

SUSTAINABLE FARM FAMILIES ALBERTA

SFF WORKSHOPS START IMPORTANT CONVERSATIONS

HEALTH, SAFETY AND THE FARM BUSINESS

After completing SFF Alberta, farmers understood

"The healthier you are, the more aware you are of safety."



They reported...

Healthy farmers make for a strong farm business

Health and wellbeing are related to farm safety

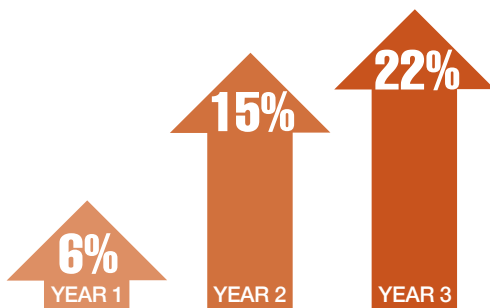
Stress compromises health and safety

Change reaches beyond the SFF workshops

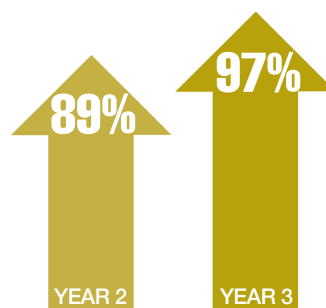


MENTAL HEALTH & STRESS MANAGEMENT

Over time Hutterites were more:



Interested in farm safety training



Motivated to complete farm safety activities



Safety-goal focused

"[Now we] Make farm safety goals based on the most important safety hazards around the Colony"



92%

...indicated the mental health information was beneficial to the farm operation

"We [as a colony] must learn to handle stress."

"If you don't know, you can't do nothing about it."

HUTTERITES' HEALTH LITERACY WAS STRENGTHENED BY REACHING:



WORKSHOP PARTICIPANTS



COLONY COMMUNITIES



COLONY WORKPLACES

Most farmers learned:

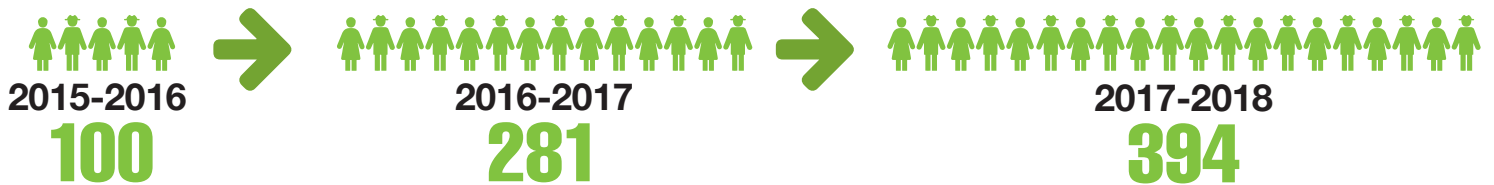
Which health risks to take action on



New health habits



HUTTERITE PARTICIPATION ... has nearly tripled since 2015-2016



OVERVIEW OF THE EVALUATION

Between Oct 2017 and Feb 2018, 605 Hutterite Colony members and 13 farmers contributed to the evaluation through:

1349
SURVEYS

12
INTERVIEWS

4
FOCUS GROUPS

85
ACTION PLANS

3
WORKSHOP OBSERVATIONS

IN CONCLUSION

Nearly all Hutterites thought workshops were:

