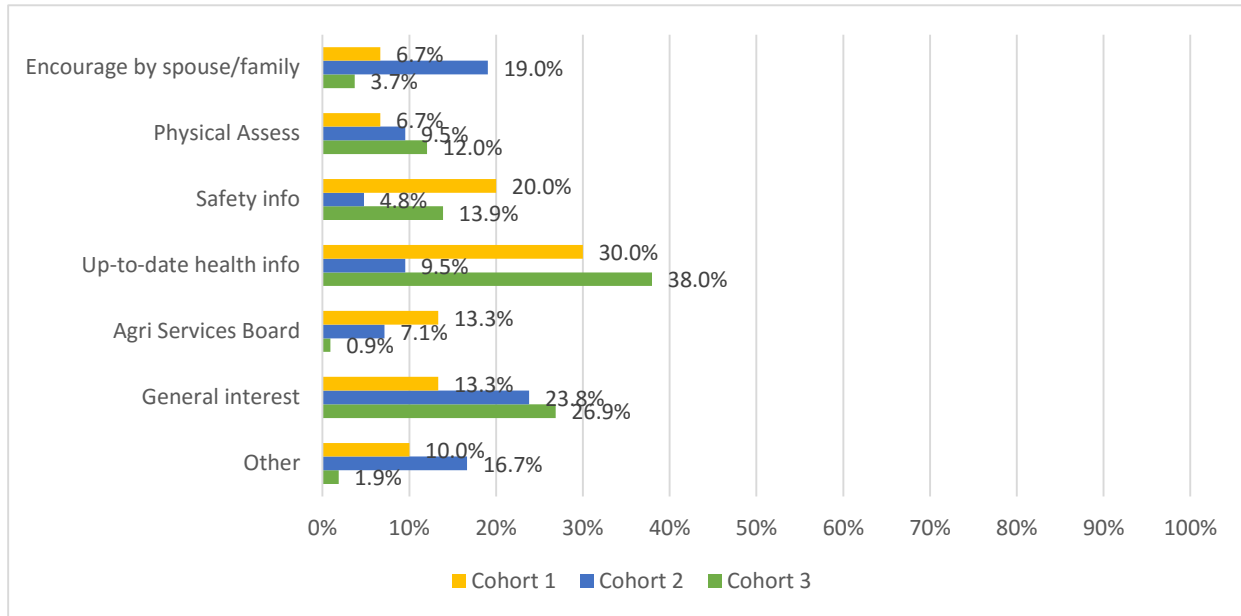
SFF Alberta effectively engaged a wide range of farmers in the workshops. In fact, the number of workshops completed in 2015-16 (n= 13) was more than triple the number in 2014-15 (n=4).

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<sup>1</sup>On-colony workshops were completed with two particularly keen colonies after the conclusion of the SFF Alberta 2015-16 year. Evaluation data from these workshops will be part of the 2016-17 evaluation.

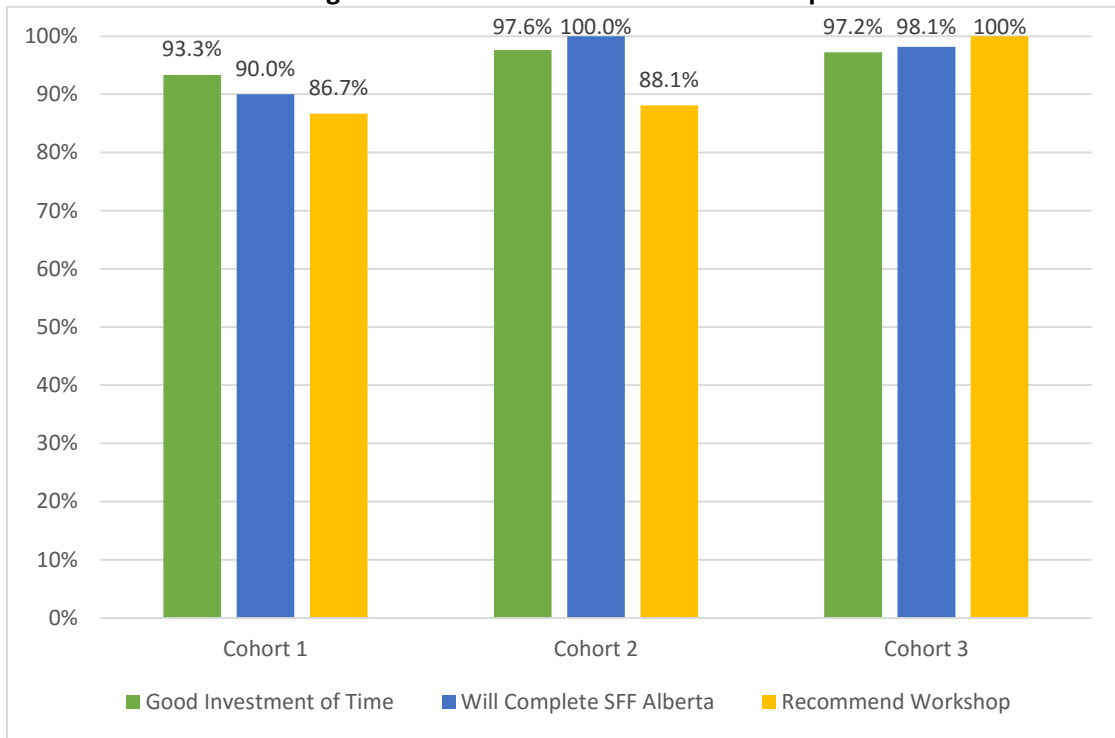
Reasons for attending the workshops varied across the cohorts and individuals, suggesting that the motivation to attend is quite personal (Figure 1).

**Figure 1: Reasons for Attending SFF Alberta Workshops**



As in 2014-15, the 2015-16 participants had an enduring interest in farm safety, but once exposed to other health content reported that they understood the link between health and farming. The content was relevant to their lives, the workshop was a valuable investment and they planned to come back to continue the program (Figure 2). Most Cohort 1 participants (82.5%, n= 33 of 40) returned for the second year of the program. Seven participants were unable to participate because of scheduling conflicts.

**Figure 2: Perceived Value of the Workshop**



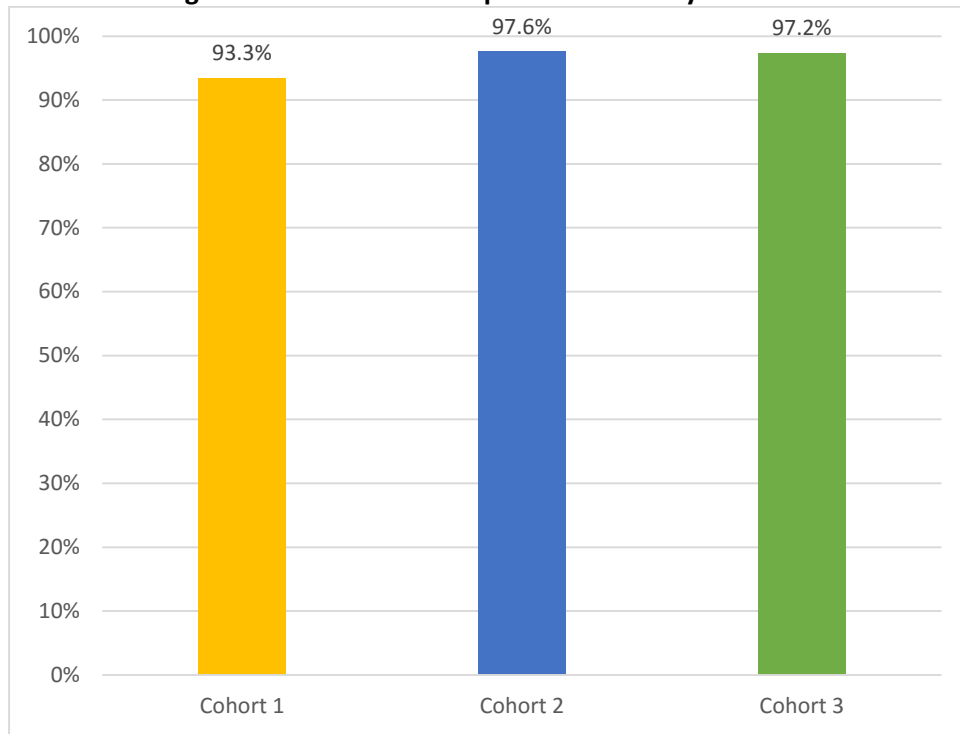
Overall, the Farm Safety Centre and SFF Alberta effectively engaged new and returning participants in the program.

- Once people attended the workshop, they wanted to continue the program.
- Recruitment translated into commitment to the SFF Alberta program.

## 2.0 What Difference Did it Make?

As in 2014-15, the 2015-16 SFF Alberta participants in all three cohorts identified great gains in knowledge of health issues and farm safety. They valued the physical assessment process, relevant information/content, and practical resources and tools shared in the workshops. Nearly all participants in all three cohorts intended to complete some of the suggested farm safety activities (Figure 3).

**Figure 3: Intention to Complete Farm Safety Activities**



Across the cohorts, mental health and stress management were identified as key issues for participants. Some participants saw a link between mental health and farm safety:

*“Equipment part is not the dangerous part – it’s the anxiety in the mind that creates the problem”*  
(Cohort 1 participant)

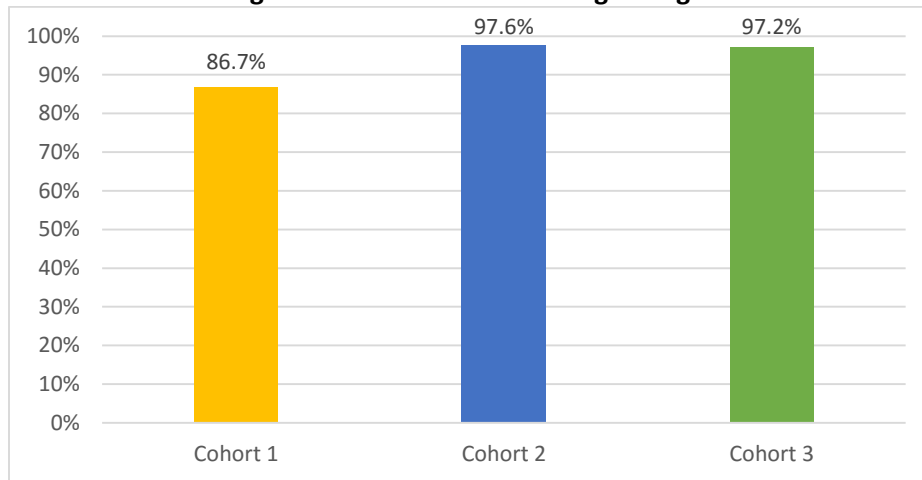
Participants’ action plans for their health and farm operation were very personal and relevant to their unique context. The most common action plans related to healthier eating and increased physical activity, improved farm safety practices, and better mental health and stress management. Twelve months after completing the initial workshop, Cohort 1 participants believed they had fulfilled their action plans related to healthier eating and farm safety practices:

*“We felt like we made lots of changes with diet – more fruits and veggies, eating more regular meals, healthy snacks.”* (Cohort 1 Participant)

*“I set up standard operating procedures, outfitted main equipment in fields with first aid kits and fire extinguishers, and helped others [farmers] in the area to make safety changes”* (Cohort 1 Participant)

Participants in all cohorts were very determined to achieve their action plans over the next year. This is similar to the level of commitment expressed by participants in 2014-15.

**Figure 3: Committed to Making Changes**



Cohort 1 participants' action plans did not relate to weight loss or specific health status improvements (e.g., lower fasting blood glucose levels). Due to quality improvements in the physical assessment, the 2015-16 measurements for weight, BMI and waist circumference are the new baseline measures. Overall, most Cohort 1 participants had normal values for fasting blood glucose, cholesterol and blood pressure in 2014-15 and 2015-16.

### 3.0 Conclusions

After two years of implementation, it is clear that Sustainable Farm Families (SFF) Alberta is on the right track. Interest and participation in the program continue to grow.

Once farmers participate in SFF Alberta they:

- Believe the program's health and safety information is useful and relevant to their farm operation
- Understand the link between farm safety and their own health
- Intend to complete the farm safety activities they learned in the program
- Want to attend the next year's workshop
- Think the program is a good investment of their time
- Recommend SFF Alberta to other farmers

SFF Alberta has built a cultural bridge into a group of family farms that often do not engage in traditional Health and Safety training. Hutterite colony members' trust of the Farm Safety Centre initially opened the door for the SFF Alberta workshop. Then SFF Alberta carefully listened to Hutterites and adapted the program to be respectful of Hutterite culture. SFF Alberta has built a trusting relationship with Hutterite communities that is valued and unique.

#### 4.0 Next Steps

SFF Alberta has the necessary components for success in place. The relevance and value of the program to local producers and Hutterite farmers has been demonstrated. Overall, the program should keep doing what is working well.

Participant feedback indicated mental health and stress management are key priorities among participants. Content on alcoholism and substance use could be integrated in future workshops.

SFF Alberta adopted a developmental approach over its two years of implementation, allowing it to nimbly adapt to participants' priorities and multiple cultural contexts. At this point, the core activities of the program are clear and consistent; the necessary components for success are in place. It is now appropriate to define the relationships between SFF Alberta activities and the anticipated outcomes.

We suggest SFF Alberta should devote time and resources to developing a program logic model, which would explain the program theory and identify the intended impacts of the intervention. This would become the road map for all future work and would allow systematic tracking of the SFF Alberta contribution to farm health and safety.



## 1.0 Background

Sustainable Farm Families (SFF) Alberta is a multi-faceted health education program operated by the Farm Safety Centre. Developed specifically for the rural farm context, the program consists of workshops facilitated by nurses and farm facilitators that occur annually over three years. While the specific content covered each year is different, every workshop includes a physical assessment, health and farm safety information, and farmer-to-farmer discussions.

In 2014-15, the Farm Safety Centre piloted the program with farm producers primarily in southern Alberta. Formative evaluation results showed that after completing the two-day workshop, participants reported they had increased knowledge of health and farm safety. They intended to change some aspects of their lifestyle and farm safety practices. They committed to these changes in writing by developing ‘action plans.’ Clearly, the pilot project engaged the farmers in thinking about their health and safety.

In 2015-16, SFF Alberta offered Year 2 of the program to the original participants and engaged new farmers in Year 1 workshops throughout Alberta.

## 2.0 Approach to the Evaluation

This evaluation of SFF Alberta occurred between July 2015 and February 2016. As with the evaluation of the SFF Alberta pilot project in 2014-15, the evaluation was grounded in a participatory and capacity building approach. The evaluation approach was screened with the ARECCI decision making tool and rated as minimal risk. A full description of the evaluation methods and tools is found in Appendix A.

Key areas of interest for the evaluation of SFF Alberta in 2015-16 were the participant reported changes from Year 1 to Year 2 and the cultural adaptations made for the Hutterite context. As such, the overarching evaluation questions were:

- How was SFF Alberta implemented in different Alberta contexts?
- What were the results of participation?
- What was the immediate impact of the workshops?
- How, if at all, did participants change over time?

To answer these questions, data were collected from program staff, workshop participants and last year’s participants who did not return for Year 2 of the program. The mixed methods tools used to collect the data were grounded in the 2014-15 approach to the evaluation. Table 1 provides an overview of the methods and number of participants in the evaluation.

**Table 1: Overview of Methods and Participation**

<b>Method</b>	<b>Number of participants</b>
Workshop attendee surveys	186
Online non-attendee survey	4
Interviews (in-person and by phone)	6
Focus groups	2
Physical assessment data	33 records

## 3.0 How was SFF Alberta Implemented?

### 3.1 SFF Team

The SFF Alberta team of nurses (n=3) and farm facilitators (n=3) was consistent across all workshops. There was one staffing change between 2014-15 and 2015-16 (e.g., one nurse was replaced due to maternity leave).

### 3.2 SFF Alberta is nimble and committed to continuous improvement.

*“We can adapt as we see the need”* (SFF staff member)

Several quality improvements were made to all 2015-16 workshops, based on evaluation results from 2014-15 and immediate participant feedback.

#### 3.2.1 Content

Improved audio-visual resources were used in the workshop.

Staff developed practical tools to accompany resource manual that reinforces participants’ learning:

- Provided slide print-outs for note-taking during workshop.
- Gave hard copy examples of forms to document farm safety processes & procedures.
- Prepared USB with resources, such as spreadsheets for documenting safety training and relaxation therapy, for each participant.
- Online links to Tailgate Training sessions - *“short training session that can be done on tailgate in less than 15 minutes.”* (SFF staff member)
- Printed resource binder in colour.
- Piloted pedometer with participants from three Year 1 workshops.

#### 3.2.2 Physical assessment

A third nurse was added to the workshops to ensure smoother, timelier physical assessment processes.

The approach to assessment of participant body size was changed:

- Switched from a bathroom scale to a Bioelectrical Impedance Analysis (BIA) scale.
- Provided training to improve the consistent measurement of waist circumference at navel.
- Deducted 2 kg for clothing weight, rather than the 2 pounds deducted in 2014-15.

#### 3.2.3 Process

Workshop content and implementation were tailored specifically for Hutterite Colony context, such as:

- Revised schedule.
- Participation incentives.
- Hutterite photos in Power Point presentation.
- Omission of Men’s and Women’s health sessions.

### 3.3 Workshop Participants

#### 3.3.1 Participant engagement

With all participants, clarity was critical in 2015-2016, due to the politically charged environment around farm safety specifically related to Bill 6, the *Enhanced Protection for Farm and Ranch Workers Act*, in Alberta:

- Clarity about autonomy of Farm Safety Centre (not an Alberta government agency).
- Clarity about workshop not exempting participants from Bill 6 requirements.

Endorsement of the workshops by leaders was important for all participants:

- Farmers look for endorsement by producer groups and peer-leaders.
  - Nevertheless, some workshops were cancelled after making a commitment because of the politically charged environment.
- Hutterite Colony participation follows approval by Hutterite Education Committee and the First Minister on each Colony.
  - Colonies selected dates and times for workshop.
  - Once a commitment was made, colonies did not cancel.

After participation, people talk with others in colony about workshop experience, but also ‘spread the word’ to other colonies through kinship networks.

*“Our job [HEC members] is to experience the workshop and make it more suitable”*

(Cohort 1 participant)

The SFF Alberta Program Manager contacted participants from the 2014-15 workshops three times between the completion of the Year 1 workshop and the start of the Year 2 workshop.

- Communication was a combination of both phone and email, with at least one phone conversation with each participant.
- Topics covered in the conversation included reflection on workshop participation, program evaluation results, action plans and efforts to change, and the upcoming Year 2 workshop.

#### 3.3.2 Participation

##### **Cohort 1 – Local Producers and Hutterite Producers Returning for Year 2**

Four Year 2 local producer workshops occurred in southern and central Alberta.

Most (82.5%, n=33 of 40) people returned for Year 2 of the program, including the Hutterite participants who completed the Year 1 workshop in 2014-2015 (only males). Scheduling conflicts prevented seven participants from completing Year 2.

##### **Cohort 2 –Local Producers in Year 1**

45 people participated in 4 local producer workshops in southern and northern Alberta.

### Cohort 3 – Hutterite Producers in Year 1

Through 5 on-colony workshops in southern and northern Alberta, 123 people from Dariusleut and Lehrerleut colonies participated in the program (physical assessment and workshop sessions). At several workshops, however, the number of interested participants exceeded the team’s capacity to complete physical assessments. Although these people did not receive a physical assessment, they were included in the discussions and other session processes. The exact number of ‘shadow participants’ in the colonies is unknown.

*“They [unregistered Hutterites] filled the churches and schools for the workshop... [Name] always brought extra manuals for people who came and were not registered. Our maximum is 30 people. They did not have the physical assessment.”* (SFF staff member)

Four additional colonies requested the Year 1 workshop after the completion of the 2015-16 schedule. In March 2016, SFF Alberta delivered workshops on two particularly keen colonies.<sup>2</sup>

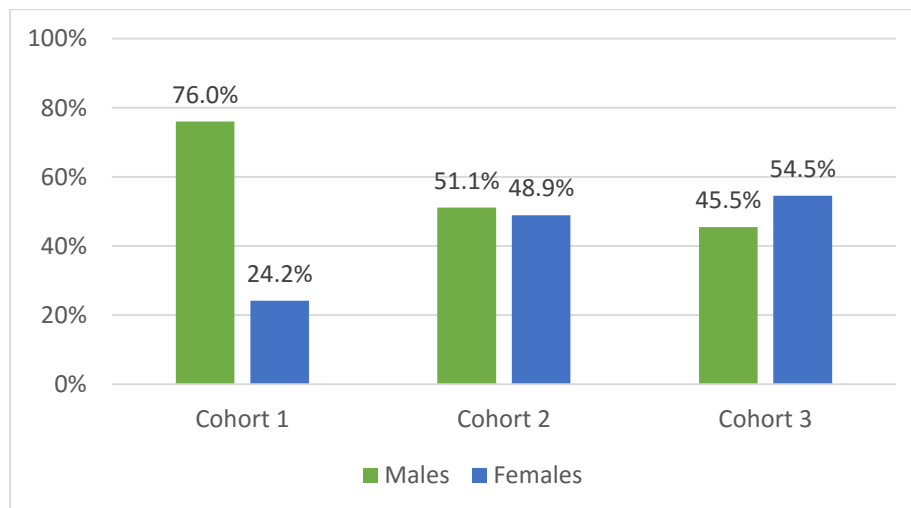
The selection process within the colonies for Hutterite participants in Cohort 3 seemed to include:

- Individuals with an interest in attending.
- People whose work schedule allowed attendance.
- Individuals with specific health concerns.
  - Once participants had a health problem, perhaps they were more interested in attending.

*“You don’t take a tractor into the shop unless you see a problem with it.”* (Cohort 3 Participant)

Overall, Cohort 2 and Cohort 3 had a more even distribution of male and female participants than Cohort 1 (Figure 1).

**Figure 1: Sex of Workshop Participants**



<sup>2</sup> Evaluation data from the workshops in March 2016 will be included in the 2016-17 evaluation.

### 3.3.3 Reasons for Attending

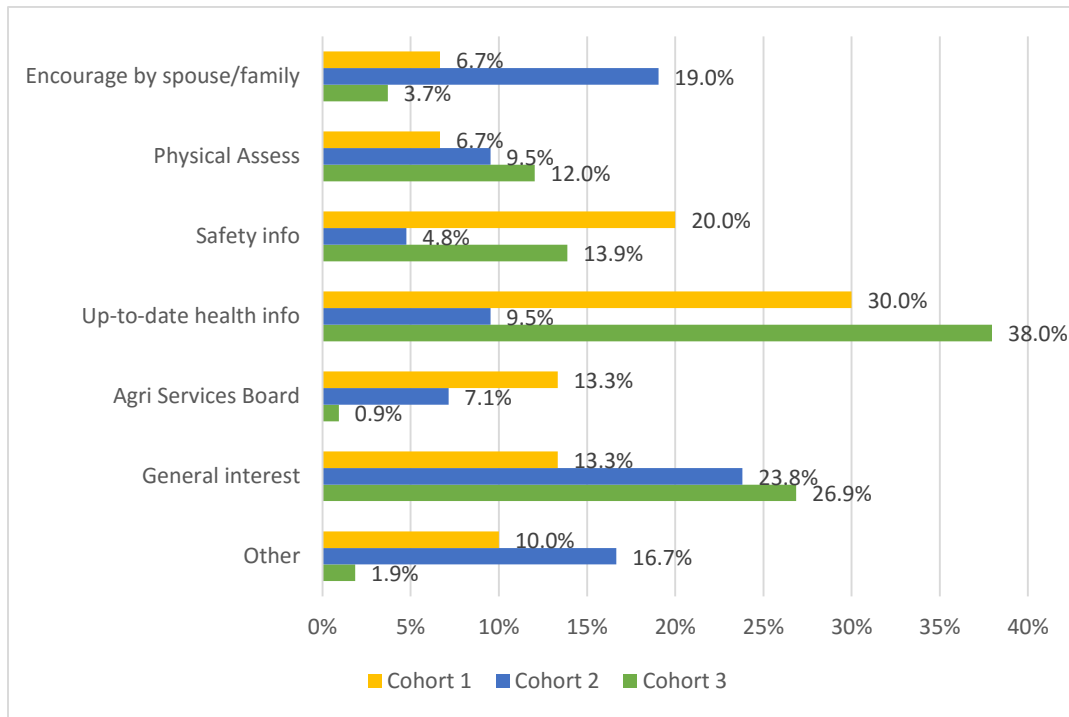
As in 2014-15, farm safety information continued to be the initial reason to attend the SFF Alberta workshop for most local and Hutterite producers (Figure 2). This year, participants also expressed interest in receiving up-to-date health information.

**Cohort 1** attended to receive up-to date health information and farm safety information. Participants also returned to follow-up on their goals from Year 1 (to check their progress).

**Cohort 2** were motivated by general interest and encouraged by their spouse.

**Cohort 3** wanted up-to date health information and farm safety information.

**Figure 2: Main Reason for Attending Workshop by Cohort**



### 3.3.4 Workshop sessions

Participants in each cohort had a slightly different SFF Alberta workshop experience. (Table 2).

- Cohort 1 participants in Year 2 of the program received the physical health assessment and covered content in three sessions during a single day workshop. In this group, men attended the Wise Women’s Health session at the same time the women attended the Wise Men’s Health session.

- Cohort 2 participants in Year 1 went to a two day workshop that included a physical assessment and seven sessions. In this group, women attended the Wise Women’s Health session at the same time the men attended the Wise Men’s Health session.
- Cohort 3 participants in Year 1 met for about two hours in the late afternoon prior to a one day workshop on the Colony to receive the introduction to SFF Alberta and the State of Rural Health session. Participants received the physical health assessment the next morning, at the start of the one-day workshop, but their Year 1 workshop did not include sessions on men’s and women’s health. This revised schedule was created in response to a Hutterite request.

**Table 2: Workshop Sessions Offered by Cohort**

Session	Cohort 1	Cohort 2	Cohort 3
Physical Health Assessment	Yes	Yes	Yes
Farm Health & Safety	Yes	Yes	Yes
Mental Health/Stress-Less	Yes	Yes	Yes
Wise Men’s/Women’s Health	Yes	Yes	No
State of Rural Health	No	Yes	Yes
Cardiovascular Disease	No	Yes	Yes
Diabetes	No	Yes	Yes
Nutrition & Diet	No	Yes	Yes

**Intention to Continue the Program**

Participants reported that they intend to continue to attend the workshops in future years. They see it as a good investment of their time and will recommend the workshop to others (Figure 3).

**Cohort 1**

- 33 of 40 participants returned for Year 2 (82.5%).
- Many of those who could not come, expressed *“I wish I could have been there.”*

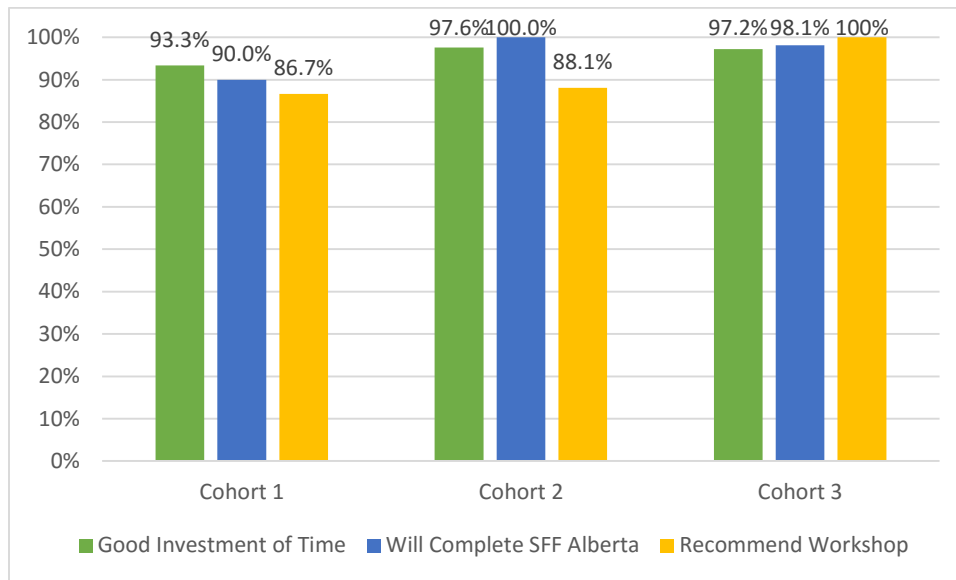
**Cohort 2**

- All (100%) intended to complete program.

**Cohort 3**

- 98.1% intended to complete the program. As one participant stated:  
*“We’d be stupid not to go [to year 3.]”*

**Figure 3: Perceived Value of the Workshop**



Overall, the Farm Safety Centre and SFF Alberta effectively engaged new and returning participants in the program; both local producers and Hutterite colonies.

- Once people attend the workshop, they want to continue the program.
- Recruitment translates into commitment.

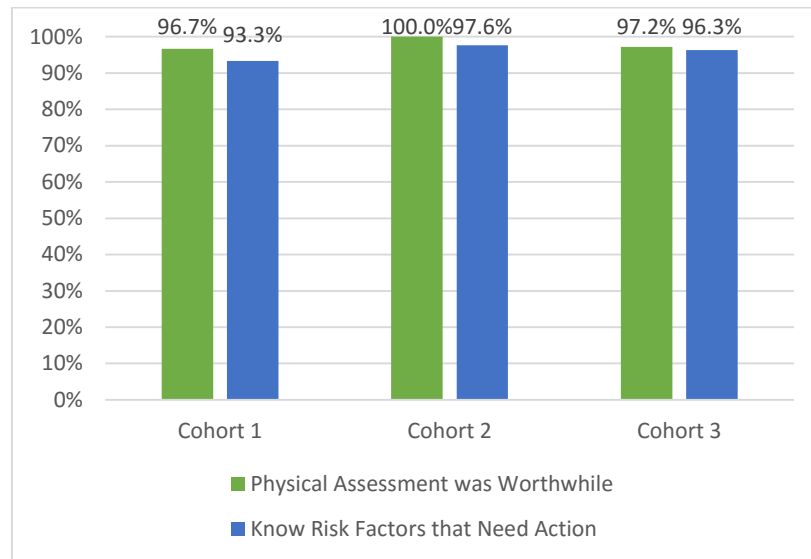
#### 4.0 What Difference Did It Make?

As in 2014-15, feedback from participants in all cohorts was overwhelmingly positive about the content, relevance and usefulness of the information in each of the sessions.

##### 4.1 Physical Assessment

- Nearly all of the participants in each cohort believed the physical assessment was worthwhile. They also were clear on what physical health risk factors they personally needed to address (Figure 4).
- In each cohort, some individuals were referred to their physician for follow-up on abnormal test results. The frequency of referral varied across the cohorts:
  - Cohort 1 was 6.1% (n=2 of 33)
  - Cohort 2 was 24.4% (n=11 of 45)
  - Cohort 3 was 15.4% (n= 19 of 123)
- Cohort 3 participants explained that the greatest value and perceived benefit from the physical assessment was understanding the meaning of results and how health status relates to life.

**Figure 4: Perceptions of Physical Assessment**



### **Cohort 1 - 12 month follow-up physical assessment results**

Stein, Haddock, Poston, Catanese and Spertus (2006) found considerable variation in the accuracy of weight measurement by different scales in different locations<sup>3</sup>. Measurement variations of up to 6 pounds, or one unit of BMI, were attributed to several variables, such as type of scale, location, frequency of calibration<sup>4</sup>. Since a different type of scale was used to weigh participants in 2015-16, and a different amount of weight was deducted for clothing, it would not be valid to compare participants' weight or BMI in 2014-15 with 2015-16.

Measurement error can also occur with waist circumference, depending on whether the waist (navel) or hips are used for the measurement (personal communication, K. Storey, Professor, School of Public Health, University of Alberta, February 4, 2016). SFF Alberta staff recognized a lack of consistency in measurement of waist circumference in 2014-15 and improved their consistency in 2015-16.

Ultimately, the quality improvement changes to the physical assessment in 2015-16 mean Cohort 1 measurements of weight, BMI and waist circumference cannot be compared with the measurements from 2014-15. This means the Cohort 1 measurements related to body size at 12 months (2015-16) are the new baseline.

The measurement methodologies for other health status indicators, such as fasting blood glucose, total cholesterol and blood pressure (BP) did not change. Therefore, the 2014-15 (baseline) results can be compared with 2015-16 results.

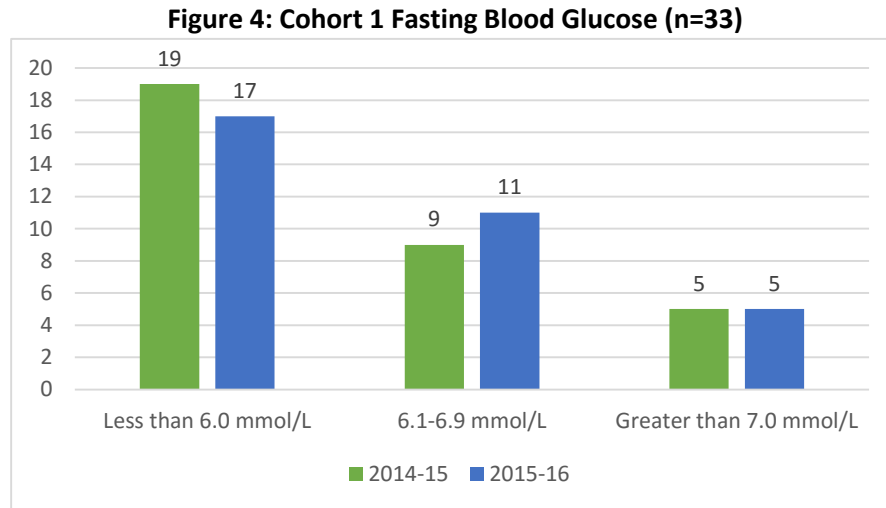
<sup>3</sup> Stein, R, Haddock, C, Poston, W, Catanese, D, Spertus, K. (2006). Precision in weighing: A comparison of scales found in physician offices, fitness centres and weight loss centres. *Public Health Reports*, 120, p. 266-270.

<sup>4</sup> Ibid.



Overall, most participants had normal values for fasting blood glucose, cholesterol and blood pressure in 2014-15 and 2015-16, hence very little change was noted. It should be noted, however, that the small size of Cohort 1 precludes statistical testing of differences or tracking individual-level change overtime.

- There were no significant changes in the number of participants with normal (<6.0 mmol/L) or abnormal (6.1-6.9 mmol/L and >7.0 mmol/L) fasting blood glucose<sup>5</sup> (Figure 4).

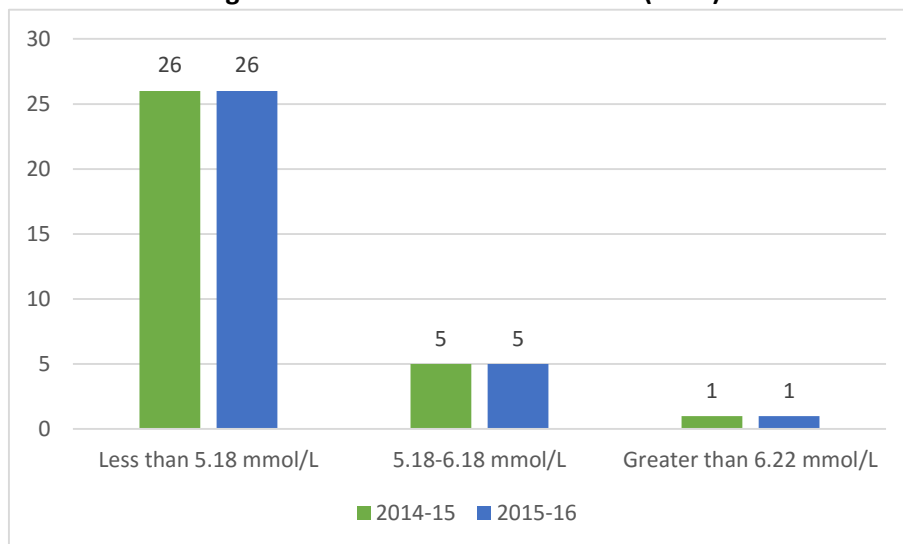


- There were no changes in the number of participants with normal (<5.18 mmol/L) or abnormal (5.18 -6.18 mmol/L and >6.22 mmol/L) total cholesterol<sup>6</sup>. At both time periods, the majority of participants had normal cholesterol levels (Figure 5).

<sup>5</sup> Goldenburg, R. & Punthakee, Z. (2013). Definition, classification and diagnosis of diabetes, prediabetes and metabolic syndrome. *Canadian Journal of Diabetes*, 37 (S8eS11), p.S8-S11.

<sup>6</sup> Allan, G.M., Lindblad, A.J., Comeau, A., Coppola, J., Hudson, B., Mannarino, M., McMinis, C., Padwal, R., Schelstraete, C., Zarnke, K., Garrison, S., Cotton, C., Korownyk, C., McCormack, J., Nickel, S., Kolber, M.R. (2015). Simplified lipid guidelines: Prevention and management of cardiovascular disease in primary care. *Canadian Family Physician*, 61, p.857-67.

**Figure 5: Cohort 1 Total Cholesterol (n=32)**



- Average (mean) blood pressure was below hypertension (135/85 mmHg)<sup>7</sup> both years:
  - 2014-15 the average was 130.59/80.97 mmHg
  - 2015-16 the average was 127.18/79.03 mmHg

It also should be noted that 12 months may be too early to detect change in health status indicators. For example, SFF Australia reported health status changes at 24 and 36 months follow-up.<sup>8</sup>

It also is not clear if participants' intend to lose weight or if they are motivated to address specific elements of health status. Cohort 1 participant feedback indicated that their action plans did not relate to weight loss or specific health status improvements, such as fasting blood glucose.

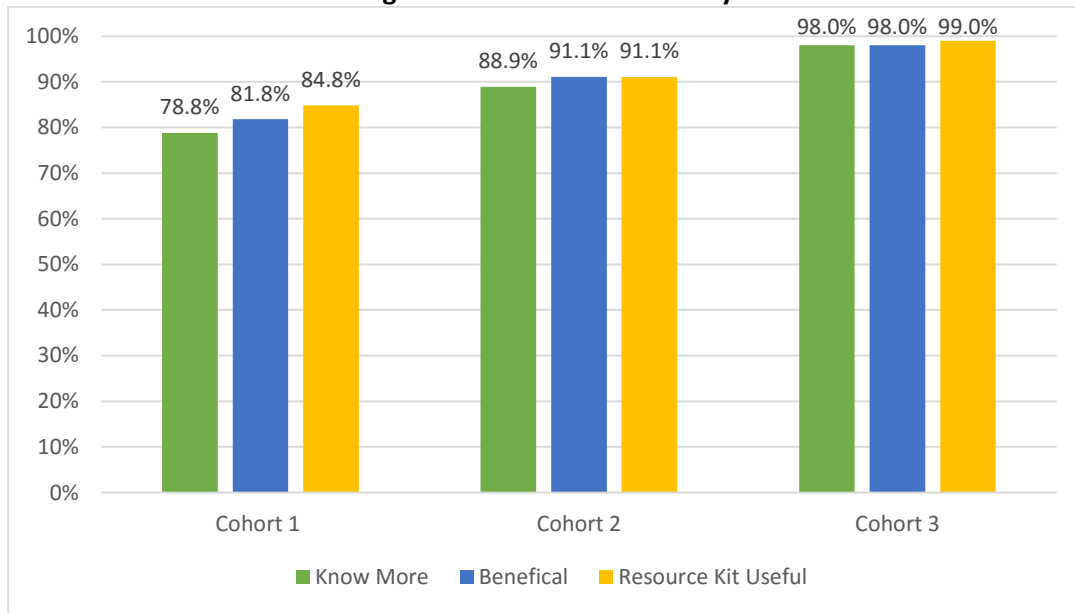
#### **4.2 Farm Health & Safety**

Participants have an enduring and strong interest in farm safety. Nearly all of the participants from each Cohort reported they learned more about farm safety (78.8% - 98.0%), thought the information was relevant to their farm operation (81.8%-98.0%) and believed the resource kit was useful (84.8% - 99.0%) (Figure 6).

<sup>7</sup> Daskalopoulou, S.S., Rabi, D.M., Zarnke, K.B., Dasgupta, K., Nerenberg, K., Cloutier, L., Gelfer, M., et al. (2015). The 2015 Canadian Hypertension Education Program Recommendations for Blood Pressure Measurement, Diagnosis, Assessment of Risk, Prevention, and Treatment of Hypertension. *Canadian Journal of Cardiology*, 31, p. 549-568.

<sup>8</sup> Blackburn, J., Brumby, S., Willder, S., McKnight, R., (2009). Intervening to improve health indicators among Australian farm families. *Journal of Agromedicine*, 14, p. 345-356.

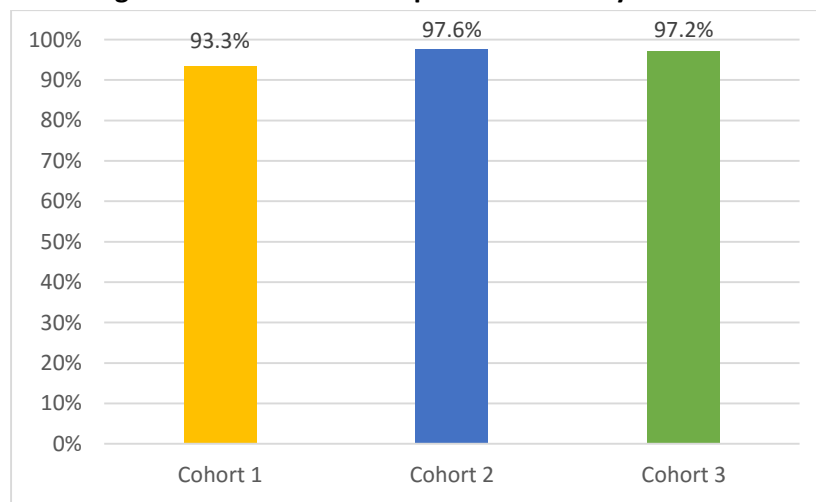
**Figure 6: Farm Health & Safety**



Nearly all participants from each cohort intended to implement some of the farm safety activities discussed at the workshop (Figure 7).

- They found the practical resources for implementing and documenting safety activities helpful. *“Enjoyed emphasis on farm safety plan.”* (Cohort 1 participant)
- Cohort 3 participants especially seemed to understand that health is directly related to farm safety. In fact, after the workshop, several Colonies approached Farm Safety Centre staff about how to become better prepared to respond to health-related incidences, such as purchasing automated external defibrillators and arranging first aide training.

**Figure 7: Intention to Complete Farm Safety Activities**



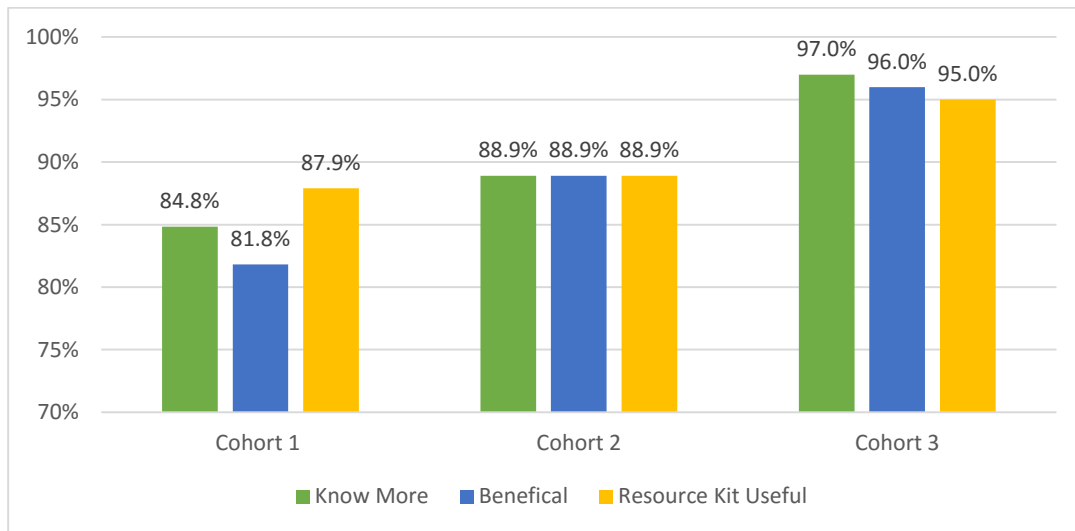
### 4.3 Mental Health & Stress-Less (stress management)

Nearly all of the participants from each cohort learned more about mental health, thought the information was relevant to their farm operation and believed the resource kit was useful (Figure 8).

Hutterite participants clearly identified a link between mental health and farm safety:

*“Equipment part is not the dangerous part – it’s the anxiety in the mind that creates the problem.”*  
(Cohort 1 participant)

**Figure 8: Mental Health and Stress Management**



### 4.4 Wise Men’s Health and Wise Women’s Health

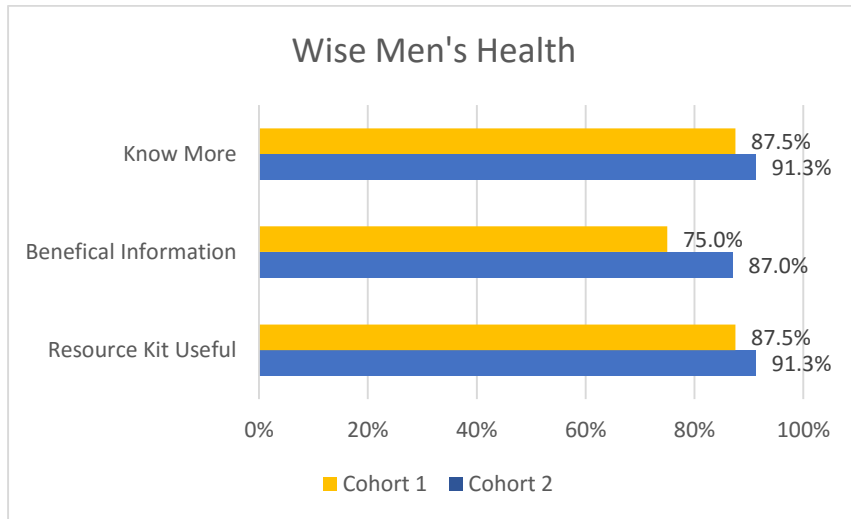
As previously described, in Cohort 1, the opposite gender attended the Men’s and Women’s Health sessions. Participants in Cohort 2 went to the session on specific to their gender<sup>9</sup>. Overall, most participants reported knowing more about men’s and women’s health and found the resource binder useful (Figures 9 and 10).

The relevance of the information to their farm operation was less clear to some participants in both cohorts. Both men and women rated the relevance of the women’s health content somewhat lower than the men’s health session. Since men are typically the primary farm operators, female-specific health issues might not be perceived as something that immediately impacts the farm business.

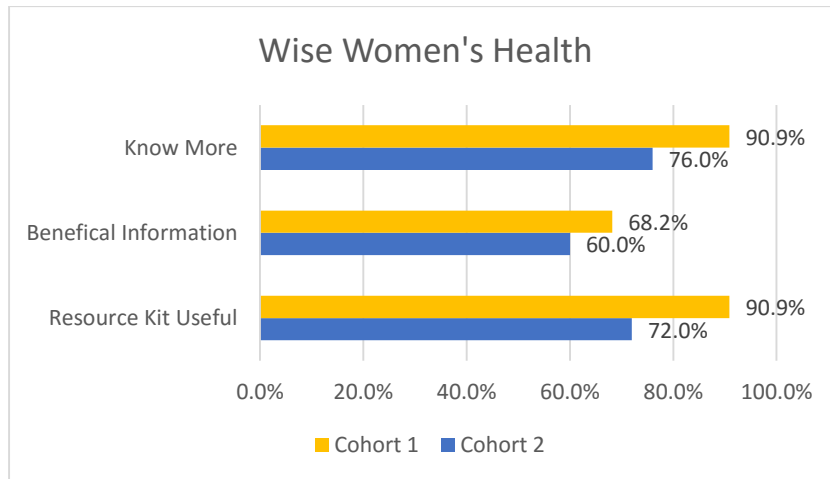
*“Because I make so many decisions that are safety decisions, I’m more of a fan of farm safety plans than women’s health.”* (Cohort 1 Male Participant)

<sup>9</sup> As mentioned earlier, the Cohort 3 workshop did not include Wise Men’s Health or Wise Women’s Health sessions.

**Figure 9: Wise Men's Health**



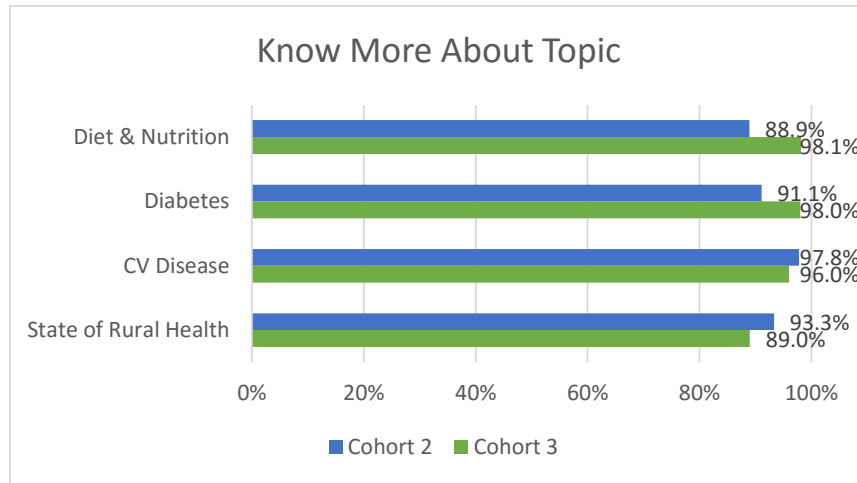
**Figure 10: Wise Women's Health**



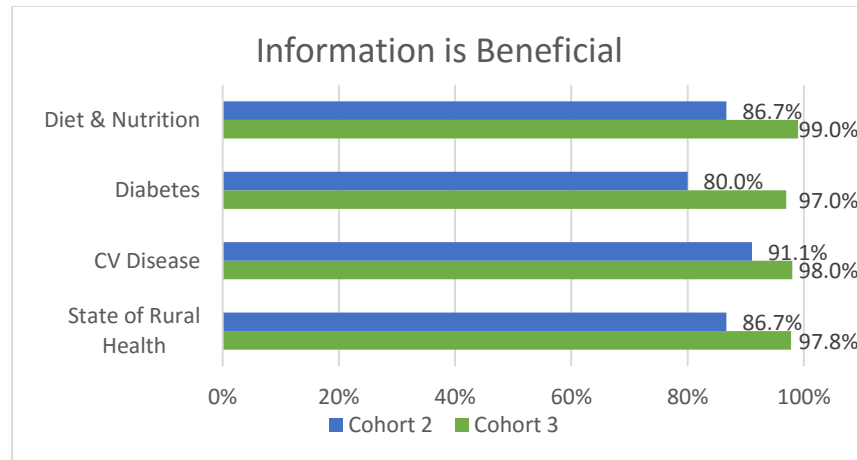
**4.5 Diet & Nutrition, Diabetes, Cardiovascular Disease, and State of Rural Health**

After completing the Year 1 workshop, Cohort 2 and Cohort 3 participants reported great gains in knowledge across all topic areas. They perceived the information as relevant and the resources as useful (Figures 11-13). Cohort 3 participants were particularly enthusiastic about the resource binder. They described sharing the hard copy reference with other colony members. This is consistent with the evaluation results in 2014-15.

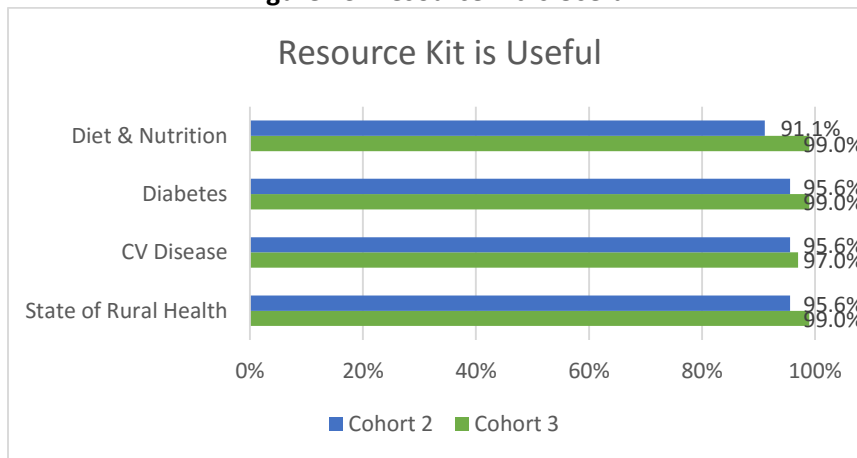
**Figure 11: Increased Knowledge**



**Figure 12: Information is Beneficial to the Farm**



**Figure 13: Resource Kit is Useful**



As indicated in their action plans, Cohort 2 and 3 participants intended to make healthier food choices and increase their daily physical activity to improve their health.

- Participants described intentions to improve their food choices and portion sizes.

*“You don’t need to take a whole plate of French fries, a small amount will do.”* (Cohort 3 Participant)

- Participants also identified increasing daily “exercise” on their action plans. Ideas about how to incorporate physical activity differed across the cohorts, as did the perceived barriers. This could be related to the fact that some Hutterite participants would not consider using off-colony facilities for personal fitness.

Participants’ action plans did not relate to weight loss or specific physical health improvements (e.g., lower cholesterol or lower blood pressure).

#### 4.6 Fulfilling Action Plans

4.6.1 Cohort 1 participants believed they accomplished their action plans from Year 1 (2014-15).

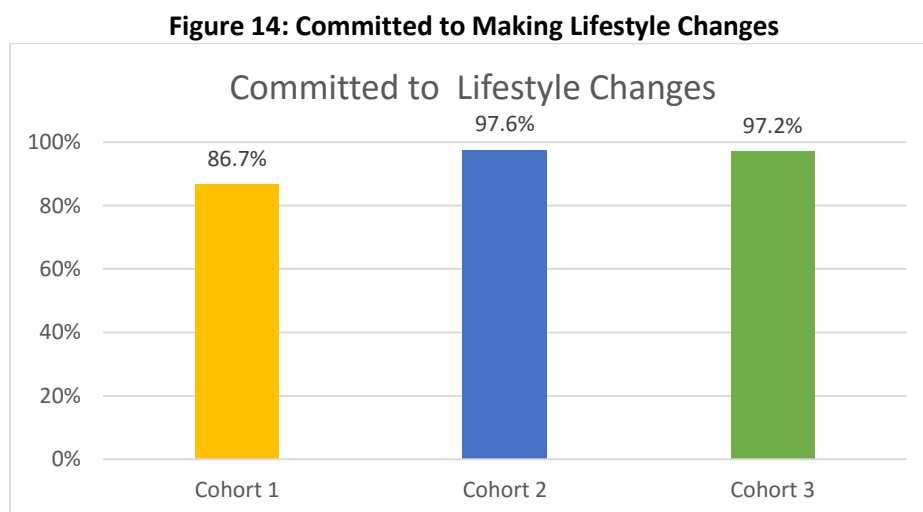
- Healthier eating involved making better food choices at home and at the farm office.

*“We felt like we made lots of changes with diet – more fruits and veggies, eating more regular meals, healthy snacks.”* (Cohort 1 Participant)

- Farm safety practices identified at the workshop in 2014-15 were implemented:

*“Set up standard operating procedures, outfitted main equipment in fields with first aid kits and fire extinguishers, and help others [farmers] in the area to make safety changes.”* (Cohort 1 Participant)

4.6.2 Participants in all cohorts continued to be highly committed to making changes in their personal health practices and farm operation (Figure 14). This is the same as the evaluation results in 2014-15.

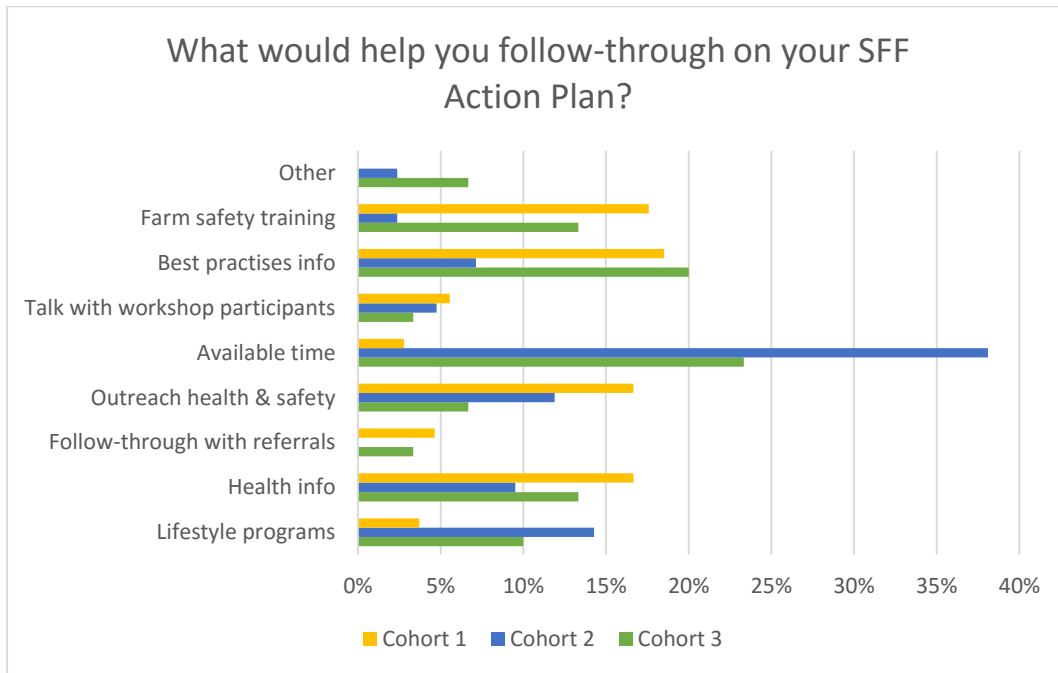


4.6.3 Participants from all cohorts identified multiple types of supports that would help them fulfill their action plans (Figure 15).

- The most popular types of support varied across the cohorts, but informational supports were rated highly by many (e.g., training, information and outreach).
- Available time was a major factor for follow through for participants in Year One workshops (Cohort 2 and 3). Interestingly, participants in their second year of the program (Cohort 1) did not perceive available time to be a key barrier to change.
- Social supports (family, co-workers) were recognized as an important factor in change.
- In addition to social supports and information, individual commitment to change was believed to be a key factor. This was especially evident in Cohort 3, where participants described that even if the head cook was using less white flour, portion size is up to the individual. Or, as one participant aptly stated:

*“The first bite of steak tastes the same as the last bite... so why do you need 16 ounces?”*  
(Cohort 3 Participant)

**Figure 15: Supports for Attaining Personal Goals**



4.6.4 Participants also recognized that change is not easy. The hectic pace of life, or lack of time, was recognized as a key barrier to change.

*“So busy with everything else, this could get put on back burner. I needed an extra push to get a \$30 fire extinguisher that could save a million dollars in equipment.”* (Cohort 1 participant)



## 5.0 Conclusions

After two years of implementation, it is clear that SFF Alberta is on the right track. Interest and participation in the program continued to grow throughout 2015-2016.

Once farmers participate in SFF Alberta they:

- Believe the program's health and safety information is useful and relevant to their farm operation.
- Understand the link between farm safety and their own health.
- Intend to complete the suggested farm safety activities.
- Think the program is a good investment of their time.
- Want to attend the next year's workshop.
- Recommend SFF Alberta to other farmers.

SFF Alberta has built a cultural bridge into a group of family farms that often do not engage in traditional Health and Safety training. Hutterite colony members' trust of the Farm Safety Centre initially opened the door for the SFF Alberta workshop. Then SFF Alberta carefully listened to Hutterites and adapted the program to be respectful of Hutterite culture. SFF Alberta has built a trusting relationship with Hutterite communities that is valued and unique.

## 6.0 Areas for Improvement

While the most common feedback from participants in all Cohorts was *"the workshop was great,"* there were some specific areas for improvements identified.

### 6.1 Broaden the reach of SFF Alberta

Within the political context of impending farm safety legislation, some participants suggested broadening the reach of the SFF Alberta workshop through a partnership or collaboration with the government of Alberta. This sentiment is likely grounded in the trust and respect farmers have for the Farm Safety Centre and their interest in making the workshop available to more farm families.

*"We already have Farm Safety Centre – why don't we work with them? If the government would work with Farm Safety Centre, we would have a mass sign-up [of farmers wanting to improve safety practices on farms]."* (Cohort 1 Participant)

### 6.2 Provide more information in the workshops

Participants from Cohort 2 and Cohort 3 expressed interest in "more information," especially about healthy eating. This is not surprising, as most participants' action plans included developing healthier eating habits.

### 6.3 Add information on alcohol use

Hutterite participants in focus groups and interviews expressed interest in learning more about the effect of alcohol use on individual, family and community. They suggested this information be included in the session related to stress management in future workshops. This was seen as relevant to all Colonies.

*“Every Colony has people who can’t cope with pressures (turn to alcoholism) – there would be 2-3 families on every farm. We can’t give up on these people – we have no right to give up on anybody.”*  
(Hutterite participant)

An integrated approach from the Farm Safety Centre that engaged Hutterite children, teens and adults with specific, age-appropriate and culturally appropriate content was envisioned:

- Children could continue to learn about farm safety through Safety Smarts classroom instruction.
- Teens could learn about alcohol and drug abuse, with emphasis on awareness and prevention. As one member stated: *“We know they’re getting it, there’s no point in fooling ourselves.”* Other members expressed concern about ensuring teens were well-equipped to handle drug-related exposure or pressures away from the Colony.
- Adults could learn about health and safety, with added emphasis on mental health and alcoholism, through the SFF Alberta program.

Recent research indicates that in 2012, about 20% of Albertans reported having an addiction or mental health problem<sup>10</sup>. The prevalence of alcohol problems, in particular, was similar across the Alberta Health Services Zones with a mix of rural and urban populations. Specific data about alcohol use or misuse in rural Alberta or the agriculture (farming) sector are not available (personal communication, T.C. Wild, Professor, School of Public Health, University of Alberta). Although local producers did not mention adding information on alcohol use to the SFF Alberta content, given the overall prevalence of addiction and mental health problems in Alberta, it is worth exploring the perceived relevance of adding content about addictions to the mental health sessions.

### 7.0 Next Steps for SFF Alberta

SFF Alberta has the necessary components for success in place. The relevance and value of the program to local producers and Hutterite farmers has been demonstrated. Overall, the program should keep doing what is working well.

SFF Alberta adopted a developmental approach over its two years of implementation, allowing it to nimbly adapt to participants’ priorities and multiple cultural contexts. At this point, the core activities of the program are clear and consistent. It is now appropriate to define the logical relationships between SFF Alberta activities and the anticipated outcomes. We suggest SFF Alberta should devote time and resources to developing a program logic model, which would explain the program theory and identify the intended impact of intervention. This would become the road map for all future work and would allow systematic tracking of the SFF Alberta contribution to farm health and safety.

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<sup>10</sup> Wild, T.C., Wolfe, J., Wang, J., Ohinmaa, A. (2014). Gap Analysis of Public Mental Health and Addictions Programs (GAP-MAP) Final Report. Government of Alberta.

## Appendix A: Evaluation Methods

This evaluation of SFF Alberta occurred between July 2015 and February 2016. As with the 2014-2015 evaluation, our approach was grounded in participatory, capacity building methods.

- We worked with the Farm Safety Centre and the SFF Alberta Evaluation Committee to develop and implement the evaluation.
- We built the capacity (knowledge and skills) of the Farm Safety Centre to conduct evaluations.
- We collaboratively developed realistic and actionable recommendations with the Farm Safety Centre.
- We facilitated processes that support evidence-based decision making.

Our approach involved collecting quantitative and qualitative data (mixed methods) from different data sources at multiple points in time (triangulation of data).

- We implemented rigorous methods that created confidence in the evaluation results, to allow for sound decision making for future steps.

### **Sustainable Farm Families (SFF) Alberta Evaluation Committee Members**

- Laura Nelson, Farm Safety Centre
- Jordan Jensen, Farm Safety Centre/SFF Alberta Manager
- Kim Andrus-Just, RN, SFF Alberta
- Raelyn Peterson, Farm Safety Coordinator, Alberta Agriculture & Forestry
- Sharlene Wolbeck Minke, SWM Consulting
- Birgitta Larsson, BIM Larsson & Associates

### **Ethics Review**

The evaluation approach was screened with ARECCI decision making support tool and rated as somewhat more than minimal risk.

See: <http://www.aihealthsolutions.ca/arecci/screening/87437/156bd946c37455d902d979b2abb6fb36>

### **Evaluation Questions**

In 2015-2016, SFF Alberta followed-up with the original participants, who received Year 2 of the program, and engaged new participants in Year 1 of the program. There were three distinct participant groups in the program:

- Cohort 1: Follow-up participants in Year 2 of the program (local producers and Hutterite producers)
- Cohort 2: New participants in 2015 in Year 1 of the program (local producers)
- Cohort 3: New participants from Hutterite colonies in Year 1 of the program.

The SFF Alberta evaluation in 2014-15 established that the intervention developed in Australia, and modified to the Alberta context, works in the Alberta context. Therefore, exploring how SFF Alberta is similar to or different from the Australian model was no longer relevant. In the 2015-16 evaluation, the key areas of interest were 1) the impact of the program over time (Cohort 1) and 2) the cultural adaptations required for the Hutterite context (Cohort 3).

While the evaluation questions outlined in Table 1 sought to continue the learning that was started in Year 1, they especially explored the impact of SFF on participants' behaviour over time. In this way, we could compare some of the learnings from participants in the different years (i.e., Cohort 1 in 2014 and Cohort 2 in 2015). We also could understand changes over time within Cohort 1.

The questions guided all aspects of the evaluation, namely development of the data collection tools, data analysis and reporting results.

**Table 1: Evaluation Questions and Relevant Areas of Inquiry**

Evaluation Questions	Relevant Areas of Inquiry
<i>Process – How was the SFF initiative implemented in different Alberta contexts?</i>	
<p>How was the SFF program adapted for the Alberta cultural context?</p> <ul style="list-style-type: none"> <li>• Manual content</li> <li>• Workshop processes</li> <li>• Innovations</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to customize workshops for different farm producer groups, particularly cultural groups (Hutterites)</li> </ul>
<p>Why did Cohorts 1, 2 and 3 participate in the SFF workshops?</p> <ul style="list-style-type: none"> <li>• Motivating factors – i.e., health concerns, beliefs about health and farming</li> <li>• Expectations of participation</li> <li>• Commitment to health, wellbeing and safety</li> </ul>	<ul style="list-style-type: none"> <li>• Level of farm producer participant interest, engagement and commitment</li> <li>• Likelihood that farm producer participants would continue through the 3 year program should it be available to them</li> </ul>
<i>Impact – What were the results of participation? What was the immediate impact of the workshops? How, if at all, did participants change over time?</i>	
<p>What difference did participation make?</p> <p>Why did Cohort 1 participants continue on into year two?</p> <p>What were the main reasons that Cohort 1 participants did not participate in year two?</p> <ul style="list-style-type: none"> <li>• Impact on individual farm producers (i.e., health knowledge, perceptions and behaviours)</li> <li>• Impact on farm business (i.e., intentions to change or changes in farm practices)</li> <li>• Impact on community (i.e., awareness and support for SFF)</li> </ul>	<ul style="list-style-type: none"> <li>• Effectiveness of workshop delivery/presentation</li> <li>• Proportion of Cohort 1 participants who returned to year two.</li> <li>• Supports and barriers to continuing in the program</li> <li>• Ability of facilitators and health care professionals to develop and maintain relationships with farm producer participants</li> <li>• Ability of the program to influence farm producers' behaviours with respect to health, safety and well-being</li> <li>• Types of behaviour changes (intentions and maintained changes)</li> <li>• Extent and type (#/%) of health changes in Cohort 1 (de-identified data on specific health measures)</li> </ul>

## **Data Collection and Evaluation Tools**

### ***Interviews***

All of the interview questions covered the same content areas as in 2014-2015. Again, based on evaluation results from 2014-2015, questions that did not add substantive content or were too sensitive were omitted.

#### **Cohort 1 participants who attended Year 2**

- Questions about intention to change in Year 1, experience in Year 2 and commitment to the program were retained.
- Given the sensitive political context at the time of the evaluation, questions about type of farm operation and children living on the farm were omitted.

#### **ED and Program Manager**

- In 2014-2015, the Farm Safety Centre ED and SFF Alberta Program Manager were individually interviewed. These interviews did not yield unique learnings from each perspective and in fact, missed capturing the close collaborative relationship integral to program planning and implementation. Also, there is not a significant power differential between the ED and Program Manager.
- The questions for ED and Program Manager were combined and streamlined into a single interview for 2015-2016.

### ***Hutterite Participants***

#### **Focus Group with new participants**

- As with the interview questions, the focus group questions covered the same content areas as in 2014-2015.
- Four main questions were at a higher, more conversational level of inquiry, but the prompts ensured specific content was asked.

#### **Telephone interview with representative from the Hutterite Education Committee (HEC)**

- Given the importance of the HEC to Colony engagement in SFF Alberta, a representative of the Committee was interviewed.
- The Hutterite focus group questions were used for the interview.

### ***Surveys***

Participant feedback in the 2014-2015 evaluation indicated that the workshop surveys needed to be shorter. While the overall number of questions was reduced, the workshop surveys were revised to ensure consistency with key areas of learning in 2014-2015 and that the 2015-2016 evaluation questions were answered.

#### **End of Chapter**

- Participants completed three closed-ended questions that assessed their knowledge and attitudes about the information.

#### **End of Workshop**

- Participants completed nine closed-ended and three open-ended questions.
- The content and language of many questions was the same as in 2014-2015.

- Some closed-ended options were revised, based on the results from 2014-2015 and Evaluation Committee members' knowledge of the farm context.

#### **Cohort 1 participants who did not return**

- An online survey hosted on Fluid Surveys was sent to Cohort 1 participants who did not participate in a 2015-2016 workshop.
- Five closed-ended questions asked about behaviour changes and reasons for not attending Year 2 of the program.
- Two open-ended questions provided space for participants to elaborate on their responses.

#### ***Physical Assessment Data***

The Farm Safety Centre provided de-identified, aggregated data on all health measures for participants from Cohort 1 to the evaluators.

#### **Evaluation Participant Recruitment**

Interviews and focus groups

The SFF Alberta Program Manager invited the different stakeholders to participate in the in-person/telephone data collection by a common, informed consent process that was the same as 2014-2015:

- Standard information about the evaluation purpose and approach was shared (read an information sheet or emailed the content)
- The interview or focus group questions were provided
- The option to not participate was clearly stated
- If participant was willing to participate, their name, email and/or phone number were provided to evaluation consultants for scheduling

Surveys

Online

- For the on-line survey, the Program Manager sent an email message stating the invitation to participate and purpose of the survey. The link to the on-line survey was embedded in the email.
- The initial request was followed by two reminder messages.

Workshop

- Workshop participants completed paper-based surveys that they dropped in an anonymous box at the end of the workshop. Farm Safety Centre entered the End of Chapter and End of Workshop data into an excel template for each cohort. The completed template was provided to the evaluators.

Table 2 outlines the characteristics of stakeholders who participated in the evaluation.

**Table 2: Evaluation Participants**

Participants	Method	Number of Participants
<b>Program Staff</b>		
<ul style="list-style-type: none"> <li>• Farm Safety Centre Executive Director</li> <li>• SFF Program Manager</li> </ul>	<ul style="list-style-type: none"> <li>• In-person interview</li> </ul>	<ul style="list-style-type: none"> <li>• 1 joint interview with 2 participants</li> </ul>
<b>Workshop Participants</b>		
Cohort 1 – Returned to Year 2 workshop	<ul style="list-style-type: none"> <li>• Workshop survey</li> <li>• Telephone interview</li> </ul>	<ul style="list-style-type: none"> <li>• 33 completed workshop surveys</li> <li>• 4 telephone interviews with: <ul style="list-style-type: none"> <li>- 2 men</li> <li>- 2 women</li> </ul> </li> <li>• Participants came from different workshops</li> <li>• Each interview was about 30 minutes long</li> <li>• De-identified, aggregated physical assessment results</li> </ul>
Cohort 1 – Did not return to Year 2 workshop	<ul style="list-style-type: none"> <li>• On-line survey</li> </ul>	<ul style="list-style-type: none"> <li>• 4 of 7 participants who did not return completed surveys</li> </ul>
Cohort 2 – New SFF participants in Year 1 workshop	<ul style="list-style-type: none"> <li>• Workshop survey</li> </ul>	<ul style="list-style-type: none"> <li>• 45 completed workshop surveys</li> </ul>
Cohort 3 – Hutterites	<ul style="list-style-type: none"> <li>• Workshop survey</li> <li>• Focus group</li> <li>• Telephone interview</li> </ul>	<ul style="list-style-type: none"> <li>• 123 completed workshop surveys</li> <li>• 2 groups total with men and women in each group</li> <li>• Participants came from 2 different colonies</li> <li>• Each group was 60 minutes long</li> <li>• 1 phone interview was 60 minutes long</li> </ul>

**Data Analysis and Interpretation**

As in the 2014-15 evaluation, an analytic template based on the evaluation questions guided analysis and interpretation.

First, survey results from all cohorts and the physical assessment data from Cohort 1 were analyzed quantitatively with descriptive statistics, such as means (averages). The small sample sizes precluded the calculation of inferential statistics.

Then the qualitative data from interviews and focus groups were analyzed by identifying themes and patterns in the data.

Once the preliminary analyses were complete, the results from the quantitative and qualitative data sources were added into the appropriate category in the analytic template. This integrated approach made it possible to understand similarities and differences across the different data sources.

Interpretation particularly focused on the learnings in Cohort 1 (change over time) and Cohort 3 (members of Hutterite Colonies). Preliminary findings and recommendations were reviewed and refined with the Evaluation Committee.

## Informed Consent to Participate in the SFF Alberta Evaluation

### ***Approach for Workshop Participants***

- Jordan will read information about evaluation and invitation to participate in a 30 minute phone interview for the evaluation
  - Then the signup sheet will be circulated at the workshop (passed around the room from participant to participant; not just set on a table in the corner)
- Participants will sign up with their first name, phone number, optional time slots (morning & afternoon times available) and role on the farm
  - Sign-up indicates consent to participate (so we can call them)
- Information about confidentiality, data management processes, etc. will be shared by evaluators at the start of the phone interview.

### ***Approach for Hutterite Focus Groups***

- Jordan and Laura will decide which colony would be best for focus groups. If single day travel permits, we could do focus groups at 2 colonies.
- Factors to consider include:
  - Willingness to participate
  - English language ability
  - Location (for travel costs).
- Jordan and Laura will use the information from the interview consent to explain the evaluation and focus group purposes to Colony members



## Data Collection Tools

### Follow-up Telephone Interview Questions for Workshop Participants – Cohort 1 (Completed Years 1 and 2 of SFF Alberta)

Location of SFF [Alberta] workshop \_\_\_\_\_

[Do not need to ask interview participant this Q because we'll have this information from the evaluation sign-up sheet and will record on each interview]

- 1) Did we talk with you after the workshop last year? YES NO

*Thinking about the time since last year's workshop...*

- 2) What is the most important change you planned to make after the first year workshop?  
[Prompt: Action plans for change in work schedule, make time for a break, grocery shopping, safety practices]
- 3) Were you able to make this change?  
a) What helped you change?  
b) What got in the way of making changes?

*Thinking about the workshop you just completed:*

- 4) Why did you return to participate in another SFF workshop?
- 5) Did you attend all of the sessions at the Year 2 workshop? If no, why not?  
[Prompt: Did you keep up? Were sessions too much/overwhelming?]
- 6) a) What was most meaningful or relevant to you at the workshop this year?  
[Prompt: Resource kit? Activities, videos, models]  
b) What was least relevant?
- 7) Now that you've completed the year 2 workshop, what, if anything, will you work on to change over the next year in your life?  
a) What will support you?  
b) What will get in your way?
- 8) If offered, will you attend the single-day workshop in year 3 to complete the program?
- 9) Would you recommend SFF Alberta to a friend/family member?

*Participant Profile*

- 10) Male – Female (will not ask – just record)
- 11) Age: 18-24; 25-34; 35-44; 45-54; 55-64; 65-74; 75-84; 85+
- 12) Any final comments?

### **Interview with ED and Program Manager**

- 1) How did you get producer groups involved in SFF Alberta this year?
  - a) What was same/different from 2014? Why
  - b) How challenging was it to engage (new 2015) and re-engage (2014) participants?
  - c) What worked/didn't work to engage the Hutterite Colonies?
- 2) What have you learned over time about producers' interests and priorities with respect to health and safety?
- 3) Given your understanding of producer priorities, how did you tailor the program?
  - a) Content/focus of workshop
  - b) Length of workshop
  - c) Location of workshopOther factors?
- 4) In your view, what difference will/has SFF Alberta's made for (and how do you know):
  - a) Individual producers' health practices
  - b) Individual producers' business practices
  - c) Farming communities
- 5) Do you think it's worthwhile to continue SFF Alberta? YES or NO
- 6) If yes – why is it worthwhile – “what commodity” makes it worthwhile?
  - a) If yes – What would you do the same next time? What would do differently?
  - b) If no – Why stop now or what else would you suggest?
- 7) Other comments?

### **Hutterite Focus Group Questions**

1. What is special about your Colony?
2. Why did you attend the workshop?
3. What did you like at the workshop?
4. What wasn't good at the workshop?
5. Anything else you want to tell us about the workshop?

## Questions for Electronic Survey of People who DID NOT return for the Year 2 Workshop

### ***Email Message***

Hello,

*Sustainable Farm Families Alberta* workshops were offered to Alberta farmers in 2014-2015 and again in 2015-2016. The workshops are being evaluated by Sharlene Wolbeck Minke and Birgitta Larsson to find out what's working well with the program and what could be improved.

We understand that you went to the *Sustainable Farm Families Alberta* workshop last year, but did not attend the workshop this year. An important part of the evaluation is to understand why you did not attend year 2. We invite you to share your thoughts by completing a short, online survey. Completing the survey will be considered implied consent.

It will take about **5 minutes** of your time.

**Please click on this link to go to the survey: [insert link].**

Please complete the survey as soon as possible. **It will close on [date].**

If you have questions about the survey or the evaluation, please contact Sharlene Wolbeck Minke at [swminke@shaw.ca](mailto:swminke@shaw.ca) or 780.554.8154.

Thank you,

Sharlene

### ***eSurvey Introduction***

In 2015-2016, the Farm Safety Centre offered *Sustainable Farm Families Alberta* workshops to Alberta farmers. These workshops are being evaluated by Sharlene Wolbeck Minke and Birgitta Larsson to find out what difference, if any, the program is making in the lives of participating farmers. The evaluation will help identify what's working well with the program and what could be improved.

We will keep the information you share with us anonymous and confidential. Your participation in the survey is voluntary. That means it's OK to change your mind about completing the survey or decline answering certain questions.

When we share the evaluation results with the Farm Safety Centre, individual responses will not be identified. The Farm Safety Centre will post the final evaluation results on their website.

The survey should take about 5 minutes to complete.

Are you willing to complete this survey?            YES            NO

*Thinking about the time since last year's workshop...*

13) What is the **most** important change you planned to make after the first year workshop?

(Please choose only ONE) – SINGLE OPTION ONLY

- Improve farm safety practices
- Eat healthy
- Exercise more
- Manage stress better
- Get annual check-ups with family physician
- Other (please explain)

14) Did you make this change? Yes, Somewhat or No

15) Why did you **not** participate in the year 2 SFF workshop?

(Please choose only ONE)– SINGLE OPTION ONLY

- Couldn't take time away from the farm
- Workshop date didn't work with my schedule
- Lack of child care
- Lack of elder care
- Information not relevant to me
- Not interested in attending
- Have reached my goal and no longer need support
- Other (please explain)

16) What would have made it possible for you to attend the year 2 workshop? [open ended ]

17) Any final comments?

*Please tell us a bit about yourself:*

18) I am: Male Female – SINGLE OPTION ONLY

19) My age is: 18-24; 25-34; 35-44; 45-54; 55-64; 65-74; 75-84; 85+ – SINGLE OPTION ONLY

*Thank you for completing this survey.*

## SFF Alberta End-of-Chapter Survey Alberta

The Farm Safety Centre contracted an evaluation firm, SWM Consulting, to evaluate the *Sustainable Farm Families Alberta Workshops*. The purpose of the evaluation is to learn about what worked well and what could be improved in the program. The evaluators are gathering information through surveys, interviews and focus groups with people who have been involved with SFF Alberta workshops.

The evaluation results will not be about individuals or specific communities. The findings will be a summary of what was learned about the workshops. When the evaluation is complete, you can learn about the evaluation results on the Farm Safety Centre website: [www.abfarmsafety.com](http://www.abfarmsafety.com)

### Instructions

This survey is voluntary and confidential.

Please **DO NOT** put your name or personal information anywhere on this paper.

These questions are about the **chapter** that was just completed.

### Chapter 1: State of Rural Health

Please choose the response that best reflects how much you agree or disagree:

Based on my experiences in the <i>State of Rural Health</i> session...	Agree					Disagree
1. I know more about this topic area.	1	2	3	4	5	
2. I think this information is beneficial to my farming operation.	1	2	3	4	5	
3. I believe my resource kit contains useful information.	1	2	3	4	5	

## SFF Alberta Workshop Evaluation Survey

The Farm Safety Centre contracted an evaluation firm, SWM Consulting, to evaluate the Sustainable Farm Families Alberta Workshops. The purpose of the evaluation is to learn about what worked well and what could be improved in the program. The evaluators are gathering information through surveys, interviews and focus groups with people who have been involved with SFF Alberta workshops.

The evaluation results will not be about individuals or specific communities. The findings will be a summary of what was learned about the workshops. When the evaluation is complete, you can learn about the evaluation results on the Farm Safety Centre website: [www.abfarmsafety.com](http://www.abfarmsafety.com)

### Instructions

This survey is voluntary and confidential.

Please **DO NOT** put your name or personal information anywhere in the survey.

These questions are about the **entire workshop**.

**Please choose the response that best reflects how much you agree or disagree:**

Based on my experiences at the workshop...	Agree			Disagree	
1. My physical assessment was worthwhile.	1	2	3	4	5
2. After talking with the RN about my physical assessment results, I know which risk factors to take action on first.	1	2	3	4	5
3. The workshop has motivated me to complete the suggested safety activities when I'm back on the farm.	1	2	3	4	5
4. Based on what I learned in this workshop, I am committed to making life style changes.	1	2	3	4	5
5. Coming to the workshop was a good investment of my time.	1	2	3	4	5
6. I will complete the Sustainable Farm Families Alberta program by attending next year's single day workshop.	1	2	3	4	5

### 7. What is the MAIN REASON you attended the SFF Alberta workshop? (Please check only ONE)

<input type="radio"/> For general interest	<input type="radio"/> To support Agriculture Services Board	<input type="radio"/> To support Producer Association
<input type="radio"/> To learn up-to-date health information	<input type="radio"/> To learn practical safety information	<input type="radio"/> To get a physical assessment
<input type="radio"/> Because encouraged by employer	<input type="radio"/> Because encouraged by co-worker	<input type="radio"/> Because encouraged by other producers
<input type="radio"/> Because encouraged by spouse or family	<input type="radio"/> Other (please describe):	

### 8. What single thing would help you the most to follow-through with your SFF Action Plan?

**(Please check only ONE)**

<input type="radio"/> Local or community lifestyle programs	<input type="radio"/> Easy-to-find health information	<input type="radio"/> Help knowing how to follow-through with referrals
<input type="radio"/> Outreach health & safety services in my community	<input type="radio"/> Available time in my life	<input type="radio"/> Opportunities to talk with workshop participants
<input type="radio"/> Farm safety best practises information	<input type="radio"/> Farm safety training	<input type="radio"/> Other (please explain)

**9. Which session was most meaningful to you? Why?**

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**10. What were the three best parts of the workshop?**

1. 

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2. 

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3. 

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**11. What were three things that could be improved?**

1. 

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2. 

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3. 

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**12. Would you recommend this workshop to friends and family?      Yes      No      Not Sure**