2022 Survey Data Results: By District

DEMOGRAPHICS

- Male: 76%
- Age: 44
- First Generation: 52%
- Household Income: $45,000 – $59,999
- Married: 81%
- Number of Kids: 1.78 ± .86
- High School: 21%
- Some College/Vocational: 55%
- College: 14%
- Number of Farms: 2.07 ± 1.19
- Size of Farms: 201-300 acres

Mental Health Professional Help

- NO - don't want to
  47%
- YES - once or twice
  22%
- YES - regularly for at least a month
  21%
- NO - would like to
  10%

Top 5 resources farmers don’t have access to:

- 96% - Other resources
- 82% - Telephone access to a psychiatrist
- 77% - Online access to a psychiatrist
- 77% - Telephone access to routine medical care
- 71% - In-office visit to a psychiatrist

Top 5 Stressors:

- COVID-19 effect on income
- Unexpected financial burdens
- Balancing home and work life
- Weather and its effects
- Microaggressions

Top 5 Coping Mechanisms:

- Exercise or go for a walk
- Talk to family or friends
- Engage in a hobby
- Drink alcohol
- Watch tv or read

STRESS & EMOTIONS

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>0-13</td>
</tr>
<tr>
<td>Moderate</td>
<td>14-26</td>
</tr>
<tr>
<td>High</td>
<td>27+</td>
</tr>
</tbody>
</table>

Perceived Stress Scale: 19.56

Moderate Stress

Need to Talk?

988 Suicide & Crisis Lifeline

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