

Farm Safety Centre
Jordan Jensen
j.jensenSFF@abfarmsafety.com
403-593-8960

A look at Sustainable Farm Families Alberta

Sustainable Farm Families is a highly successful health and wellness program adapted from Australia, for Alberta farmers. SFF provides farmers and their families with tools and techniques to effectively manage their health, well-being, and safety.

Theoretical frameworks from agricultural extension, health promotion, adult learning and behaviour change support the SFF™ model. In 2014 the Farm Safety Centre (FSC) received government funding to undertake

SFF™ with Albertan farmers. SFF™ has made great progress in reaching farmers and engaging participants in worthwhile learning activities that increase their awareness of the immense importance their own health and safety has on their entire farming operation. Participants undergo a physical health assessment where they gain insight into their current health status and receive valuable and relevant guidance to improve their health and mitigate risk. SFF™ Alberta has delivered 108 SFF™ workshops to 1168 Alberta farmers from diverse operations. An independent evaluation reported “Both Local Producer and Hutterite participants understand the link between personal health and farm safety, and were especially aware that stress compromises safe thinking.” Numerous health issues were detected, and farmers rated the SFF™ program very highly.