*PRESS RELEASE*

*04/04/2025*

*For Immediate Use*

**New survey finds Scottish farmer and crofter wellbeing at a low.**

**A new survey, carried out by the agricultural wellbeing charity, Farmstrong Scotland, has found that farmer and crofter wellbeing is lower than the Scottish population.**

More than one-third of respondents fell into the low wellbeing category, when compared to the most recent Scottish Health Survey (2023).

Furthermore, the 569 respondents demonstrated that, broadly, their wellbeing increased with age, with young respondents reporting the lower scores.

The sample, which was carried out by an independent research agency and evenly split between men and women, received representation from every region in Scotland, and provided a similar profile to the 2024 Agricultural Census. To give a more typical reflection of the agricultural sector, the results were weighed against the data collected in the Census.

Whilst 26% felt that their ability to cope with the ups and downs of farming has got worse in the last year, 21% felt it had got better, with taking time to notice the small things, learning something new and helping other farmers and crofters all cited as positive impacts.

The amount and quality of sleep, and the balance between work and leisure, were identified as two areas that had significantly declined over the last twelve months, with respondents looking for advice on how to manage their tiredness, fatigue, sleep and stress.

Commenting on the importance of the survey, Farmstrong Programme Director, Alix Ritchie, said,

“This survey is vital for the future development of Farmstrong Scotland. The findings, alongside the foundation research back in 2018, and future surveys will inform the development of the programme, and ensure that services are tailored to meet the needs of the Scottish agricultural and crofting community.

“We have already started this work, and just last month published a new resource that offers guidance for better sleep, a dedicated webinar and podcast, all supported by our wellbeing expert partners and the UK’s longest-standing sleep charity, Sleep Action.”

The impact of scientifically backed resources, and story-led content produced by Farmstrong was identified in the survey, with 62% of those who had engaged with the programme, reporting a positive impact on their health and wellbeing. One significant resource was the stress management guidance, which found 93% of those who had downloaded it cited a positive impact. Other noticeable elements were the farmer stories, Blether Together podcast series, and the walk and talk events.

“I would like to express my thanks, on behalf of the wider Farmstrong team, to all those who completed the survey, promoted it and shared it with their wider networks. These results are key for the future of the charity, ensuring we grow, develop and secure fundraising so we can continue to support farmer and crofter wellbeing in Scotland.”

To find out more or read the full summary report, click here.

More information about Farmstrong can be found at www.farmstrongscotland.org.uk

**/Ends**

**Notes to Editor**

Farmstrong Scotland is an initiative to help farmers, crofters and their families to cope with the ups and downs of farming and crofting by sharing things they can do to look after themselves and the people in their business. It is a peer-to-peer led programme, driven by scientific information and real-life stories, so together we can share, learn and support our wellbeing.

Farmstrong Scotland is a Scottish Charitable Incorporated Organisation (SCIO). Registered Charity No: SC053585.

The charity is supported by the Movember Foundation and The NFU Mutual Charitable Trust, who supported the launch of the organisation.

Movember Foundation are matching every £1 raised by Farmstrong Scotland, to the sum of £350,000. Anyone wishing to donate or find out more about supporting the charity, can get in touch via hello@farmstrongscotland.org.uk

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