

Agricultural Producer Stress: Wyoming Statewide Report

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

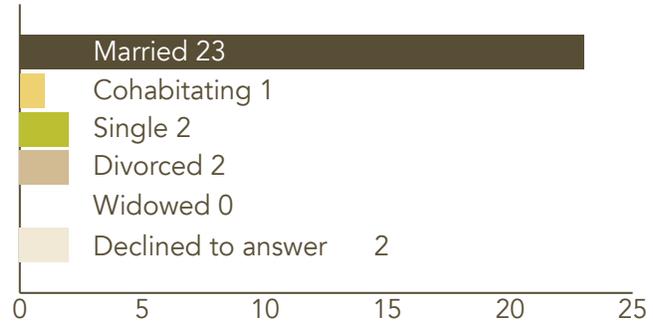
This baseline survey project is part of a larger USDA-funded grant initiative called WRASAP (to learn more visit farmstress.us). The aim of this survey was to better understand the types of stressors that agriculture producers are currently facing, as well as what types of stress management topics and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

Who were our survey respondents?

30
Wyoming
residents completed
the survey

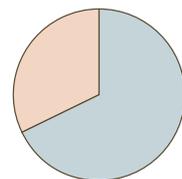
10 Average number of years
respondents have worked
in agriculture

Marital Status



21%
of respondents
indicated someone
in their household
works outside the
farm/ranch*

*most commonly in the field of Animal Care

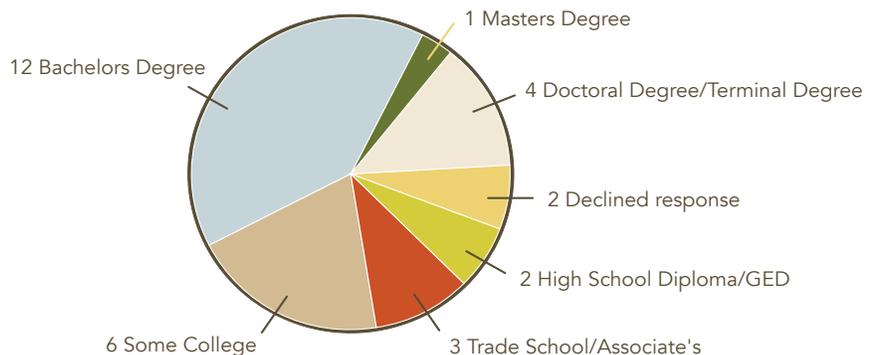


32% Female 68% Male
2 respondents did not respond to this question

Ethnicity

White 67%
African American 7%
Native American 18%
Hispanic 4%
Asian American 0%
Bi-racial 4%

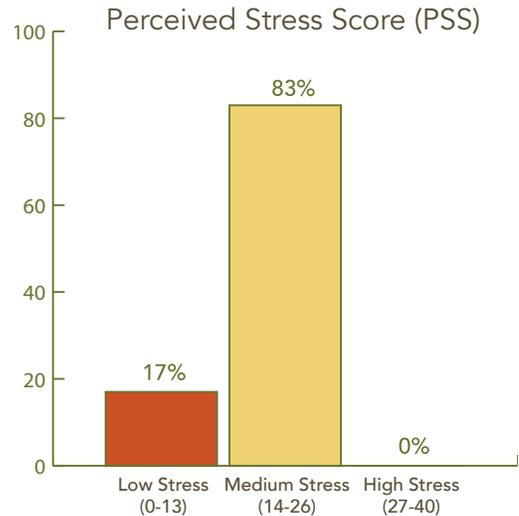
Highest Level of Education Completed (# of respondents)



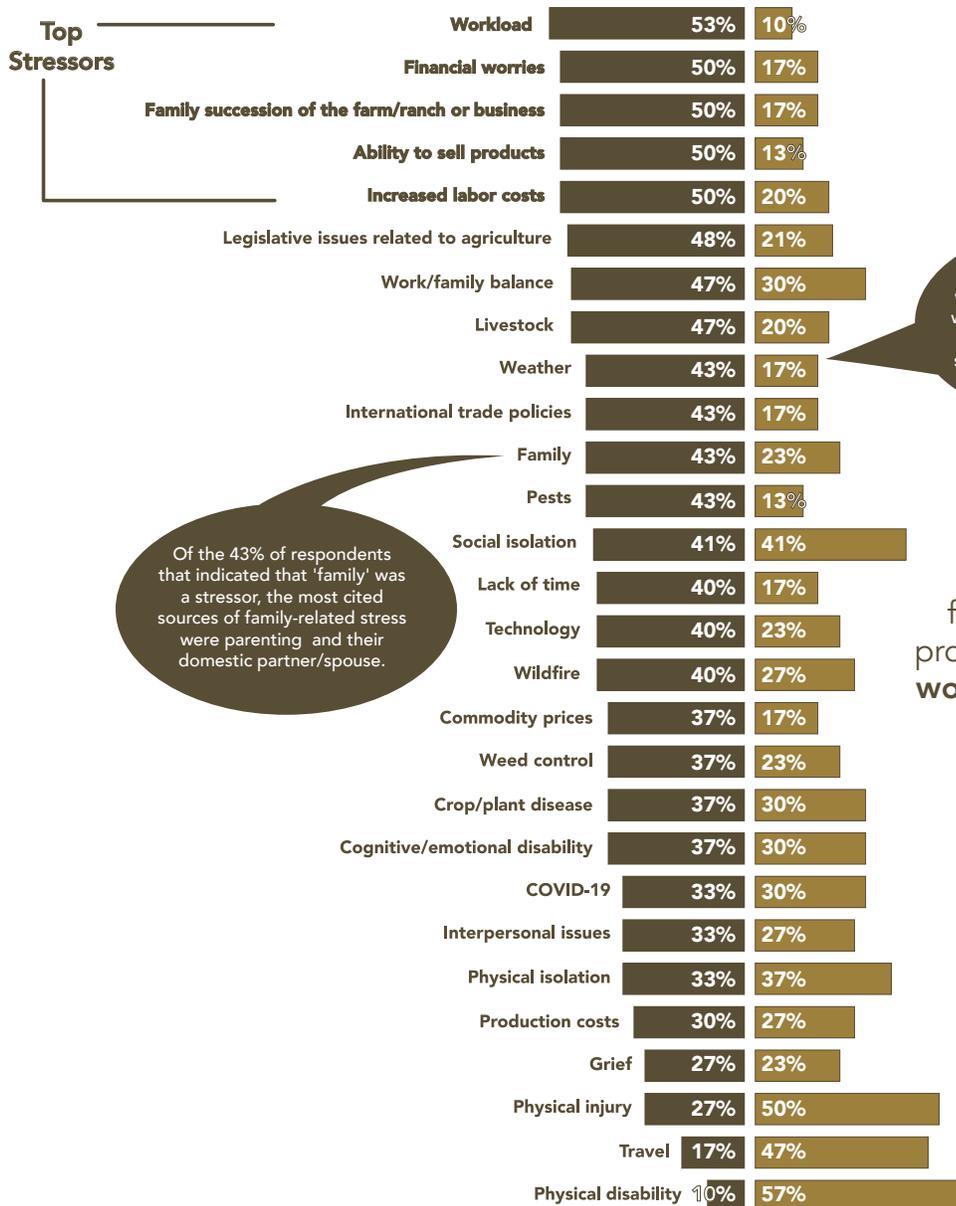
39
– Average age
of respondents

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, Wyoming agricultural producers are experiencing a **MEDIUM LEVEL** of stress (average = 18)



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

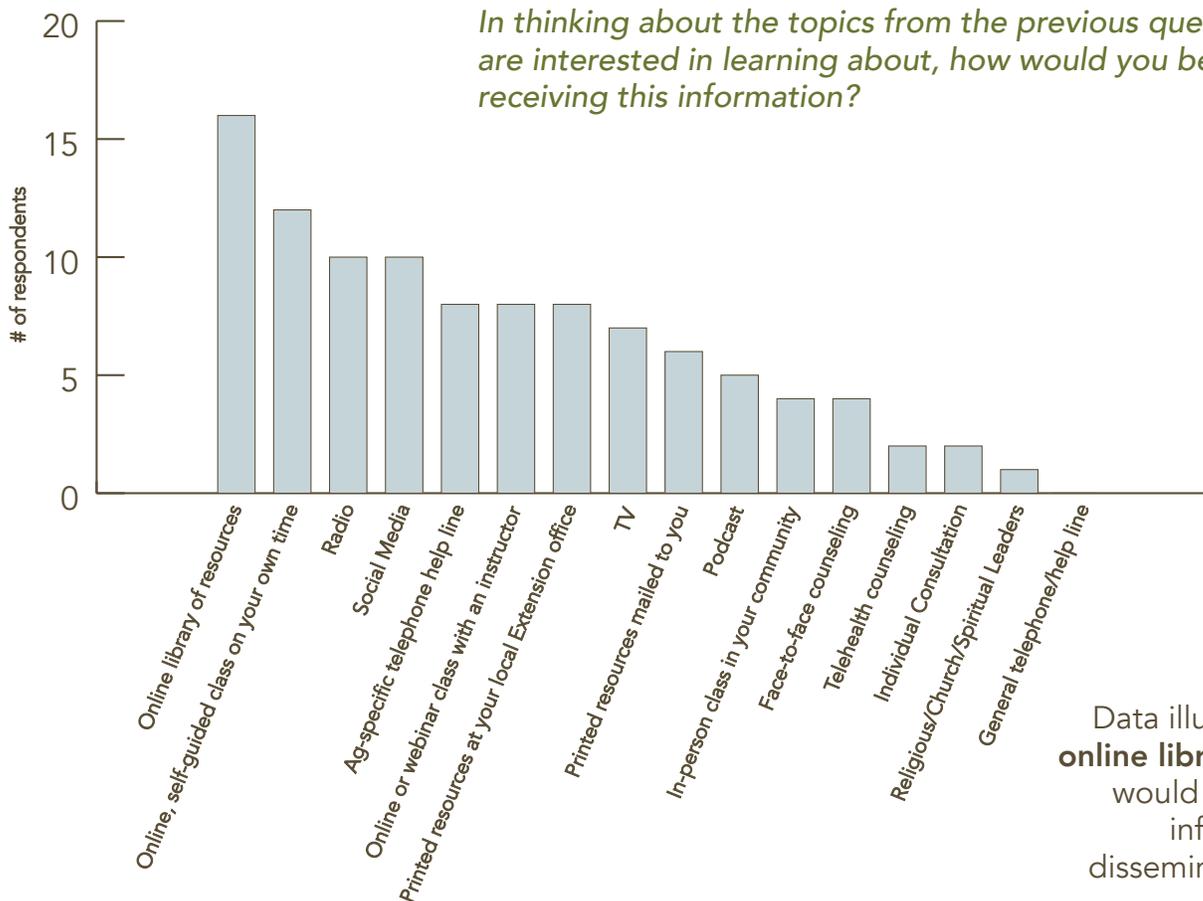
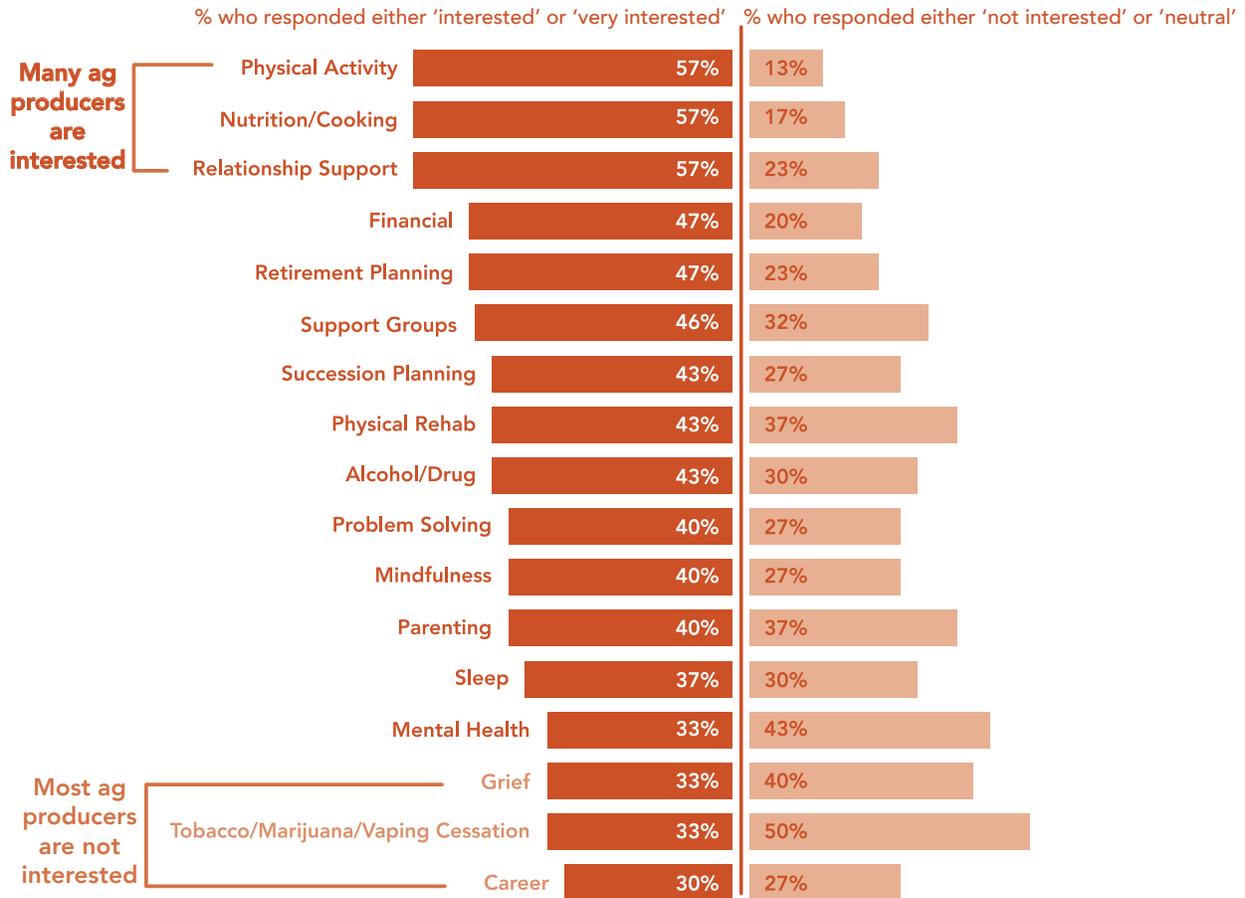


Of the 43% of respondents that indicated that 'family' was a stressor, the most cited sources of family-related stress were parenting and their domestic partner/spouse.

Of the 43% of respondents who indicated that 'weather' was a stressor, the most cited sources of weather-related stress were changing climate and wind.

Data illustrates that the top five stressors for Wyoming ag producers are **workload, financial worries, family succession of the farm/ranch or business, ability to sell products and increased labor costs.**

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 an **online library of resources** 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 Wyoming 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



What is a peer listener?
 A peer listener is a member of the agricultural community who is trained to listen and respond to their neighbors and direct them to available resources.

Comments from survey respondents

My husband was in a horse accident.
 Working with animals, there's always that possibility

Weather is the most challenging to deal with, as far as having no control over whether or not we get moisture, how much, and when.

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

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WRASAP
 Western Regional Agricultural Stress Assistance Program



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