Licence Agreement

Deakin University (Deakin)
Western District Health Service (WDHS)
Centurion University (Licensee)
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Licence Agreement

Parties

Deakin University
ABN 56 721 584 203
a body politic and corporate established pursuant to the Deakin University Act 2009 (Vic)
of 1 Gheringhap Street, Geelong, Victoria, 3220
(Deakin)

Western District Health Service
ABN 47 616 978 917
Of 20 Foster St Hamilton VIC 3300
(WDHS)

Centurion University,
of Office of the President, HIG 5, BDA Duplex, Phase I, Pokhariput, Bhubaneswar 751020, Odisha
(the Licensee)

Background

A. Deakin and WDHS have formed the National Centre for Farmer Health (NCFH) to provide
national leadership to improve the health, wellbeing and safety of farm men and women, farm
workers, their families and communities across Australia and the world.

B. WDHS is the owner of the Survey.

C. WDHS has made the Survey available to further the work of the NCFH.

D. WDHS wish to licence the Survey to Deakin and the Licensee on the terms and conditions set
out in this Agreement.

E. This agreement sets out the terms and conditions upon which the WDHS will licence the Survey
to Deakin and the Licensee and how the Project Intellectual Property will be utilised.

Agreement

1. Definitions and Interpretation

Definitions

1.1 In this Agreement:

Background Intellectual Property means all Intellectual Property owned by or licensed to a
party and made available to the Project for the purpose of carrying out the Project which:

(a) has been developed prior to the date of this Agreement; or

(b) is acquired or created by a party independently of the Project after the date of this
Agreement,

including any Background Intellectual Property identified in the Schedule.

Business Day means any weekday that is not gazetted as a public holiday in Geelong, Victoria;
Confidential Information means information (whenever it was obtained) in relation to the business, operations, strategies or property of a Party that is:

(c) confidential in fact;
(d) reasonably regarded by a Party as confidential;
(e) specified as being confidential in a written notice from one Party to the other Party, but which is not:
(f) in the public domain, unless it came into the public domain by a breach of confidentiality;
(g) already known by either Party at the Start Date; or
(h) obtained lawfully from a third party without any breach of confidentiality; and

Insolvency Event means in relation to a Party, means something that reasonably indicates that there is a significant risk that the Party is or will become unable to pay debts as they fall due.

Intellectual Property means all rights conferred by statute, common law or in equity to ownership of copyright (including future copyright), trademarks, designs, patents, business names, domain names, semiconductor or circuit layout rights, plant breeders rights, rights in respect of trade secrets and other confidential information, and all other rights generally falling within the scope of this term, whether registered or unregistered and whether registrable or not.

Notice includes any document or correspondence required, permitted or referred to in this Agreement.

Party means a party to this Agreement.

Project means the Health and Lifestyle Survey and clinical assessments undertaken at events with farm men and women, agricultural workers and rural populations from February 2017 - June 2018 undertaken by Care India and Centurion University.

Project Intellectual Property means Intellectual Property created in the translated Survey any data and results created throughout the course of the Project including raw Survey Data and any translation of such raw data.

Survey means the Health and Lifestyle Survey for India and Health and Lifestyle clinical assessment attached to this agreement as Annexure A and the associated code books and Excel Database.

Interpretation

1.2 In this Agreement, unless the context requires otherwise, a reference to:

(a) a clause or schedule, is a reference to a clause of or schedule to this Agreement;
(b) ‘this Agreement’ includes any schedules and attachments to this Agreement;
(c) a document or agreement, including this Agreement, includes a reference to that document or agreement as novated, altered or replaced from time to time;
(d) a person, includes a partnership, joint venture, unincorporated association, corporation and a government or statutory body or authority;
(e) ‘dollars’ or "$" is a reference to Australian dollars;
(f) a business day means a day other than a Saturday or Sunday on which banks are open for business in Melbourne, Victoria and if the day on which a thing is to be done under this Agreement is not a business day, it must be done on the next business day;
(g) any law or legislation includes any statutory modification or amendment of that law or legislation and any subordinate legislation or regulations made under that law or legislation;

(h) writing includes typewriting, printing, photocopying and any other method of representing words, figures or symbols in a permanent visible form;

(i) the word 'include' or 'including' is to be interpreted without limitation;

(j) the singular includes the plural and the plural includes the singular; and

(k) a gender includes all genders.

1.3 If a word or phrase is given a defined meaning, other grammatical forms of that word or phrase have a corresponding meaning.

1.4 Headings are for reference only and do not affect the meaning of this Agreement.

1.5 This Agreement may not be interpreted adversely to a party only because that party was responsible for preparing it.

2. Term

This Agreement commences on the date specified in Item 1 of the Schedule (Start Date) and ends on the date specified in Item 2 of the Schedule (End Date).

3. Relationship

This Agreement does not create a partnership, employment relationship, agency relationship, fiduciary relationship or any other relationship, except the relationship of contracting parties.

4. Grant of Licence

Ownership

4.1 WDHS is the legal owner of the Survey including all images contained within.

4.2 Nothing in this Agreement is intended or shall be deemed to give Licensee any intellectual property rights in the Survey, including any trademarks, trade names, or copyrights, including but not limited to all graphics and designs, owned by Deakin.

Grant

4.3 WDHS grants to Deakin a non-exclusive, non-transferable, irrevocable, royalty-free license to use the Survey for the purpose of furthering the work of the NCFH.

4.4 Subject to the terms and conditions of this Agreement, WDHS grants Licensee a non-exclusive, non-transferable royalty-free license to use the Survey for the purpose of Project.

4.5 The Licensee shall not be entitled to sell or obtain profit from the licence of the Survey.

4.6 WDHS agrees to provide the Survey to the Licensee for the term of this Agreement at no charge.

4.7 The Licensee warrants that it will make the Survey available only to participants for the purposes of the Project and shall not distribute it to other parties.
Format and Translation

4.8 WDHS will provide the Survey in the format specified in Item 3 of Schedule 1 and the Licensee shall be entitled to translate the Survey in to local languages. When translating the Survey, the Licensee will do all things necessary and required to preserve the linguistic integrity of the Survey and will provide to Deakin and WDHS in electronic format any translated versions of the Survey. Any Intellectual Property that is created in the translated Surveys will vest in WDHS on creation.

Equipment and Material

4.9 The Licensee must provide, at its cost, all equipment and materials that are necessary for it to provide the Survey to participants for the purposes of the Project and enter the Survey results in the Excel spreadsheet provided with the Survey.

Non-Modification

4.10 The Licensee agrees that it will not modify the Survey in any manner whatsoever, including manipulating, cropping or otherwise transforming the Survey except as provided for in this Agreement.

5. Intellectual Property

Background Intellectual Property

5.1 Each party retains ownership of its Background Intellectual Property and grants to each other party a non-exclusive, non-transferable, royalty-free licence to use its Background Intellectual Property to the extent necessary to carry out the Project in accordance with this Agreement.

5.2 No representations or warranties are made or given in relation to Background Intellectual Property, however, each party making available Background Intellectual Property acknowledges that to the best of its knowledge, such Background Intellectual Property when used in accordance with this Agreement will not infringe any third party Intellectual Property rights.

Project Intellectual Property

5.3 The parties agree that Deakin and WDHS will jointly own the Project Intellectual Property as tenants in common in equal shares.

5.4 Deakin and WDHS grant:

(a) to the Licensee a non-exclusive, non-transferable, royalty-free licence to use the Project Intellectual Property for research, education and training and publication purposes but not for commercial use; and

(b) to each Licensee a non-exclusive, non-transferable, irrevocable, royalty-free licence to use the Project Intellectual Property for internal research and development but not for commercial use.

5.5 For the purposes of clause 5.4 where the Project Intellectual Property comprises work in which copyright subsists, the term “use” means the right to reproduce, publish and communicate the original work together with a notification of copyright ownership and adherence to the moral rights of individual, but not the right to adapt or modify the work.

6. Publication

6.1 The parties acknowledge and agree that a party is entitled to publish material arising from the conduct of the Project (Publication), subject to the procedures set out in this clause. Publications include speeches, seminars, articles and other oral or written presentations.
6.2 Authorship of all Publications must be attributed in accordance with section 5, Part A of the Australian Code for the Responsible Conduct of Research.

6.3 If the Licensee wishes to publish any part of the Project Intellectual Property (the Publisher) must obtain the consent of each other party prior to publication.

6.4 The Publisher must submit for review by Deakin and WDHS (the Reviewers) a copy of the proposed Publication at least thirty days prior to submission for publication. A Reviewer may object to publication only if the proposed Publication discloses its Confidential Information or prejudices the parties’ ability to obtain registered Intellectual Property protection for, or to pursue Commercialisation of, the Project Intellectual Property.

6.5 If no Reviewer objects to the Publication in writing within twenty days of receipt of a request for consent, consent to the Publication will be deemed to have been given. If a Reviewer objects to the Publication in writing within twenty days of receipt of a request for consent, the Reviewer and the Publisher must negotiate with a view to preparing an acceptable version of the proposed Publication for release within the original thirty day period.

7. No Warranty for Survey

7.1 WDHS provides no warranty to the Licensee that the Survey will be suitable for any purpose whatsoever.

7.2 The Licensee will undertake its own assessment as to the suitability of the Survey prior to it being used.

8. Indemnity

8.1 Each party (the Indemnifier) indemnifies the other party, its officers, employees and agents (the Indemnified) from and against any cost, damage, loss, liability or expense (including legal and other professional costs on a full indemnity basis) incurred as a result of the negligent act or omission of the Indemnifier or the Indemnifier’s officers, employees or agents, or a breach of this Agreement by the Indemnifier, except to the extent that the liability is caused by the negligence or wrongful act or omission of the Indemnified. Licensee’s risk

8.2 The indemnity contained in this clause 8 is continuous and will survive the expiry or termination of this Agreement.

9. Insurance

9.1 The Licensee must effect and maintain for the duration of this Agreement the following insurance policies:

(a) general public and products liability insurance; and

(b) professional indemnity insurance.

9.2 The insurance policies effected and maintained under this clause 9 must be on the terms and conditions ordinarily found in such policies.

9.3 If an insurance policy effected and maintained under this clause 9 is a claims made policy, the Licensee must maintain a current policy for at least 10 years after the End Date.

If Deakin or WDHS makes a written request, the Licensee must within 5 Business Days give proof that its insurance policies and the insurance policies for any subcontractor are current.
10. Confidentiality and Privacy

10.1 A Party must not, without the prior written approval of the other Party, disclose the other Party’s Confidential Information.

10.2 A Party will not be in breach of this clause 10 in circumstances where it is legally compelled to disclose the other party’s Confidential Information.

10.3 Each Party will take all reasonable steps to ensure that its employees and agents, and any subcontractors engaged for the purposes of this Agreement, do not make public or disclose the other Party’s Confidential Information.

10.4 Notwithstanding any other provision of this clause 10, a Party may disclose the terms of this Agreement (other than confidential information of a technical nature), to its related companies, solicitors, auditors, insurers and accountants and the Australian Stock Exchange.

10.5 This clause 10 will survive the termination or expiry of this Agreement.

11. Breach and Termination

11.1 This Agreement may be terminated by mutual consent in writing or in accordance with this clause 11.

11.2 Either Party, the terminating party (Terminating Party), may terminate this Agreement immediately by notice to the other party (Other Party) if:

11.3 the Other Party materially breaches this Agreement and that breach is not remedied within 14 days of receipt of written notice of details of the breach by the Other Party from the Terminating Party;

(a) the Other Party becomes subject to, or affected by, an Insolvency Event;
(b) the Other Party stops or reasonably appears likely to stop carrying on its business;
(c) the Terminating Party reasonably takes the view that the continuation of the Agreement is likely to breach any law or any order made by a court of law;
(d) the Terminating Party is required to so by a court of law or by any law;

11.4 Any termination under this clause 8 will not prejudice the rights of either party in respect of any previous breach of this Agreement.

12. Notices

12.1 A notice, demand or consent (Notice) given to a party under this Agreement is only effective if it is in writing and sent in one of the following ways:

(a) delivered or sent by prepaid post to that party at its address and marked to the attention of the officer set out in Item 4 of Schedule 1;

(b) faxed to that party at its fax number and marked to the attention of the officer set out in Item 4 of Schedule 1; or

(c) except for Notices sent under clause 9, by electronic message to the email address set out in Item 4 of Schedule 1.

12.2 Subject to 12.3 a Notice given for any purpose under this Agreement is taken to be received:

(a) if hand delivered, on delivery;
(b) If sent by prepaid post, seven (or in the case of a Notice sent to another country, ten) business days after the date of posting;

(c) If sent by facsimile, when the sender's facsimile system generates a message confirming successful transmission of the total number of pages of the Notice;

(d) If sent by electronic message, the earlier of receipt by the sender of an automated message confirming delivery, or eight hours after the message has been sent, unless the sender has received an automated message that the electronic message was not delivered or the sender knows or should reasonably know that there is a network failure which may have resulted in non-delivery.

12.3 If any Notice is given on a day that is not a business day or after 5.00pm on a business day in the place of business of the receiving party, it is to be treated as having been given at the beginning of the next business day.

12.4 If a party gives the other party three business days' notice of a change of its address or fax number or email address, a Notice is only effective if it is given to that party at the latest address, fax number or email address.

13. Miscellaneous

Accrued Rights

13.1 The ending of this Agreement does not affect any accrued rights.

Variation

13.2 This Agreement may only be varied by agreement in writing of both Parties or otherwise as expressly provided in this Agreement.

Assignment and sub-contracting

13.3 The Licensee must not assign its rights and obligations under this Agreement without the prior approval in writing of Deakin and WDHS.

Waiver

13.4 A waiver by a Party is only effective if it is in writing. A written waiver by a Party is only effective in relation to the particular obligation or breach in respect of which it is given.

Severability

13.5 If a clause or part of a clause of this Agreement can be read in a way that makes it illegal, unenforceable or invalid, but can also be read in a way that makes it legal, enforceable and valid, it must be read in the latter way.

13.6 If any clause or part of a clause of this Agreement is illegal, unenforceable or invalid, that clause or part is to be treated as removed from this Agreement, but the rest of this Agreement is not affected.

Entire Agreement

13.7 This Agreement contains the entire agreement of the Parties in relation to the Survey licence.

13.8 The terms of this Agreement override any inconsistent conditions in any agreement or other communication or any earlier conduct of dealing.
Governing law

13.9 This Agreement is governed by the law of Victoria. The Parties submit to the non-exclusive jurisdiction of the courts of Victoria.
Execution and Date

Executed as an agreement.

Date:

Signed for and on behalf of Deakin University by its duly authorised officer in the presence of:

[Signature of witness]

Name of witness (please print)

[Signature of authorised officer]

Dr Greg Pullen
Senior Manager
Commercialisation & Translation
Deakin Research Commercial
Office held
Date: 23 March 2017

Signed for and on behalf of Western District Health Service by its duly authorised officer in the presence of:

[Signature of witness]

Name of witness (please print)

[Signature of authorised officer]

Rohan Fitzgerald
Chief Executive
Office held
Date: 2 March 2017

Signed for and on behalf of Centurion University by its duly authorised officer in the presence of:

[Signature of witness]

Name of witness (please print)

[Signature of authorised officer]

Murti Kamla Migora
President
Office held
Date: 14 February 2017

Deakin University
Licence Agreement
### Schedule 1

Reference Schedule

<table>
<thead>
<tr>
<th>Item 1 – Start Date</th>
<th>20 February 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item 2 – End Date</td>
<td>30 June 2018</td>
</tr>
<tr>
<td>Item 3 – Format</td>
<td>Electronic Microsoft Word and Microsoft Excel</td>
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<td>Item 4 – Notices</td>
<td></td>
</tr>
<tr>
<td>Deakin</td>
<td>Director Deakin Research Commercial</td>
</tr>
<tr>
<td></td>
<td>Deakin University</td>
</tr>
<tr>
<td></td>
<td>75 Pigdons Road, Waurn Ponds, Victoria 3216</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:Deakin-research-commercial@deakin.edu.au">Deakin-research-commercial@deakin.edu.au</a></td>
</tr>
<tr>
<td>WDHS</td>
<td>A/Prof Susan Brumby</td>
</tr>
<tr>
<td></td>
<td>Director</td>
</tr>
<tr>
<td></td>
<td>National Centre for Farmer Health</td>
</tr>
<tr>
<td></td>
<td>Western District Health Service</td>
</tr>
<tr>
<td></td>
<td>PO Box 283</td>
</tr>
<tr>
<td></td>
<td>Hamilton, Victoria 3300</td>
</tr>
<tr>
<td></td>
<td>Australia</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:susan.brumby@deakin.edu.au">susan.brumby@deakin.edu.au</a></td>
</tr>
<tr>
<td>Centurion University</td>
<td>Prof Mukti Mishra, PhD</td>
</tr>
<tr>
<td></td>
<td>Centurion University, Office of the President, HIG 5, BDA Duplex,</td>
</tr>
<tr>
<td></td>
<td>Phase I, Pokhariput, Bhubaneswar 751020, Odisha</td>
</tr>
<tr>
<td></td>
<td>Dr. Mukti Mishra <a href="mailto:mukti.mishra@cutm.ac.in">mukti.mishra@cutm.ac.in</a></td>
</tr>
</tbody>
</table>
Annexure A

Health and Lifestyle survey for India v1 and Health and Lifestyle clinical assessment
Lifestyle Survey for India

Please provide the following information:

1. About you

1.1. Date of birth: / / 

1.2. Gender: O Male O Female 

1.3. Height (m): 

1.4. Weight (kg): 

1.5. Occupation: 
   O Farmer 
   O Agricultural Worker 
   O Other 

For questions 2.1 to 6.4, please tick (✓) the most appropriate response (only one response):

2. Overall Health

2.1. In general, how would you say your health is? 
   O Excellent 
   O Very Good 
   O Good 
   O Fair 
   O Poor 

2.2. How much bodily pain have you had during the past 4 weeks? 
   O None 
   O Very Mild 
   O Moderate 
   O Severe 
   O Very Severe 

2.3. How much did your health interfere with your normal activities (outside and/or inside the home) during the past 4 weeks? 
   O Not at all 
   O Slightly 
   O Moderately 
   O Quite a bit 

3. Alcohol

3.1. Do you drink alcohol? 
   O Yes O No 

3.2. If yes, what alcohol do you drink? 

3.3. How often do you have a drink containing alcohol? 
   O Never 
   O Monthly 
   O Once a week 
   O 2 to 4 times per week 
   O 5+ per week 

4. Hearing

4.1. How is your hearing? 
   O Good hearing both ears 
   O Difficulty hearing both ears 
   O A little trouble hearing one ear 
   O A lot of trouble hearing both ears 
   O Deaf in both ears 

4.2. Do you wear a hearing aid? 
   O Yes O No 

5. Eyesight

5.1. Do you have difficulty doing work with your hands (for example, sowing or threading a needle) due to your eyesight? 
   O Not at all 
   O Slightly 
   O Moderately 
   O Quite a bit 

5.2. Do you have any difficulty recognizing faces of people across the street? 
   O Not at all 
   O Slightly 
   O Moderately 
   O Quite a bit 

6. General

6.1. Have you ever been found to have high blood glucose (sugar) (for example in a health examination, during an illness, during pregnancy)? 
   O Yes O No 

6.2. Are you currently taking medication for high blood pressure? 
   O Yes O No 

6.3. Do you currently use any tobacco products on a daily basis? 
   O No 
   O Smoking 
   O Chewing tobacco / smokeless tobacco 
   O Both smoking and smokeless tobacco 

6.4. How often do you eat vegetables or fruit? 
   O Everyday O Not everyday 

For questions 7.1 to 8.4, please tick (✓) all the appropriate responses (may be more than one):

7. Farm Safety

7.1. Do you use chemicals (pesticides, herbicides, strong detergents) on your farm or in your work? 
   O Yes O Occasionally 
   O No O Not applicable 

© National Centre for Farmer Health 2017
7.2. If yes or occasionally, what protective gear is used when applicable:
- Overall
- Masks/Respirators
- Goggles/Safety glasses
- Gloves
- Face protection
- Other ________________
- No Protective gear

7.3. Do you wear a motorbike helmet when on a motorbike/or 4 wheel motor bike?
- Yes all the time
- Usually
- Never
- Don't ride or passenger

7.4. Do you wear a seatbelt, whilst driving on the road?

Front Seat
- Always
- Hardly ever
- Some of the time
- No

Back Seat
- Always
- Hardly ever
- Some of the time
- No

8. Cancer

8.1. Have you been diagnosed with cancer?
- Yes
- No

8.2. Do you use any sun protection? (this includes sunscreen)
- Yes – all the time
- Usually
- Occasionally
- Never

8.3. What do you use?
- Long sleeved shirt
- Broad brim hat
- Peak hat
- Sun cream
- Sunglasses
- Long pants
- Other

For questions 9.1 to 9.4, please tick (✓) the most appropriate response (only one response):

9. Diabetes risk – Indian Diabetes Risk Score

9.1. Age
- <35 years
- 35-49 years
- ≥ 50 years

9.2. Waist Circumference
- Waist <80cm (female), <90cm (male)
- Waist >80-89cm (female), >90-99cm (male)
- Waist >90cm (female), >100cm (male)

9.3. Physical Activity
- Regular vigorous or strenuous (manual) activities at home/work
- Regular moderate exercise or moderate physical activity at home/work
- Regular mild exercise or mild physical activity at home/home
- No exercise and/or sedentary activities at home/work

9.4. Family history of diabetes
- No diabetes in parents
- One parent is diabetic
- Both parents are diabetic

10. Wellbeing

In the past 4 weeks:

10.1. About how often did you feel tired out for no good reason?

10.2. About how often did you feel nervous?

10.3. About how often did you feel so nervous that nothing could calm you down?

10.4. About how often did you feel hopeless?

10.5. About how often did you feel restless or fidgety?

10.6. About how often did you feel so restless you could not sit still?

10.7. About how often did you feel depressed?

10.8. About how often did you feel that everything is an effort?

10.9. About how often did you feel so sad that nothing could cheer you up?

10.10. About how often did you feel worthless?

For questions 10.1 to 10.10, please tick (✓) the most appropriate response (only one response)

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Thank you for completing this survey
Health and wellbeing assessment

Did you fast from 10:00pm last night (i.e. just water)? □ YES □ NO

Name of health professional:

Signature of health professional:

Participant details

Name of participant:

Occupation: Postcode:

Date of birth: Sex:

Health assessment

<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Recommended Values</th>
<th>Results</th>
<th>Recommend (circle recommendation)</th>
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<tbody>
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<td>Weight</td>
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<td>NA</td>
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<td>Height</td>
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<tr>
<td>Body Mass Index</td>
<td>M 20-25</td>
<td></td>
<td>• Monitor your diet</td>
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<tr>
<td></td>
<td>F 20-25</td>
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<td>• Increase your exercise</td>
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<tr>
<td>Eye Sight: glasses or</td>
<td>6/6 - Standard</td>
<td></td>
<td>• Further testing with optometrist</td>
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<tr>
<td>contacts</td>
<td>6/5 - Excellent</td>
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<tr>
<td></td>
<td>6/9 - Borderline</td>
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<td></td>
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<tr>
<td></td>
<td>6/12* - Poor</td>
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<td></td>
<td>Testing with glasses?</td>
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<td></td>
<td>Yes □ No □</td>
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<td>L Eye 6/ R Eye 6/</td>
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What type of glasses? □ Reading □ Distance □ Bi-focal

Wellbeing K10

Above 20
Refer GP

AUSDRISK

5 or less: Low
6-11: Intermediate
12+: High

Are you currently taking any medication? □ YES □ NO

Please note if this medication impacts: □ BGL □ BCL □ BP □ MH □ Other

Name of GP (only if required): ___________________________________________

Suburb: __________________________
<table>
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<tr>
<th>Health Indicator</th>
<th>Recommended Values</th>
<th>Result</th>
<th>See your GP</th>
<th>Recommend (circle recommendation)</th>
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<tr>
<td>Blood Pressure</td>
<td>&lt; 140/90</td>
<td>1st</td>
<td></td>
<td>• Reduce salt in your diet</td>
</tr>
<tr>
<td></td>
<td>≥ 140/90</td>
<td>2nd</td>
<td></td>
<td>• Increase your exercise</td>
</tr>
<tr>
<td></td>
<td>Refer GP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>Non-Fasting</td>
<td></td>
<td></td>
<td>• Monitor your diet</td>
</tr>
<tr>
<td></td>
<td>&lt; 6.5mmols</td>
<td></td>
<td></td>
<td>• Increase your exercise</td>
</tr>
<tr>
<td></td>
<td>≥ 6.5mmols</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refer GP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fasting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&lt; 5.5mmols</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>≥ 5.5mmols</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refer GP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol (TC)</td>
<td>&lt; 5.5mmols</td>
<td></td>
<td></td>
<td>• Monitor your diet, reduce saturated and trans fats</td>
</tr>
<tr>
<td></td>
<td>≥ 5.5mmols</td>
<td></td>
<td></td>
<td>• Increase your exercise</td>
</tr>
<tr>
<td></td>
<td>Refer GP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High density lipids (HDL)</td>
<td>&gt; 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt; 1.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low density lipids (LDL)</td>
<td>&lt; 2.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ratio TC/HDL</td>
<td>&lt; 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you 50 years or over?</td>
<td></td>
<td>Yes</td>
<td></td>
<td>• Screen with a bowel test kit (iFOBT) every 2 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bowel Cancer Risk</td>
<td></td>
<td></td>
<td></td>
<td>• See your GP to discuss your individual risk</td>
</tr>
<tr>
<td>Do you have any of the following risks? (please tick)</td>
<td></td>
<td></td>
<td></td>
<td>• Monitor your diet and ensure to accumulate moderate intensity exercise for 150-300 minutes per week, if no other health conditions.</td>
</tr>
<tr>
<td></td>
<td>Family history of bowel cancer</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Individual history of cancer (bowel or other) or precancerous bowel polyp/s</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Have had a positive bowel screening test result</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Have had an irregular change in bowel habits or blood in the bowel movements</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Notes:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Name: ___________________________ Signature: ___________________________ Date: ________________
National Centre for Farmer Health

The National Centre for Farmer Health (NCFH) makes a difference to farmers’ lives through addressing the health, wellbeing and safety of Australian farming men, women, agricultural workers and their families. The NCFH brings together university research, service delivery, government and education by focusing on these four key areas:

1. Sustainable Business Development — *We will maximise our endeavours to provide value through specific programs*:  
   - **AgriSafe™**—an occupational health and safety program specifically aimed at farming populations that includes physical health, wellbeing and farm safety aspects.  
   - **Sustainable Farm Families™**—an award winning and evidence based program structured on knowledge and skill building to promote long term lifestyle and work safety changes in farming families.  
   - **Health and Lifestyle Assessments**—physical, social and emotional wellbeing assessments completed in the field to empower and educate farmers on the most important aspect of a healthy Australian farm — a healthy farming family.

2. Professional Training and Education — *We will teach and learn from the rural community* including health professionals working in farming communities via Australia’s only Graduate Certificate of Agricultural Health and Medicine in partnership with Deakin University.

3. Applied Research and Development — *We will conduct research that makes a difference to farmers’ lives* and improves the evidence base for effective interventions.

4. Reputation and Reach — *We will be recognised for excellence, nationally and internationally*, through providing a web-based information and advisory service specific to farmer health, including an online safety shop.

T +61 (3) 5551 8533  E ncfh@wdhs.net  
W www.farmerhealth.org.au  
Twitter @farmerhealth  
Facebook bit.ly/farmerhealthFB
Insert relevant photos to the HLA

Your personal health & wellbeing passport

www.farmerhealth.org.au

Annexure A

NATIONAL CENTRE FOR FARMER HEALTH

in partnership with

WDHS
Western District Health Service

DEAKIN UNIVERSITY AUSTRALIA

Insert partnering logo

HLA location
Day / date