

# Wellbeing in the Horticulture Sector

In early 2021, Farmstrong in partnership with Hort NZ commissioned research to better understand the wellbeing needs of people working in horticulture and viticulture. The research also asked which wellbeing topics interested them most and the things they thought would improve their wellbeing.

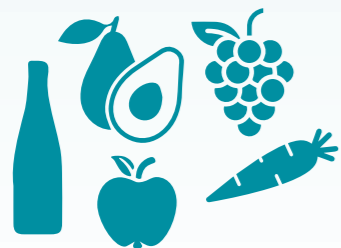
## Who completed the research?

The research focused on improving the wellbeing of growers and workers in the horticulture and viticulture industries.

The sectors covered were:

- Vegetable
- Wine
- Kiwifruit
- Avocado
- Other fruit and berries.

Qualitative in-depth face to face interviews with 53 people in a range of roles were undertaken (individually and in small groups) and 286 people, (predominantly horticulture business owners and managers) completed an on-line survey.



## Main wellbeing challenges

Across the sector, the following were reported as having a 'large' or greater negative impact on their wellbeing by a quarter or more of survey participants:

<b>34%</b>	Too much work on compliance	
<b>32%</b>	Workload/fitting everything in	
<b>29%</b>	Lack of available employees/contract workers	
<b>28%</b>	Not enough time away from work	
<b>28%</b>	Feeling stressed coping with ups and downs of work/business	
<b>25%</b>	Feeling fatigued/exhausted	
<b>25%</b>	Financial issues e.g. prices being paid for crops, rate of pay.	

Managers often reported higher levels of negative impact than did owners.

## What else did we find out?

The Vegetable sector reported the largest levels of negative wellbeing impact, followed by Other Fruit and Berries.

Nearly half (**48%**) of Vegetable growers reported 'Not enough time away from work' as having a 'large' or greater negative impact on their wellbeing.

Nearly half (**49%**) of those working in the Other fruit and berries sector reported 'lack of available employees/ contract workers' as having a 'large' or greater negative impact on their wellbeing.

In the qualitative interviews, availability of good staff, particularly since Covid, was a major challenge for almost everyone spoken to who was dealing with employees and contract workers.

## Interest in improving wellbeing

The survey highlighted that participants are keen to improve their wellbeing.

- **82%** had a 'high' or 'moderate' interest in improving their wellbeing and resilience
- **94%** had a 'high' or 'moderate' interest in one or more of the wellbeing topics listed, such as thinking strategies, nutrition, exercise, people skills, self-confidence, happiness, employee management and managing work overload.

## Things that would contribute most to improved wellbeing

When survey participants were asked to choose the top three things that do or could contribute most to their wellbeing, the most mentioned were:

	Quality sleep ( <b>33%</b> )
	Having sufficient good employees/contract workers ( <b>31%</b> )
	Exercise ( <b>31%</b> )
	Getting enough time away from work ( <b>30%</b> )
	Having good personal relationships ( <b>29%</b> ).

## Thanks

We would like to thank all the growers, their organisations and networks that supported and took part in this research. Without your help it would not have been possible to achieve this snap shot of wellbeing in horticulture and viticulture.