

The most important aspect of a healthy Australian fishing business?
A healthy fishing family



Sustainable Fishing Families is a health program specifically designed for fishing families to address the health, wellbeing and safety issues facing the fishing industry through an evidence-based health program run by rural health experts



How Sustainable Fishing Families can help you and your family:

Fishing family health is a major issue facing fishing businesses because:

- Fishers have high rates of bodily pain, injury and premature death
- Fishers experience high levels of psychological distress
- Fishers are at risk of certain poor health conditions including skin, hearing, infection and stress-related diseases
- Fishers have reduced access to health services because they live in rural and remote places, they don't keep office hours, there is a culture of self-reliance and a worry that taking time off will affect others

What fishing families have said about the Sustainable Fishing Families program:

“It's a friendly, non-threatening environment.”

“It was good to spend time with like-minded people from the fishing industry and learn they have similar health problems to me.”

“It has changed my family's stress resources. I'm now aware of the physical components of stress and am better at noticing them day to day.”

“I've been a bit more careful about what I eat and changed my attitude to safety too. After we talked about the PFDs, I went and bought some and wore them. That's because of this program.”

“It is so informative and relevant to people wanting to keep healthy and active and find a balance between work and relaxation. There were many health tips in all areas and it was good to have goals and try to achieve them.”

If your fishing organisation is interested in facilitating a Sustainable Fishing Families program for local fishing families, or if you are part of a fishing business and interested in participating in a program, please contact Tracey Hatherell via email sff@wdhs.net or phone 03 5551 8533 for more information.