

The **Farm Families Health Checks Programme** is making a significant impact across NI.

The Programme has been screening the physical and mental health and well-being of farmers and their families since 2012 by attending Marts, Community Events and selected Agri-food Businesses.

This unique and detailed service has and will continue to have life changing impacts for rural dwellers.

A client who attended a local livestock mart and was diagnosed with high blood pressure said:

“I didn’t know my blood pressure was high. It was good this was picked up early before I developed further complications.”

It is a NI wide initiative **jointly funded** by **DAERA** and the **Public Health Agency**.

For further information

If you have any questions about the service that the Farm Families Health Checks Programme provides or would like to book the Mobile Unit to attend a Rural Event please contact:

Programme Support Officer



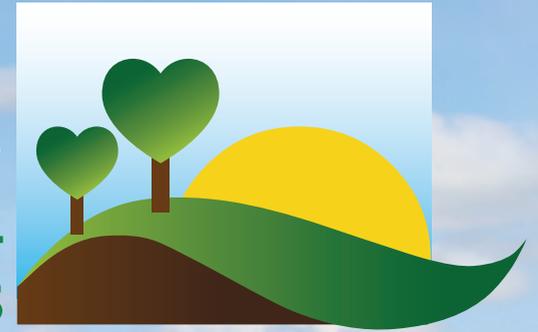
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Farm Families Health Checks



FREE HEALTH ASSESSMENTS AND ADVICE

Tailored especially for you



The Farm Families Health Checks Programme is a one-stop mobile facility offering free health assessments and advice tailored specifically for you.



Each health check is completed quickly and efficiently, offering a good indicator of your health, including risk of **heart disease**, early detection of **diabetes** and **emotional health** and **wellbeing**.

When you have completed your written consent form, the following tests will be completed:



After your health check we can signpost you to various support services that are relevant to your needs and locally available to you.

You will also have the opportunity to discuss health issues with the Nurse. Depending on your lifestyle, you will receive advice tailored for you on smoking, healthy eating, keeping active, alcohol consumption and how to spot the early signs of cancer.

What happens next?

When your health assessment is complete you will receive a copy of your results and with your consent we will send a copy to your GP.

We will NOT send any of your information to any third parties without your prior consent.

