FARMER WELL-BEING
2022 Survey Data Results: By District

DEMOGRAPHICS

- Male: 70%
- Age: 42
- First Generation: 73%
- Household Income: $45,000 – $59,999
- Married: 87%
- Number of Kids: 1.55 ± .74
- High School: 17%
- Some College/Vocational: 60%
- College: 16%
- Number of Farms: 1.79 ± 1.34
- Size of Farms: 301-400 acres

MENTAL HEALTH

VOTE - regularly for at least a month 25.7%
NO - don't want to 38.6%
VOTE - once or twice 22.8%
NO - would like to 11.9%

STRESS & EMOTIONS

Perceived Stress Scale: 18.74
Moderate Stress

Top 5 Stressors:
- 90% Weather and its effects
- 82% Fear of catching COVID-19
- 82% Saving and retirement
- 64% Balancing home and work life
- 60% Problems with partner
- 60% COVID-19 effect on income

Top 5 Coping Mechanisms:
- 40% Exercise or go for a walk
- 33% Talk to family or friends
- 30% Engage in a hobby
- 30% Drink alcohol
- 28% Watch tv or read

Negative Feelings*:
- 27% Feeling lonely
- 27% Feeling sad or depressed
- 26% Feeling hopeless or like you will never be happy
- 13% Thoughts of wanting to die by suicide

Need to Talk?

988 Suicide & Crisis Lifeline
988 988StateofMind.com

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