**FARMER WELL-BEING**

*2022 Survey Data Results: By District*

### DEMOGRAPHICS

- **Male:** 74%
- **Age:** 44
- **First Generation:** 54%
- **Household Income:** $45,000 – $59,999
- **Married:** 84%
- **Number of Kids:** 1.52 ± .73
- **High School:** 14%
- **Some College/Vocational:** 59%
- **College:** 17%
- **Number of Farms:** 2.02 ± 1.14
- **Size of Farms:** 201-300 acres

### STRESS & EMOTIONS

- **Perceived Stress Scale:** 17.78
- **Moderate Stress:** 14-26
- **Low Stress:** 0-13
- **High Stress:** 27+

### Top 5 Stressors:

- Unexpected financial burdens: 69%
- Weather and its effects: 61%
- Balancing home and work life: 60%
- Saving and retirement: 59%
- Succession stress: 58%

### Top 5 Coping Mechanisms:

- Exercise or go for a walk: 41%
- Watch tv or read: 35%
- Engage in a hobby: 33%
- Drink alcohol: 30%
- Talk to family or friends: 26%

### Negative Feelings*:

- Feeling sad or depressed: 23%
- Feeling lonely: 21%
- Thoughts of wanting to die by suicide: 19%
- Feeling hopeless or like you will never be happy: 25%

*At least once per month

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**MENTAL HEALTH PROFESSIONAL HELP**

- **YES - regularly for at least a month:** 23%
- **YES - once or twice:** 29%
- **NO - would like to:** 5%
- **NO - don't want to:** 43%

**Top 5 resources farmers don’t have access to:**

- Other resources: 97%
- Telephone access to a psychiatrist: 82%
- Online access to a psychiatrist: 78%
- Telephone access to routine medical care: 72%
- In-office visit to a psychiatrist: 70%
- Online access to a psychiatrist: 97%

**Other resources:**

- Talk to family or friends: 26%

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**Need to Talk?**

FarmStateofMind.com

988 Suicide & Crisis Lifeline

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