2022 Survey Data Results: By District

DISTRICT 9

FARMER WELL-BEING

MENTAL HEALTH

PROFESSIONAL HELP

DISTRICT 9

NO - don't want to
41%

YES - once or twice
27%

YES - regularly for at least a month
24%

NO - would like to
8%

STRESS & EMOTIONS

Perceived Stress Scale: 18.48
Moderate Stress

Top 5 Coping Mechanisms:
➤ 33% - Exercise or go for a walk
➤ 29% - Engage in a hobby
➤ 21% - Drink alcohol
➤ 19% - Talk to family or friends
➤ 18% - Watch tv or read

Negative Feelings*:
➤ 30% - Feeling lonely
➤ 29% - Feeling sad or depressed
➤ 24% - Feeling hopeless or like you will never be happy
➤ 18% - Thoughts of wanting to die by suicide

Top 5 Stressors:
➤ COVID-19 effect on income
➤ Unexpected financial burdens
➤ Weathers and its effects
➤ Saving and retirement
➤ Balancing home and work life

Top 5 resources farmers don’t have access to:
➤ 98% - Other resources
➤ 89% - Telephone access to a psychiatrist
➤ 83% - Online access to a psychiatrist
➤ 83% - Telephone access to routine medical care
➤ 73% - In-office visit to a psychiatrist

FarmStateofMind.com

SUICIDE & CRISIS LIFELINE

Need to Talk?
988 988
Suicide & Crisis Lifeline

To read more on the Farmer's Mental Well-Being Project:

83% - Online access to a psychiatrist
89% - Telephone access to a psychiatrist
73% - In-office visit to a psychiatrist

Row Crop
69%

Livestock
65%

Fiber
25%

Male: 77%
Age: 42
First Generation: 64%

Household Income:
$45,000 – $59,999

Married: 88%
Number of Kids: 1.59 ± .69

High School: 19%
Some College/Vocational: 59%
College: 16%

Number of Farms: 1.98 ± 1.14
Size of Farms: 101-200 acres

64% - Feeling lonely
67% - Feeling sad or depressed
71% - Feeling hopeless or like you will never be happy
70% - Thoughts of wanting to die by suicide

*At least once per month