FARMER WELL-BEING
2022 Survey Data Results: By District

DISTRIBUTION 2

DEMOGRAPHICS
- Male: 63%
- Age: 45
- First Generation: 52%
- Household Income: $45,000 – $59,999
- Married: 84%
- Number of Kids: 1.65 ± .82
- High School: 15%
- Some College/Vocational: 54%
- College: 21%
- Number of Farms: 1.92 ± 1.19
- Size of Farms: 201-300 acres

MENTAL HEALTH
- Household Income: $45,000 – $59,999
- Number of Kids: 1.65 ± .82
- Number of Farms: 1.92 ± 1.19
- Size of Farms: 201-300 acres

PROFESSIONAL HELP
- NO - don't want to: 42%
- YES - once or twice: 34%
- NO - would like to: 2%

Top 5 resources farmers don’t have access to:
- 95% - Other resources
- 83% - Online access to a psychiatrist
- 80% - Telephone access to a psychiatrist
- 70% - In-office visit to a psychiatrist
- 69% - Online access to routine medical care

TALK TO A PROFESSIONAL
- 58% - Online access to a psychiatrist
- 74% - Telephone access to a psychiatrist
- 20% - In-office visit to a psychiatrist

STRESS & EMOTIONS
- Perceived Stress Scale: 17.70
- Moderate Stress: 14-26

Top 5 Stressors:
- Weather and its effects: 63%
- Saving and retirement: 58%
- Balancing home and work life: 61%
- Health issues and illness: 57%
- Problems parenting: 54%

Top 5 Coping Mechanisms:
- Exercise or go for a walk: 44%
- Talk to family or friends: 40%
- Watch television: 36%
- Engage in a hobby: 35%
- Pray or participate in other religious activities: 23%

Negative Feelings*:
- Feeling lonely: 22%
- Feeling sad or depressed: 35%
- Thoughts of wanting to die by suicide: 15%
- Feeling hopeless or like you will never be happy: 14%

*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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