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| **Sustaining Farm Families across the globe - actions speak louder than words** |
| **Background/Objectives**  The sociocultural context of farming in developed countries include strong masculinist values, a pragmatic goal-focused outlook, a willingness to offer help but avoid seeking help, and acclimatisation to risk-taking behaviours. This poses challenges for encouraging female and male farmers to take a proactive role in their health, wellbeing and safety, despite high rates of workplace fatality, injury and illness.  The Sustainable Farm Families (SFF) program takes a strengths-based perspective to farmer health, working with, rather than against, normative behaviours present in Australian farmers. Over 2600 farm men and women have participated in SFF, with 6000+ personal health, wellbeing and safety actions goals being set. The SFF program’s use of personal goal-setting as a means of de-stigmatising help-seeking and encouraging an action focus on resilience and personal wellbeing has been successfully demonstrated in other farmer health projects. From 2014-18 the SFF program was translated for farmers in Alberta, Canada - addressing similar farmer health risks. Discussions are underway with Ghana  **Methods**  SFF workshops allow farmers to reflect, learn and apply new knowledge in a safe environment among people with shared interests, experiences and cultural context. Templates for personal actions and goals provide opportunity to put new knowledge and intentions into practice in a timely manner. Importantly, farmers report back on achievement using a self behaviourally-anchored rating scale.  **Results**  From 2014-18 in Victoria, Australia, 634 farmers attended 39 SFF programs with 1626 personal action goals being set by 83% of participating farmers. Since SFF commenced in Alberta, Canada in 2014, 1054 farmers have participated in 51 programs and following the Australian methodology 78% completed action plans and goals setting. Goals are thematically analysed for indicators of stigma reduction, wellbeing and safety. Behaviour change is evaluated through self-reported achievement ratings  **Discussion**  This presentation will compare demographics of attendees, nature of goals set and level of action achieved by farmers in Australia and Canada. This is the first report to internationally compare farmers’ action goals for their health, wellbeing and safety. Farmers are interested in improving their health and building resilience, if opportunities are presented in a format that is cognisant of the normative behaviours common in farming communities  **Keywords**  **farmers, resilience, stigma, health, wellbeing, safety, agriculture** |