

Agricultural Producer Stress: Colorado Statewide Report

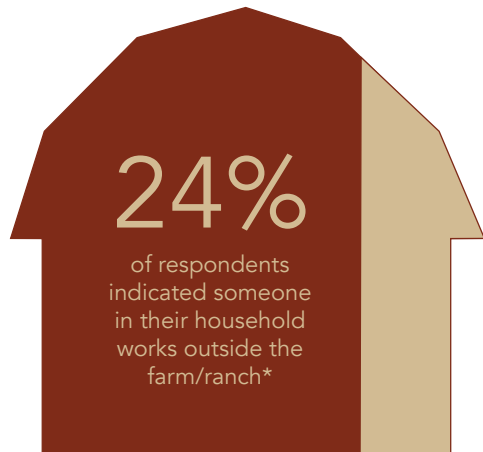
Western Regional Agricultural Stress Assistance Program (WRASAP) Baseline Survey Data

This baseline survey project is part of a larger USDA-funded grant initiative called WRASAP (to learn more visit farmstress.us). The aim of this survey was to better understand the types of stressors that agriculture producers are currently facing, as well as what types of stress management topics and dissemination strategies they would most prefer. These results will help to inform future WRASAP outreach and programming.

Who were our survey respondents?

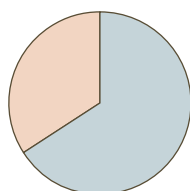


14 Average number of years
respondents have worked
in agriculture



*most commonly in the field of Education

Marital Status

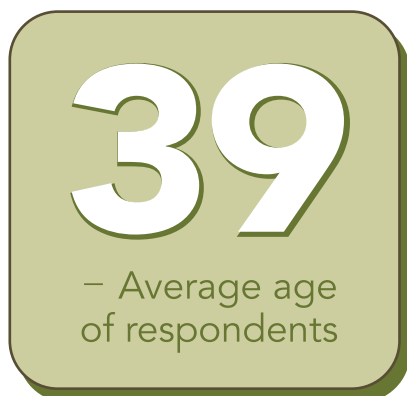
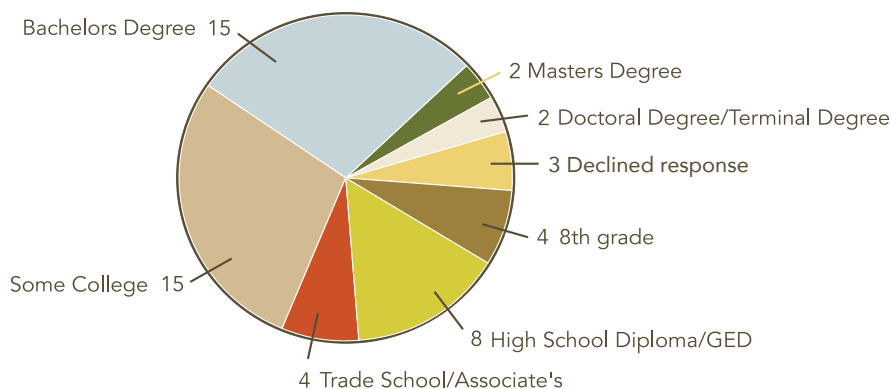


34% Female 66% Male
3 respondents did not answer this question

Ethnicity

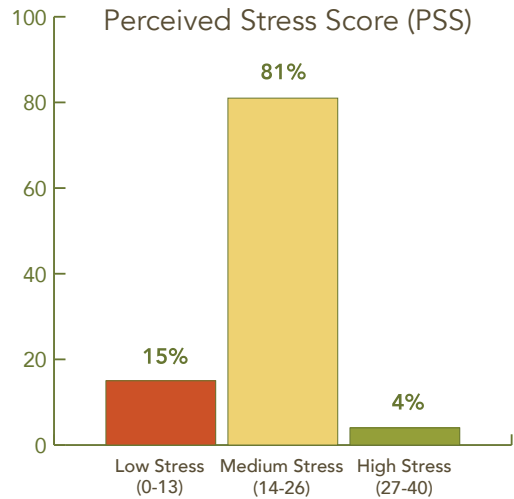
White 55%
African American 7%
Native American 31%
Hispanic 7%
Asian American 0%
Bi-racial 0%

Highest Level of Education Completed (# of respondents)

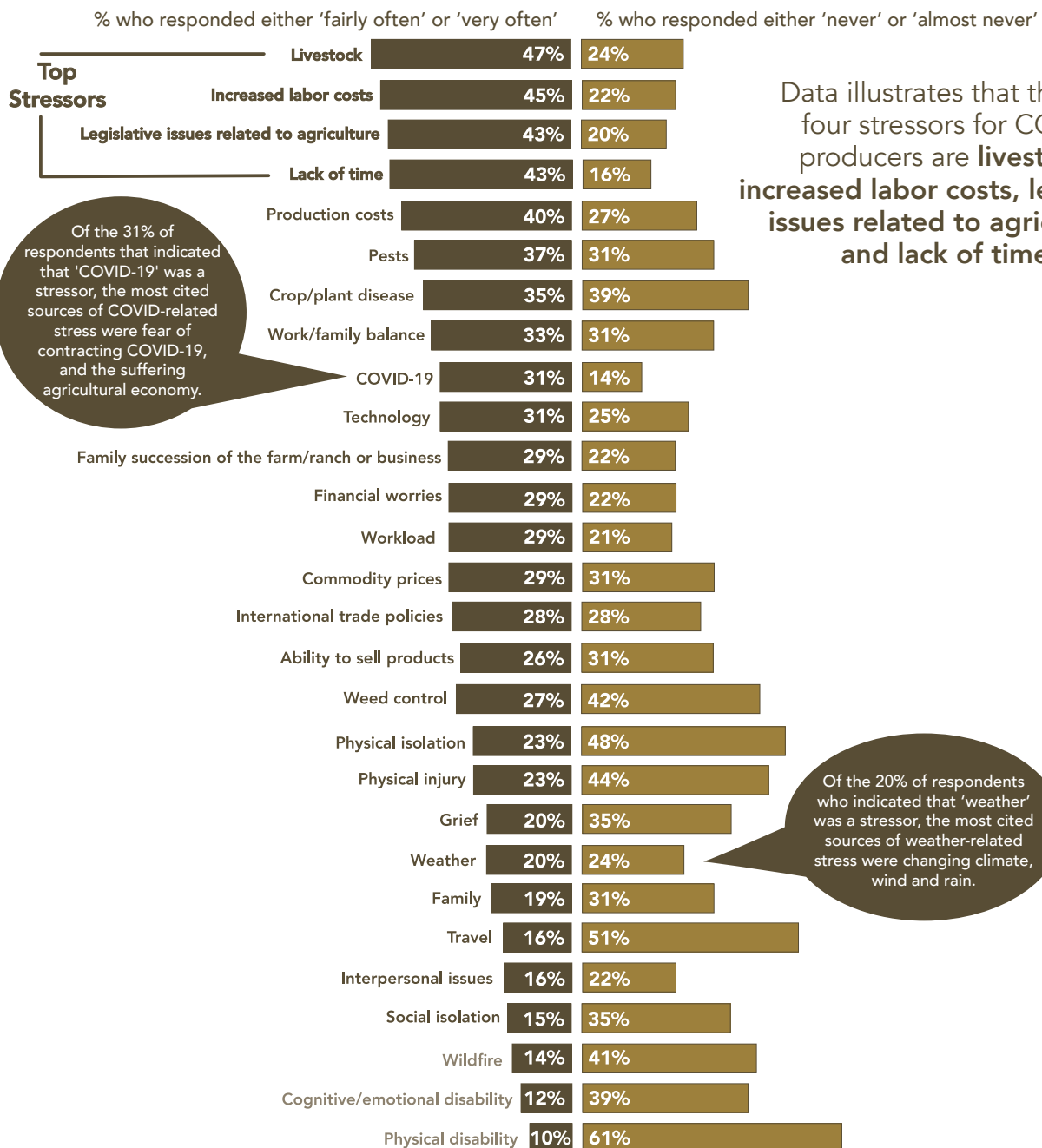


This survey utilized the Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are considered stressful.

Based on their PSS scores, on average, Colorado agricultural producers are experiencing a **MEDIUM LEVEL** of stress (average = 19)



Within the last year, please indicate how often the following led you to experience stress?

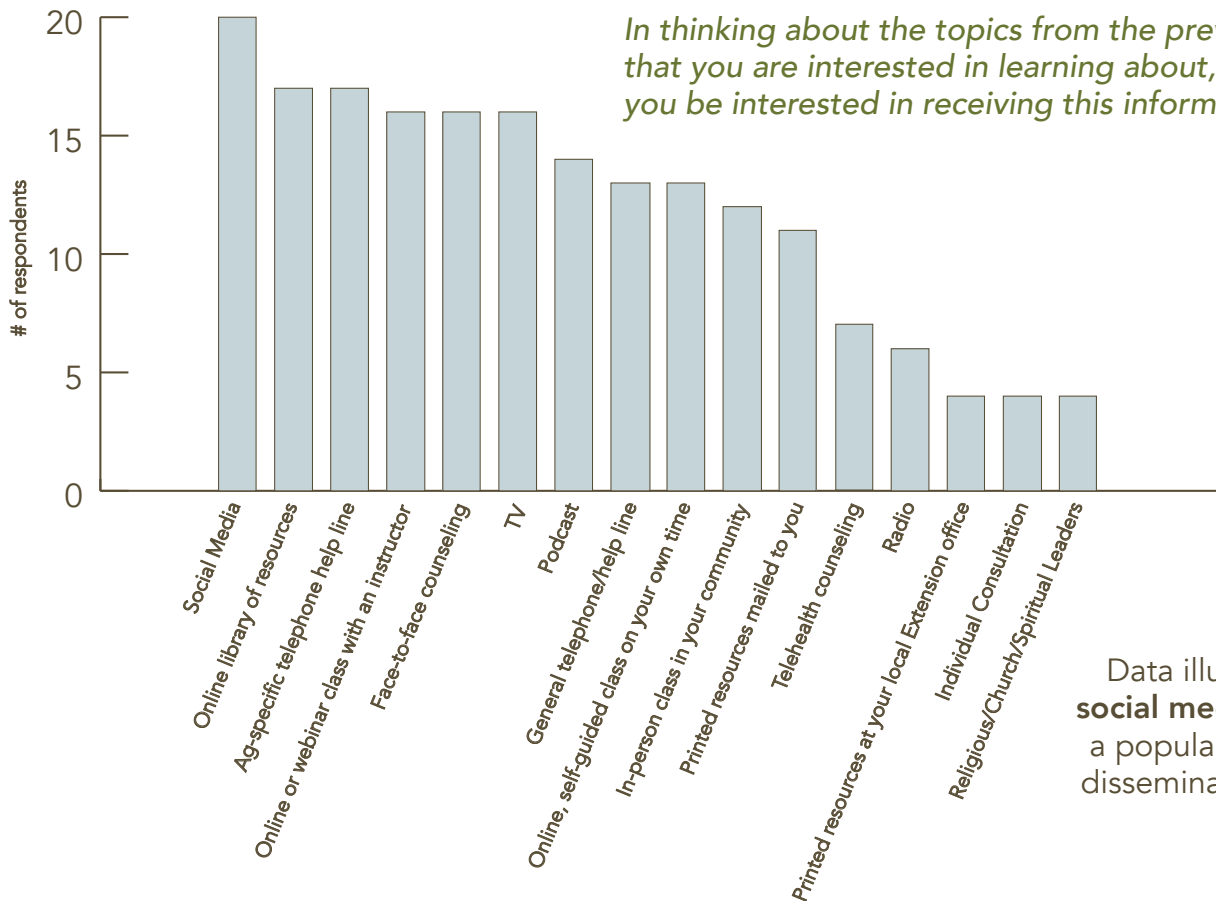
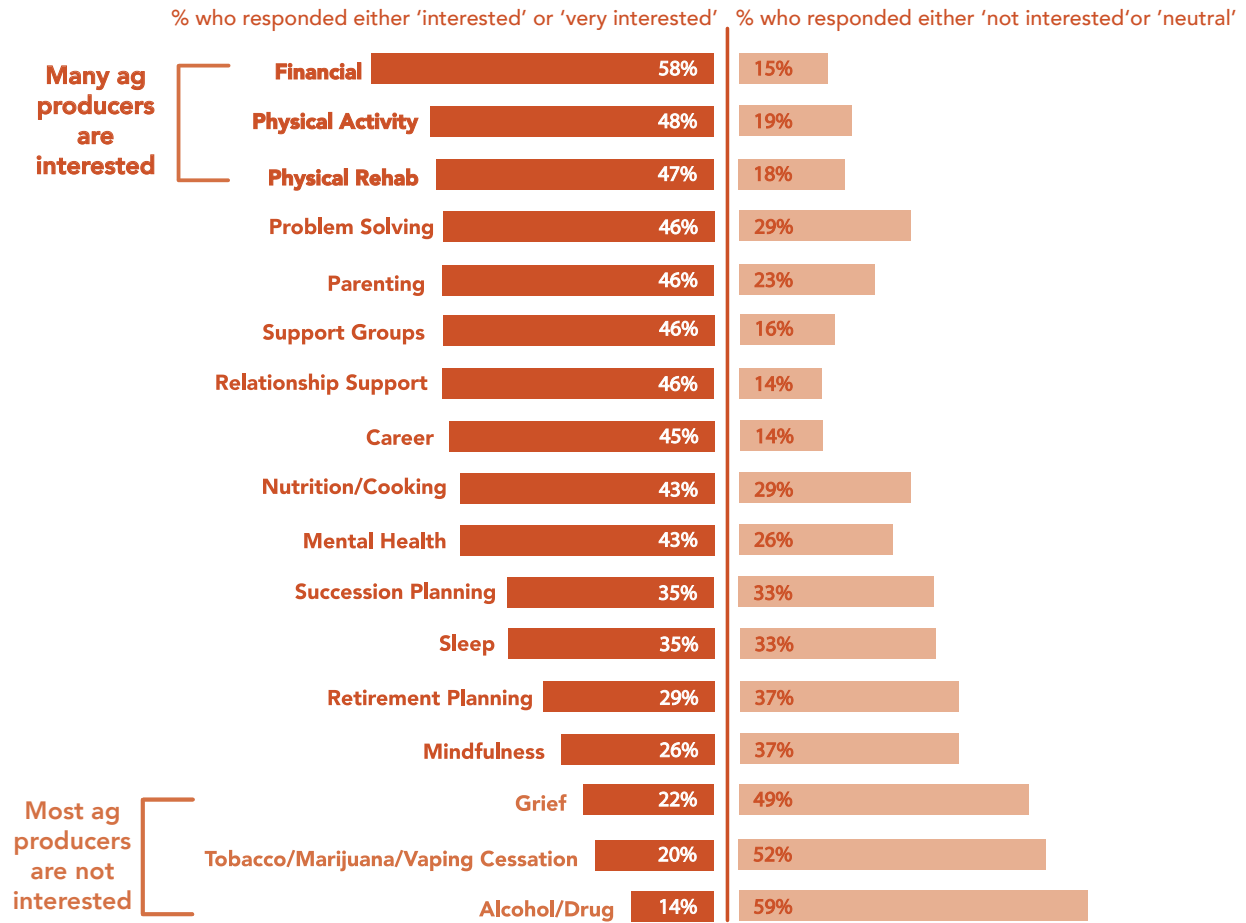


Data illustrates that the top four stressors for CO ag producers are **livestock, increased labor costs, legislative issues related to agriculture and lack of time.**

Of the 31% of respondents that indicated that 'COVID-19' was a stressor, the most cited sources of COVID-related stress were fear of contracting COVID-19, and the suffering agricultural economy.

Of the 20% of respondents who indicated that 'weather' was a stressor, the most cited sources of weather-related stress were changing climate, wind and rain.

To help you manage and/or cope with your stress, how interested would you be to learn about the following topics if the content was made available to you?

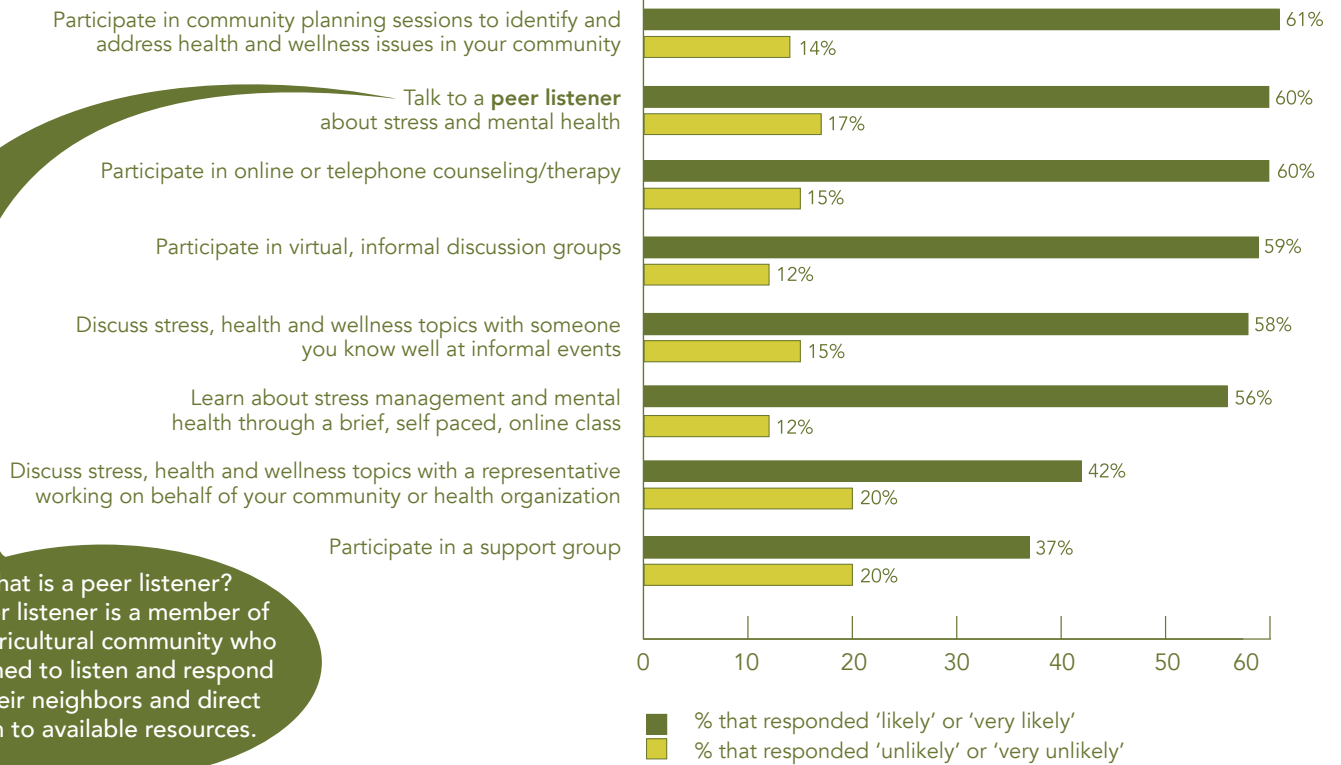


In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in receiving this information?

Data illustrates that **social media** would be a popular information dissemination strategy.

This grant initiative also involves specific outreach and education projects. In order to gauge interest in some of the projects that have already begun, we asked ag producers throughout Colorado how likely they would be to participate in such a project if it were made available in their communities.

Likelihood of Participation in Specific Education and Outreach Projects



Comments from survey respondents

During freezes or hails, in one evening our income can evaporate and our business plan switches from growth mode to survival mode. It may take several years to recover from a serious crop loss."

There's a lot of pressure to be efficient in what we do. Our survival is very much tied to the efficiency of our labor."

For more information on the data in this report, please contact Dr. Lorann Stallones, lorann.stallones@colostate.edu. Please also visit farmstress.us.

This report was compiled by Dr. Michelle Grocke, Dr. Alison Brennan, Dr. Brenda Freeman, Dr. Lorann Stallones, Madison Besterfield, Kara Erickson and Jessica Gutheil. Design by Lori Mayr.



WRASAP
Western Regional Agricultural Stress Assistance Program



The U.S. Department of Agriculture (USDA), Colorado State University, Montana State University and Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status.

The Western Regional Agricultural Stress Assistance Program is supported by the USDA Farm and Ranch Stress Assistance Network, under agreement number: 2020-70028-32731 proposal number: 2020-07631.