

THE WELLBEING BENEFITS OF PARTICIPATING IN LANDCARE



46% of survey respondents reported an improvement in their mental resilience

Avoided healthcare costs is **\$57 million** for the estimated Landcare population of over 140,000 (**or \$403 per Landcarer**)

Improved productivity is **\$97 million** for the estimated Landcare population of over 140,000 (**or \$487 per Landcarer**)

With health benefits, productivity and disaster resilience taken into consideration, there is a **\$1,347 per person per year economic benefit** from participation in Landcare



93% of survey respondents reported a stronger connection to the land

43% of participants who reported that they spent 0-4 hours or less per month involved in Landcare, still reported an improvement in their mental wellbeing

Younger adults appeared to experience additional benefits of being involved in Landcare in comparison to the older population

59% of those in major cities reported an improvement in their mental wellbeing, compared to **47%** in regional areas



90% of survey respondents reported experiencing a stronger connection to the community