

Connecting Farmer Well-Being to Animal Health and Welfare in Agriculture

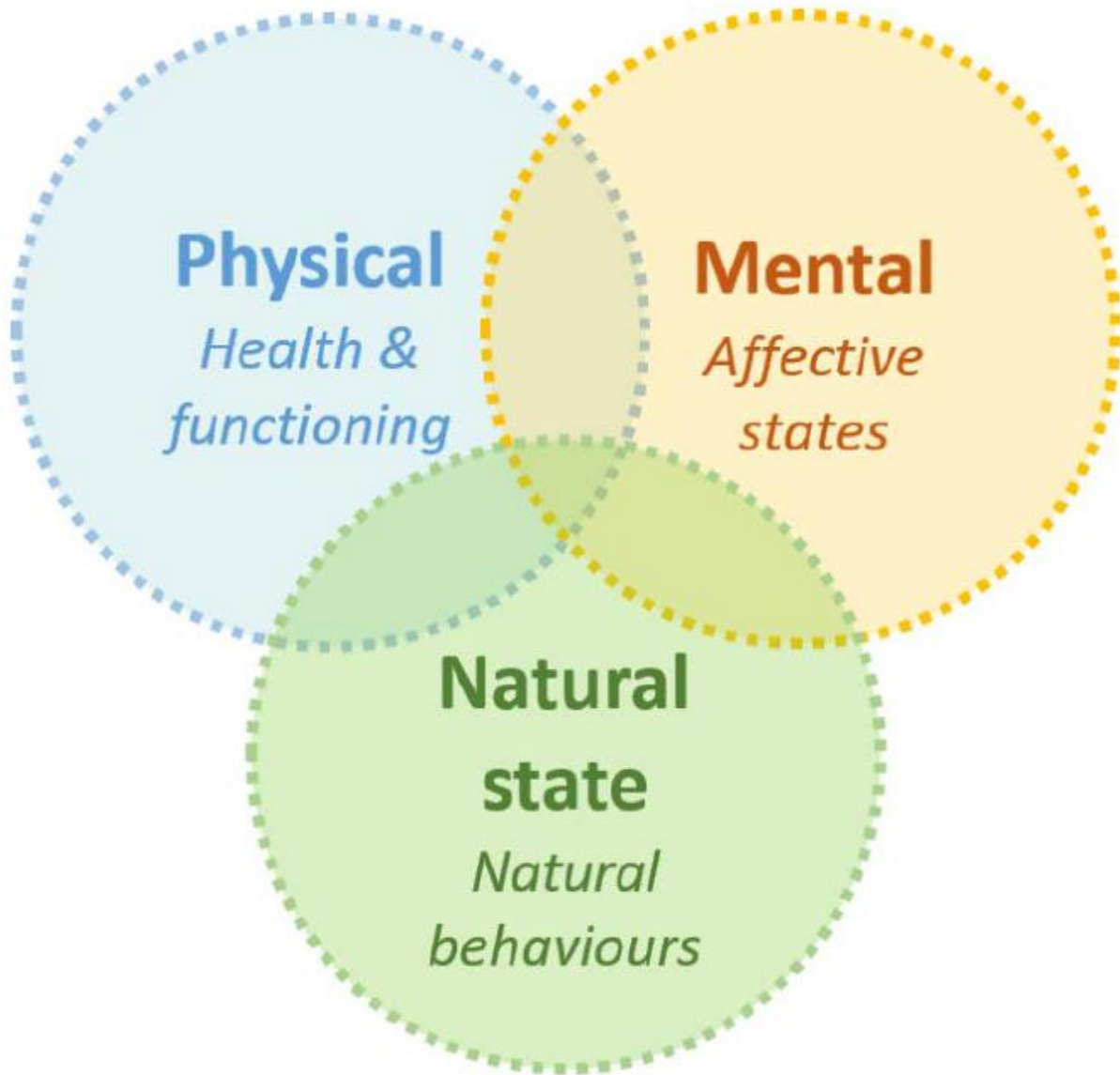


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Ways to think about animal welfare

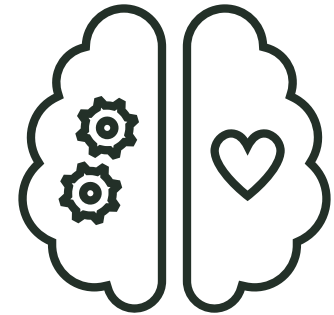


Ways to think
about our
well-being

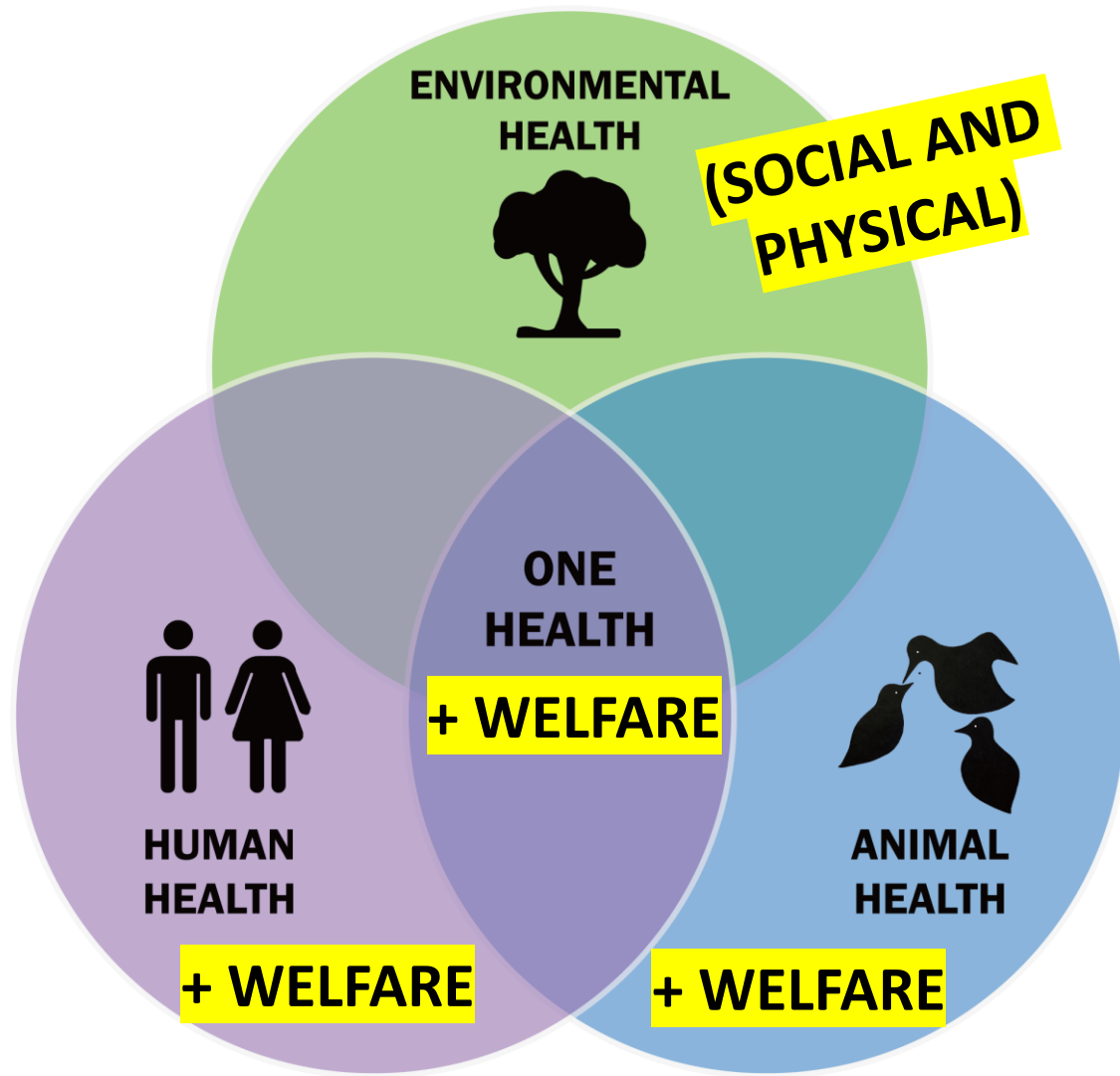


There's more to consider than just
physical health...

... and mental health



Health is just one of the many factors that contribute
to the well-being of human and non-human animals



One Health (+ Welfare)

Promotes the direct and indirect links of animal welfare to human welfare and environmentally friendly systems

Connecting farmer and animal well-being

Past research focused more on negative situations

Not representative of all farms & situations

New evidence linking farmer & animal health

On swine and dairy farms in Norway...

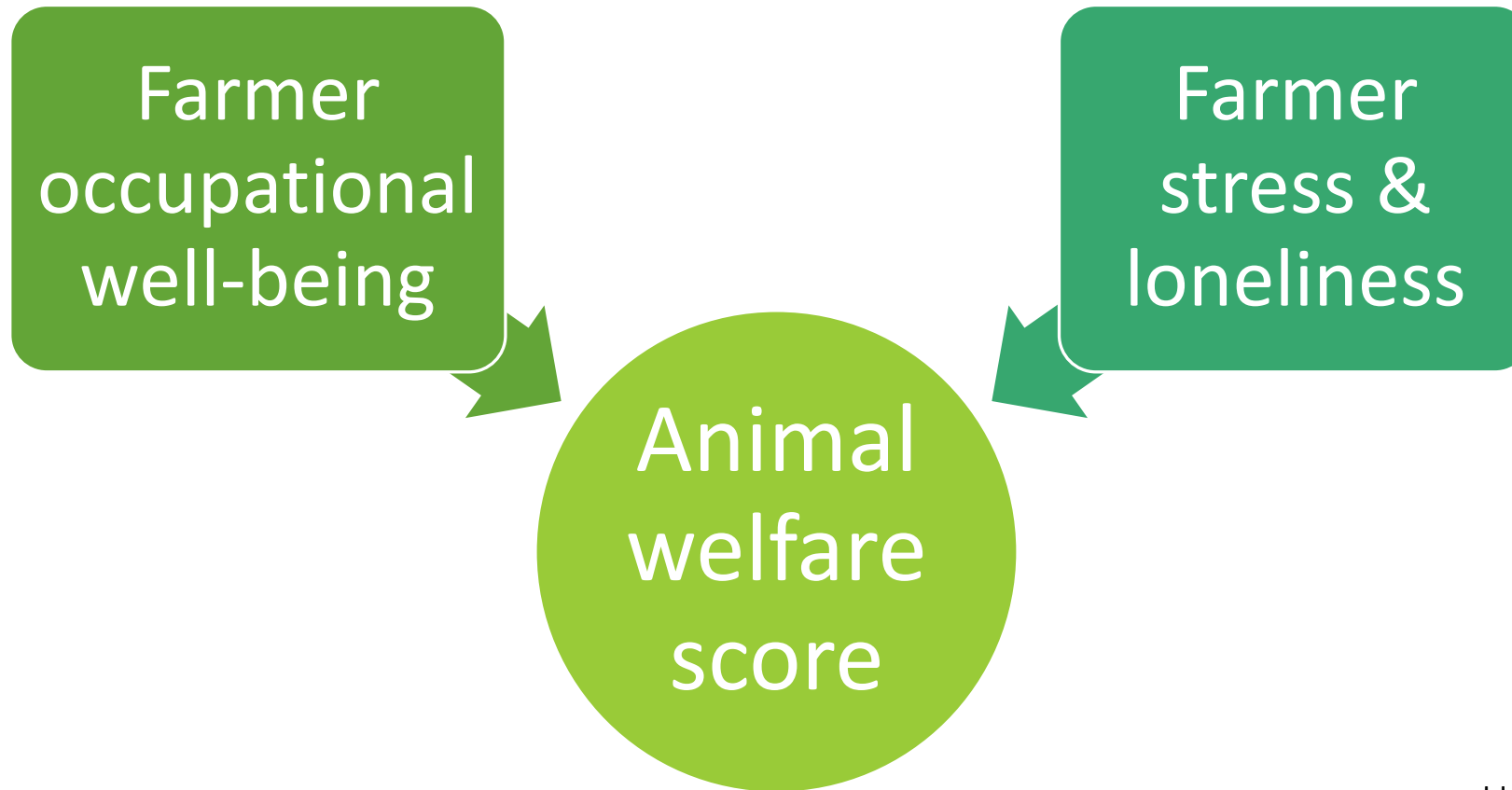
According to farmers, taking care of their own well-being ranked as the most important way to improve animal welfare, but it was the most difficult action to put into practice

Kaupinnen et al. 2010

Pig farmers who felt that taking care of their own well-being was relatively easy also had more weaned piglets for first parity sows

Kaupinnen et al. 2012

On dairy farms in Norway...



On robotic dairy farms in Ontario...

Farmer mental health was generally better:



when using automated feeding systems vs. conventional delivery,



when working with others vs. working alone,



with a lower lameness prevalence,

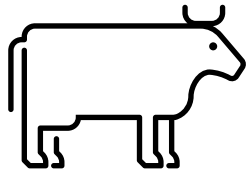


and with higher milk protein %.

We want to hear from you!!

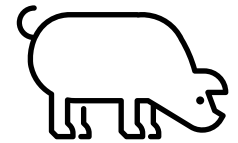
STAY TUNED FOR UPCOMING RESEARCH

We'd love to have you participate!



Beef farmers

Dairy farmers



Hopefully pig farmers and farm workers too!

2021 SURVEY OF FARMER MENTAL HEALTH

CROSS-SECTIONAL STUDY

FEBRUARY – MAY 2021

ONLINE via QUALTRICS

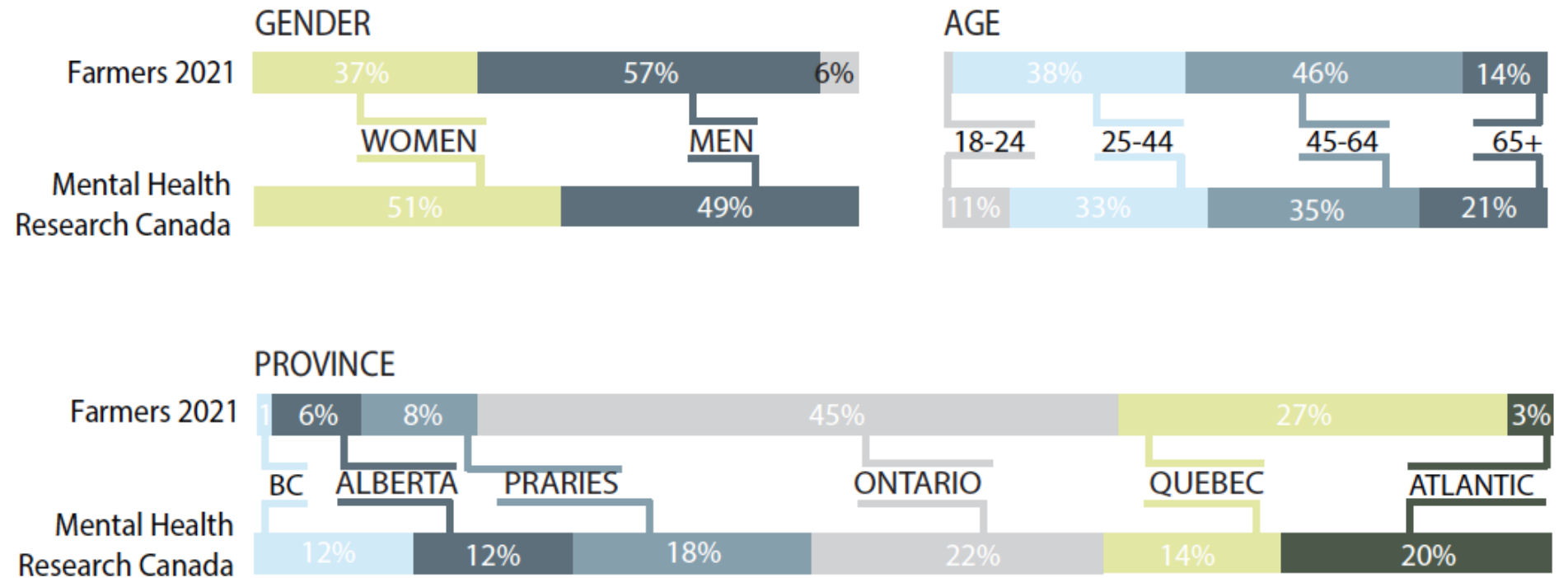
7 VALIDATED SCALES

MULTIVARIABLE LOGISTIC
REGRESSION

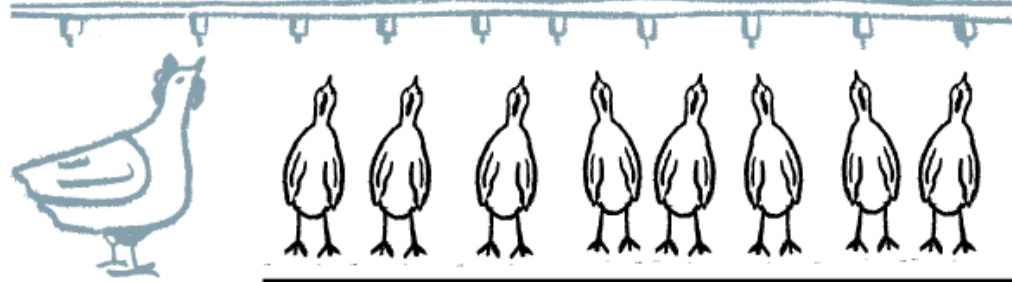


Figure 1: Age, gender, and province of participants, with comparisons to the study population reported for the national Mental Health Research Canada Poll (10)

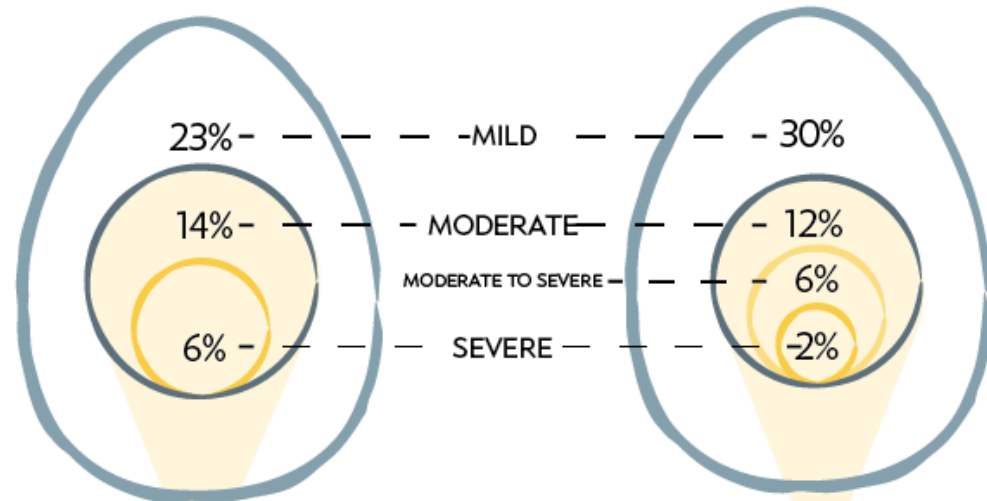
RESULTS



RESULTS



APPROX. **83%** OF FARMERS HAD LOWER
RESILIENCE SCORES
THAN THE U.S. GENERAL POPULATION



20% MODERATE TO SEVERE
ANXIETY
DISORDERS

SIGNIFICANTLY HIGHER

15%

THAN THE CANADIAN GENERAL POPULATION DURING COVID-19

20% MODERATE TO SEVERE
DEPRESSIVE
DISORDERS

SIGNIFICANTLY LOWER

26%

Farmer Mental Health in Canada



— — **SUICIDE IDEATION** IS OVER **2X HIGHER** IN FARMERS THAN THE GENERAL POPULATION:

APPROX.

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.

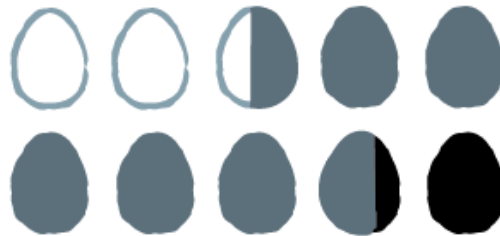


FARMERS HAD SIGNIFICANTLY **HIGHER** SCORES ON ALL 3 SUBSCALES OF THE MASLACH BURNOUT INVENTORY COMPARED TO POPULATION NORMS.



HIGH EXHAUSTION & CYNICISM ARE 2 OF THE 3 COMPONENTS OF

BURNOUT.



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

Farmer Mental Health in Canada



STRESS COPING METHODS USED BY FARMERS SIGNIFICANTLY **MORE** THAN THE GENERAL POPULATION:



SLEEPING MORE

AVOIDING OTHERS



EATING MORE OR LESS

SELF BLAME

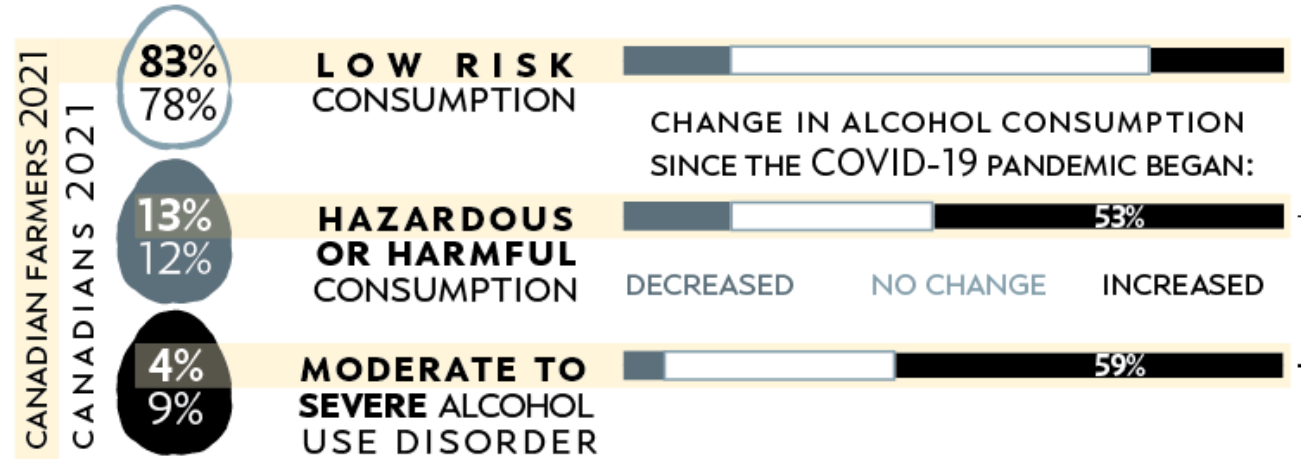


DRINKING ALCOHOL

Farmer Mental Health in Canada



CANADIAN FARMERS HAD SIGNIFICANTLY **HIGHER ALCOHOL USE SCORES** THAN SCALE NORMS.



THE MAJORITY OF FARMERS WHO WERE CATEGORIZED AS HAVING HAZARDOUS/HARMFUL CONSUMPTION OR MODERATE TO SEVERE ALCOHOL USE DISORDER REPORTED AN **INCREASE** IN THEIR DRINKING SINCE THE START OF THE PANDEMIC.



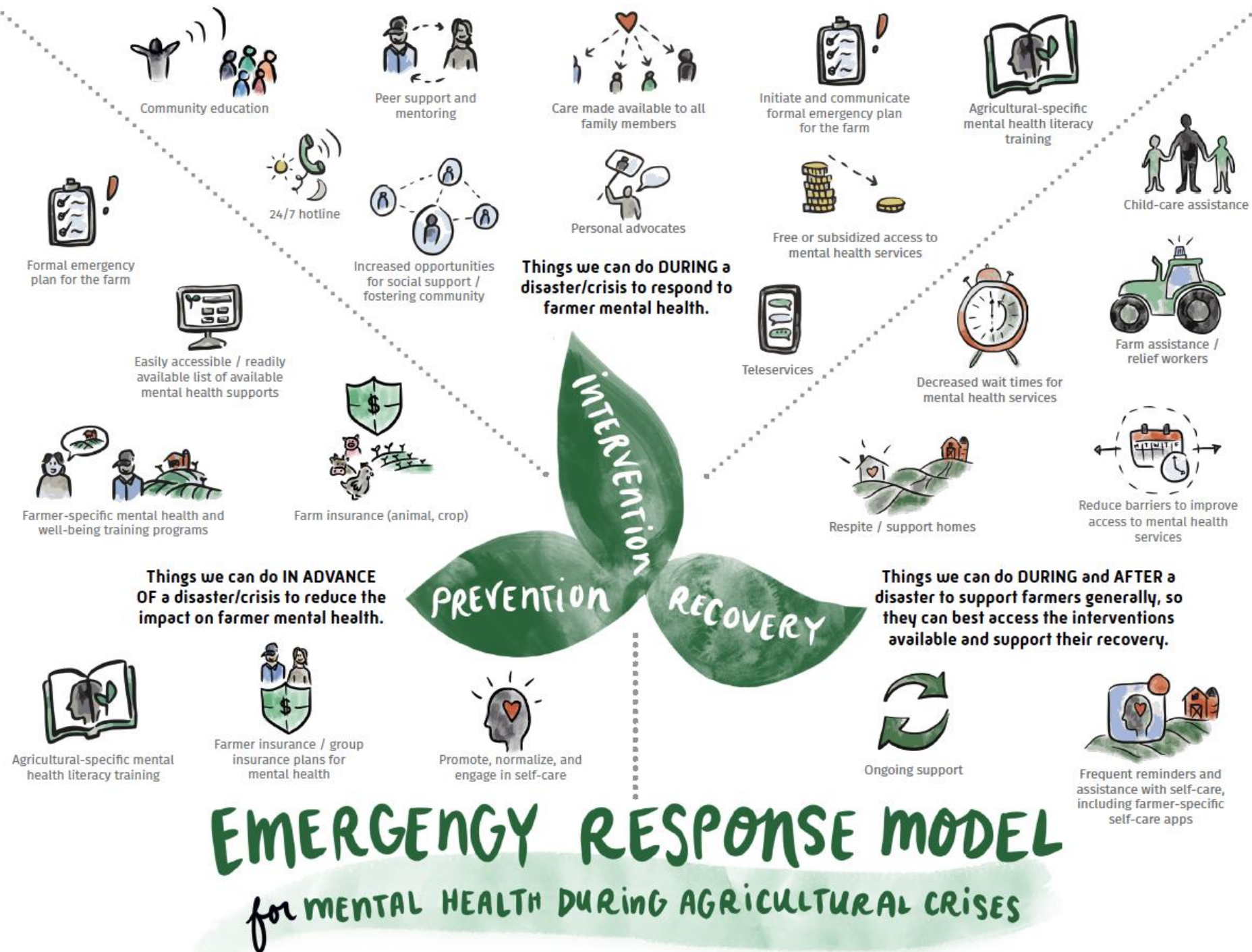
WWW.AJBRESEARCH.COM

SURVEY FUNDED BY:



Agriculture and Agri-Food Canada

How can we improve?



PREVENTION

In the Know:
A mental health awareness program for farmers and the agricultural community



Canadian Mental Health Association
Ontario



IN THE KNOW

<https://ontario.cmha.ca/intheknow/>



IN THE KNOW: MENTAL HEALTH LITERACY TRAINING FOR CANADIAN AGRICULTURE



ONTARIO VETERINARY COLLEGE
DEPARTMENT OF POPULATION MEDICINE

INTERVENTION



Manitoba

FARMER WELLNESS PROGRAM

Growing • in • hope



<https://manitobafarmerwellness.ca/>

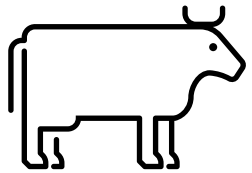


ONTARIO
VETERINARY COLLEGE
DEPARTMENT OF POPULATION MEDICINE

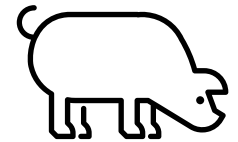
We want to hear from you!!

STAY TUNED FOR UPCOMING RESEARCH

We'd love to have you participate!



Beef farmers and dairy farmers



Hopefully pig farmers and farm workers too!

Contact me: Meagan.King@umanitoba.ca

<https://meagantmking.wixsite.com/research>

Mental Health Resources for Farmers

Manitoba Farm, Rural & Northern Support Services (24/7) Toll free: 1-866-367-3276

<https://klinik.mb.ca/2018/01/mental-health-farm/>

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

Rural Health Info Hub: <https://www.ruralhealthinfo.org/topics/farmer-mental-health>

Self-help workbooks: <https://www.cci.health.wa.gov.au/resources/looking-after-yourself>

Farm Management Canada <https://fmc-gac.com/>

Professional services near you: <https://cmha.ca/find-your-cmha>

Or talk to your family doctor.



Manitoba
FARMER WELLNESS PROGRAM
Growing • in • hope

<https://manitobafarmerwellness.ca/>