



Snapshots of Farmer Wellbeing from the Farmers Have Hearts Cardiovascular Health Programme

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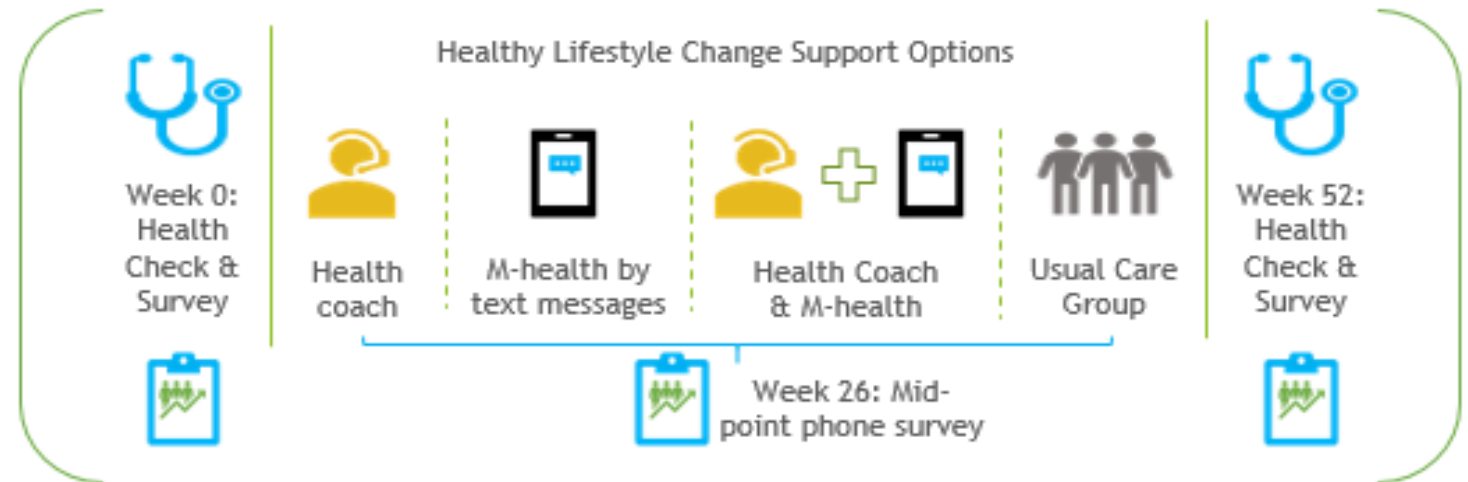
FHH - CHP

Farmers Have Hearts



N=1005

Farmers Have Hearts Cardiovascular Health Programme



N=868
(86.4%)

N= 801 (92.2%)

N= 456 (61.7)
 N - 451 (60.8)

Wellbeing

Baseline – Week 52 Results Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS) Categorical (n=396)

	Baseline n (%)	Week 52 n (%)
7.00-21.99 Poor	58 (14.6)	52 (13.1)
22.00 – 23.99 Below Average	55 (13.9)	56 (14.1)
24.00-26.99 Average	118 (29.8)	126 (31.8)
27.00-28.99 Good	51 (12.9)	41 (10.4)
29.00-35.00 Excellent	114 (28.8)	121 (30.6)

The SWEMWBS includes seven positive mental health statement and the short model emphasis on measuring psychological functioning including good relationships with others, self- realisation, autonomy, self- acceptance and competence (the eudaimonic perspective; Stewart-Brown et al., 2015).

The scoring of the Short Warwick Edinburgh Mental Wellbeing Scale (n=396) also showed a slight decrease (non-significant) in the proportion of farmers scoring ‘poor’ or ‘below average’ wellbeing at Week 52 compared to baseline: 27.2% (n=108) and 28.5% (n=113) respectively.

Stress

FHH-CHP Baseline – Week 52 Stress experience

Experience of stress (n=402)	Baseline n (%)	Week 52 n (%)
Not at all / only a little (low stress)	99 (24.7)	116 (28.8)
To some extent (intermediate stress)	253 (62.9)	252 (62.7)
Often / very often (high stress)	50 (12.4)	34 (8.5)

The proportion of farmers (n=402) who reported experiencing some degree of stress was significantly lower at Week 52 compared to baseline: 71.2% (n=286) and 75.3% (n=303) respectively.