



## INDUSTRY INFORMATION

### 2024 BC Poultry Conference and AGM:

We would like to extend a big thank you to everyone who joined us for this year's 2024 Poultry Conference and BCBHEC AGM. Your participation made it a remarkable event with an incredible turnout. We are happy to share Dr. Harold Echeverry's insightful presentation on "[Pullet and Hen Livability](#)" from the conference, which is now available on our website. We encourage you to take advantage of this valuable resource.

### Producer Meeting Presentation PowerPoint with Links:

Thank you to all who joined us for the Producer Meeting on March 26, 2024, featuring Matt Klassen from Aviagen for a Q&A session. The PowerPoint presentation has been uploaded to the Producer section of our [website](#), along with useful links to videos and guides.

### RSVP for Lower Fraser Flood Resilience Webinar:

Join us for an upcoming webinar on the Role of Insurance in Flood Protection and Climate Adaptation for the Lower Fraser on April 23<sup>rd</sup>, from 10 AM to 12 PM PST. [RSVP here](#). Explore how the insurance sector can aid flood resilience and climate adaptation in the lower Fraser River & Delta, covering topics such as nature-based solutions, insuring flood-prone areas, and the influence of a new national flood insurance program.

### Farmer Mental Health and Wellness:

Attached is an updated Farmer Mental Health Brochure, designed to support our farming community. Inside, you'll find valuable tips and support networks for farmers facing challenges. Please share it widely to raise awareness and promote mental well-being in farming.

## PRICING

Pricing Orders				
Period	Live Chicken	Hatching Eggs	Saleable Chicks	Day-Old Broiler Chicks
A-184	2.220 \$/kg	707.32 ¢/doz	73.68 ¢/chick	95.68 ¢/chick
A-185	2.222 \$/kg	724.06 ¢/doz	75.42 ¢/chick	97.42 ¢/chick
A-186	2.212 \$/kg	743.56 ¢/doz	77.45 ¢/chick	99.45 ¢/chick
A-187	2.2445 \$/kg	717.62 ¢/doz	74.75 ¢/chick	96.75 ¢/chick
A-188	2.2073 \$/kg	725.50 ¢/doz	75.57 ¢/chick	97.57 ¢/chick

## PRODUCTION

### Year-To-Date Hatchability:

81.5%

### Average Lay Cycle End:

59.3 Weeks

### Lay Cycle Length:

Please continue to keep flock fertility up with the extended lay cycle length.

Production Cycles		
Period	Start Date	End Date
A-184	Jul 30, 2023	Sep 23, 2023
A-185	Sep 24, 2023	Nov 18, 2023
A-186	Nov 19, 2023	Jan 13, 2024
A-187	Jan 14, 2024	Mar 9, 2024
A-188	Mar 10, 2024	Apr 28, 2024

### Placement Date / Number Changes:

Production staff want to note that increasing placeable hens or changing placement dates can be challenging and usually must be done at least six months out (currently into October 2024).



## ON-FARM

### 2023 Audit Stats

Total Premises to Audit: 53  
Premises Completed: 53/53

### 2024 Audit Stats

Total Premises to Audit: 54  
Premises Completed: 9/54

### Hatching Egg Tip

[Here](#) is a useful poster on cleaning and disinfection procedures.

### Biosecurity Status: RED

Industry is to function under the **red** status of biosecurity. The **red** biosecurity status is attached.

### HPAI Update:

All Primary Control Zones (PCZs) in British Columbia have been revoked.

### HPAI Detections in BC Wildlife and Environmental Surveillance:

We are happy to announce that the live BC Wildlife and Environment HPAI surveillance dashboard is available. The current surveillance program detects HPAI viruses by collecting and testing wild birds and mammals that are found dead on the landscape as well as environmental samples. Moving forward, the results of this program are summarized and uploaded regularly in the dashboard available [here](#).

### Salmonella Enteritidis FAQ:

A frequently asked questions document regarding Salmonella Enteritidis has been added to the producer's side of the website. The document is accessible [here](#).

### Red Alert Adapted Spiking Male Protocols:

A reminder that the Commission has altered the interim spiking male protocols during Biosecurity Red Alert. A copy of these protocols are attached to the adapted registration form and can be found on the producer's side of the website [here](#).

### Aviagen Ross Parent Stock Management Handbook:

Please find the 2023 Ross Management Handbook [here](#).



# MENTAL HEALTH AND WELLNESS

## IN THE POULTRY AND EGG SECTORS

THE STRESSORS FACING FARMERS ARE PLENTIFUL – UNPREDICTABLE WEATHER, ANIMAL DISEASE, FINANCIAL PRESSURE, HEAVY WORKLOADS, BURDEN OF PAPERWORK/BUREAUCRACY, MEDIA CRITICISM, SOCIAL ISOLATION, ETC.

Recent research confirms the impact this is having on farmers. In national surveys of Canadian farmers conducted by the university of Guelph<sup>1,2,3</sup>, researchers found that mental health outcomes for the farming population are consistently poorer than the general public.

TO READ MORE ABOUT THIS RESEARCH, VISIT [WWW.AJRESEARCH.COM](http://WWW.AJRESEARCH.COM)

The message here? Whatever you are feeling, you are not alone.

RESULTS FROM THE 2021 SURVEY OF FARMER MENTAL HEALTH IN CANADA

### CANADIAN FARMERS



FARMERS HAD SIGNIFICANTLY HIGHER SCORES ON ALL 3 SUBSCALES OF THE MASLACH BURNOUT INVENTORY COMPARED TO POPULATION NORMS.

HIGH EXHAUSTION & CYNICISM ARE 2 OF THE 3 COMPONENTS OF **BURNOUT.**



**76%** OF FARMERS WERE CLASSIFIED AS EXPERIENCING MODERATE OR HIGH **PERCEIVED STRESS**

**1 IN 4** CANADIAN FARMERS FELT THEIR LIFE WAS NOT WORTH LIVING, WISHED THEY WERE DEAD, OR THOUGHT OF TAKING THEIR OWN LIFE IN THE LAST 12 MONTHS.

ROCHELLE THOMPSON, BRIANA HAGEN, ANDRIA JONES-BITTON, 2022

Farm equipment needs constant maintenance and fuel to run well. So does your body and brain – the most important tools on your farm. Reach out to friends and family for support and have a look at some of the resources listed here. There is a wide variety of support tools available including articles, podcasts, 24-7 confidential counseling support by text or phone, and a wellness dashboard to check in with yourself.

<https://www.fcc-fac.ca/en/community/wellness.html>

[https://agriculture.canada.ca/en/mental\\_health](https://agriculture.canada.ca/en/mental_health)

<https://www.domore.ag/crisis-contacts>

<https://animalhealth.ca/mentalhealth/>





<https://cyff.ca/programs/self-care/>

### References

- 1 Jones-Bitton A, Best C, MacTavish J, Fleming S, Hoy S (2020) Stress, anxiety, depression, and resilience in Canadian farmers. Soc. Psychiatry Psychiatr. Epidemiol., 55:229–236; <https://doi.org/10.1007/s00127-019-01738-2>
- 2 Jones-Bitton A, Hagen B, Fleming SJ, Hoy S (2019) Farmer burnout in Canada. Int. J. Environ. Res. Public Health, 16, 5074; <https://doi.org/10.3390/ijerph16245074>
- 3 Thompson R, Hagen BNM, Lumley MN, Winder, CB, Gohar B, Jones-Bitton A (2022) Mental health and substance use of farmers in Canada during COVID-19. Int. J. Environ. Res. Public Health, 19, 13566; <https://doi.org/10.3390/ijerph192013566>

# WELLNESS DASHBOARD

Balance is extremely important when dealing with stress. When you look at your internal dashboard, do you see all green lights? Are there any red lights tipping you toward overload and stress? Let's all take care of ourselves so we can continue to do what we enjoy most.

	<b>GREEN</b> Healthy   Optimal	<b>YELLOW</b> Reacting   Stress	<b>ORANGE</b> Injured   Burnout	<b>RED</b> Illness   Depression   Mental Illness
 <p><b>Physical</b></p>	<p>Good sleep Good appetite, want to eat healthy</p> <p>Want to take care of physical health</p> <p>Rarely or never sick</p>	<p>Mild insomnia Tired Attracted to junk food often Unmotivated to exercise Trouble relaxing without a drink</p>	<p>Moderate insomnia Exhausted Binge eating Drinking too much alcohol or using drugs to relax Various aches and pains</p>	<p>Constantly sleeping or periods of no sleep at all Constant aching in body Immunocompromised: always sick Trouble getting off the couch or getting out of bed Only moments of relief come from excessive drinking or drugs, or over-the-counter medication</p>
 <p><b>Mental</b></p>	<p>Mentally clear Focused Good concentration Creative problem-solving Sees solutions</p>	<p>Easily distracted Excessive worry Procrastination Avoidance Sees obstacles</p>	<p>Chronically preoccupied Inability to concentrate Impaired decision-making Memory loss Constant focus on problems Always negative</p>	<p>Impaired judgment Paralyzed decision-making *Suicidal thoughts or actions * If you're having suicidal thoughts, seek help immediately and call 911 or see additional resources at the end of the magazine.</p>
 <p><b>Emotional</b></p>	<p>Motivated Excited Good social network</p>	<p>Irritability Loss of sense of humour Discouraged Impulsive Seeing people is a chore</p>	<p>Anger Anxiety Low mood Overwhelmed Avoiding social situations</p>	<p>Apathy Hopelessness or helplessness Out of control: explosive-impulsive, holding it all in Feeling like a burden Isolating yourself from friends, family and your community</p>
 <p><b>Strategies</b></p>	<p>Self care: physical, mental and emotional Serotonin boost Take a work break or vacation</p>	<p>Reaching out to friends and family Doing something to relax Seeing your family doctor</p>	<p>Peer support, assistance programs, mental health first aid</p>	<p>Professional or clinical support: doctor, psychologist</p>

## More information

### Don't be afraid to call for help

Mental health help lines are available in every province and territory:

BC: 1-800-784-2433

AB: 1-877-303-2642

SK: 1-800-667-4442

MB: 1-866-367-3276

ON: 1-866-531-2600

QC: 1-866-277-3553

NB: 1-800-667-5005

NS: 1-888-429-8167

PEI: 1-800-218-2885

NL: 1-888-737-4668

YT: 1-844-533-3030

NT: 1-800-661-0844

NU: 1-800-265-3333

#### Do More Ag

Get mental well-being information and support for Canadian producers.

[domore.ag](http://domore.ag)

#### Canadian Mental Health Association

With 330 community locations, CMHA is a nationwide organization that promotes mental health and supports people recovering from mental illness.

[cmha.ca](http://cmha.ca)

#### Online Therapy Unit

This free service was the first online therapy clinic in Canada (2010). It includes therapy services with a primary focus on depression and anxiety.

[onlinetherapyuser.ca](http://onlinetherapyuser.ca)

#### Manitoba Farmer Wellness Program

This program, created especially for farmers, offers six free, short-term counselling sessions for farmers and their families in Manitoba.

[manitobafarmerwellness.ca](http://manitobafarmerwellness.ca)

#### Farmer Wellness Initiative

Developed and launched by the Canadian Mental Health Association – Ontario Division and the Ontario Federation of Agriculture, this telehealth service provides 24-7 counselling support (up to four sessions per issue per year) in various languages to Ontario farmers and their families.

[farmerwellnessinitiative.ca](http://farmerwellnessinitiative.ca)

#### Rural and Remote

Telepsychology Services  
Laura Friesen is offering a rural and remote psychological counselling service in Alberta for the farm and rural communities.

[agknow.ca](http://agknow.ca)

#### AgSafe BC

AgSafe BC has partnered with mental wellness practitioners to provide completely free and confidential third-party counselling services for all members of the BC agriculture community.

[agsafebc.ca](http://agsafebc.ca)

#### Mental Health Commission of Canada

[mentalhealthcommission.ca](http://mentalhealthcommission.ca)

#### Dealing with social isolation and loneliness

Social isolation is a serious issue on Canadian farms. This publication offers helpful tips in how to stay connected.

[casa-acsa.ca/en/canadianagricultural-safety-week/safety-is-our-standard](http://casa-acsa.ca/en/canadianagricultural-safety-week/safety-is-our-standard)

#### In the Know

In the Know is a mental health literacy program designed specifically for farmers, their families and those who are involved and/or support the agriculture sector. A free, four-hour training program helps participants start conversations around mental self-maintenance: Ontario.

[ontario.cmha.ca/intheknow](http://ontario.cmha.ca/intheknow)

#### Mental wellness dashboard

Learn to recognize common signs of addiction, anxiety, depression and suicide with this resource from AgSafe BC.

[agsafebc.ca/mental-wellness](http://agsafebc.ca/mental-wellness)

#### FarmersTalk.ca

The PEI Farmer Assistance Program offers resources and support for farmers and their families experiencing mental health distress.

[farmertalk.ca](http://farmertalk.ca)

#### 211

211 is Canada's primary source of information for government and community-based, non-clinical health and social services. The free and confidential service can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text and web.

#### We Talk. We Grow.

We Talk. We Grow. is an initiative of Farm Safety Nova Scotia raising awareness and taking action to protect and nurture the mental health and well-being of Nova Scotia's farming community, and enhance and maintain a culture where mental health is valued, prioritized and protected.

[wetalkwegrow.ca](http://wetalkwegrow.ca)

#### 988

Similar to 911, anyone in Canada can call or text 988 to be quickly connected with suicide prevention services.



## **Enhanced Biosecurity “Red”**

*Revised June 2023*

These measures are in addition to your “Green” and “Yellow” biosecurity protocols<sup>1</sup> and should be implemented on farms in a region where a disease or other threat is suspected or present.

### **Controlled Access Zone (CAZ)**

- Inform all family, friends, staff, service personnel, and allied trades of your enhanced biosecurity measures
- Keep your CAZ barrier locked at all times
- Limit visits to only essential visitors. They must make an appointment and they must follow individual farm’s biosecurity requirements. Where ever possible, meet off the farm.
- Implement your vehicle wash station at the entrance to your CAZ
  - Remove all organic debris with pressurized water
  - Disinfect tires, wheel wells, and under-carriages of vehicles
  - Disinfect the floor mats, pedals, steering wheel, and door handles of the interior of the vehicle with disinfecting wipes or a small spray bottle and paper towel
- Make sure garbage bins (dumpsters) are outside of the CAZ and reduce pick-ups as much as possible

### **Restricted Access Zone (RAZ)**

- Keep all exterior barn doors locked at all times when not occupied by personnel
- When entering the RAZ change into barn specific coveralls and RAZ specific boots as well as Personal Protective Equipment (PPE) as per WorkSafe BC requirements
- When exiting the RAZ leave all biosecurity gear on the RAZ side of the CAZ/RAZ demarcation
- Wash and or sanitize your hands before entering or exiting the RAZ
- Shower before and after completing your daily barn chores
- Restrict contact between commercial poultry and wild birds & wild bird droppings

### **Conducting Business**

- Whenever possible conduct all activities through non-contact methods such as telephone, email, or fax
- Ensure proper biosecurity protocols are implemented while attending and returning from any common public gatherings.

<sup>1</sup> These are not all of the BC Biosecurity Program requirements; please refer to your producer manual for more information. Note if your commodities On-Farm Food Safety Program requires more stringent biosecurity measures please follow them instead. The measures above are minimum requirements.