**FARMER WELL-BEING**

**2022 Survey Data Results: By District**

### DEMOGRAPHICS
- Male: 65%
- Age: 44
- First Generation: 54%
- Household Income: $45,000 – $59,999
- Married: 89%
- Number of Kids: 1.45 ± .70
- High School: 17%
- Some College/Vocational: 55%
- College: 21%
- Number of Farms: 2.08 ± 1.24
- Size of Farms: 201-300 acres

### MENTAL HEALTH

**PROFESSIONAL HELP**

- YES - regularly for at least a month: 26.3%
- NO - don't want to: 37.4%
- YES - once or twice: 27.3%
- NO - would like to: 9.1%

### STRESS & EMOTIONS

- Moderate Stress: 14-26

#### Top 5 Stressors:
- Unexpected financial burdens
- Saving and retirement
- Problems with friends
- Microaggressions

#### Top 5 Coping Mechanisms:
- Exercise or go for a walk: 44%
- Watch tv or read: 31%
- Sleep: 30%
- Drink alcohol: 26%
- Engage in a hobby: 25%

#### Negative Feelings*:
- Feeling sad or depressed: 30%
- Feeling lonely: 29%
- Feeling hopeless or like you will never be happy: 28%
- Thoughts of wanting to die by suicide: 10%

*At least once per month

### Need to Talk?

- **988**
- Suicide & Crisis Lifeline

**FarmStateofMind.com**

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

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[Image of a map of Georgia with Districts 1-10 labeled, highlighting District 4.]

[Image of a pie chart showing the distribution of responses to the question: Do you want to exercise or go for a walk?]

[Image of a bar chart showing the distribution of responses to the question: How often do you engage in stress management activities?]