

# The link between Wellbeing and Farmer Injuries

In 2019, Farmstrong completed research to better understand the ways diminished wellbeing contribute to farmer injuries. The research quantified the extent of diminished wellbeing's contribution and the costs of those injuries to ACC.

## Who completed the survey?






The research comprised a telephone survey with 500 farmers who had made an injury claim with ACC, during January to December 2018. Prior to the survey, 25 in-depth interviews were completed with farmers who had recently been injured and said diminished wellbeing had contributed to their injury. Insights from these interviews informed the survey design.

## What did we find out?

- **58%** reported that at least one of the 15 listed aspects of diminished wellbeing was a contributor to their injury.
- **24%** reported diminished wellbeing as a 'major' contributor to their injury.
- **16%** reported diminished wellbeing was a 'major' contributor to a more serious injury.
- **30%** of the ACC farmer claim costs had a 'major' diminished wellbeing link.

## Most mentioned

The aspects of diminished wellbeing most mentioned as 'major' contributors to injury were:

- 11%** Having too much to do and not enough time 
- 8%** Feeling fatigued or exhausted 
- 6%** Lack of sleep or poor quality sleep 
- 5%** Challenges coping with the ups and downs of farming 
- 5%** Feeling in need of a break away from the farm 

## Most affected

The groups who were *more* likely to report diminished wellbeing being a major contributor to their injury were:

- 40%** Assistant managers
- 35%** Those aged under 35 years
- 31%** Dairy farmers

## “ I did something I normally wouldn't do...”

This was a strong theme in the in-depth interviews.

Farmers deal with injury risks all the time, but diminished wellbeing results in farmers doing something they wouldn't normally do, or failing to avoid a risky situation that they would normally have successfully avoided.

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One farmer, who was rushing to get on with calf feeding, tried to jump off a stationary quad bike and grab a calf as it ran past. She missed the calf and fractured her knee. As a result, she was on ACC for 3 months.

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One farmer, who hadn't had any time off for 4 months, was feeling tired and stressed when his two wheeler hit a large rock, tipped him off his bike and caused him a broken shoulder. He was off work for 12 weeks.

## Did participating in Farmstrong help?

Those who had ever engaged with Farmstrong were less likely than others to report diminished wellbeing being a 'major' contributor to a more serious injury (where the injury had a 'moderate' or 'large' impact on their ability to work).

## Conclusion

This research has confirmed and quantified the extent to which aspects of diminished wellbeing are contributing to farmer injuries.

That the injuries where these aspects of diminished wellbeing were 'major' contributors accounted for 30 percent of ACC farmer costs, and that farmers are one of the highest cost sectors for ACC, reflects the significance of these findings. ■

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