

# Agricultural Producer Stress: Northern Mariana Islands Territory Report

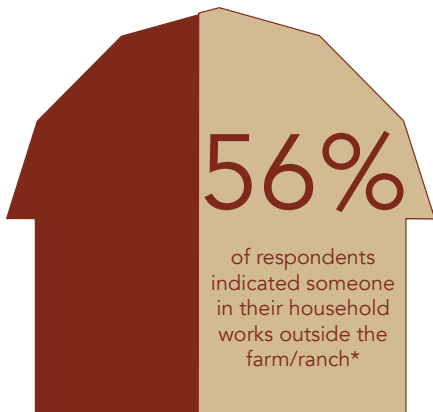
Western Regional Agricultural Stress Assistance Program (WRASAP) Baseline Survey Data

This baseline survey project is part of a larger USDA-funded grant initiative called WRASAP (to learn more visit [farmstress.us](http://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?

# 36

Northern Mariana Islands (NMI) residents completed the survey

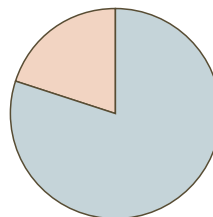
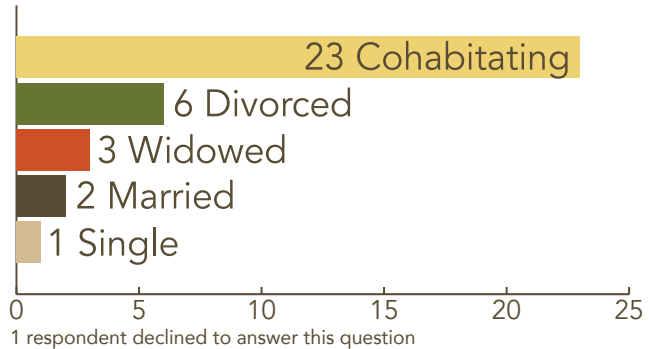


\*most commonly in the field of government

# 26

Average number of years respondents have worked in agriculture

### Marital Status

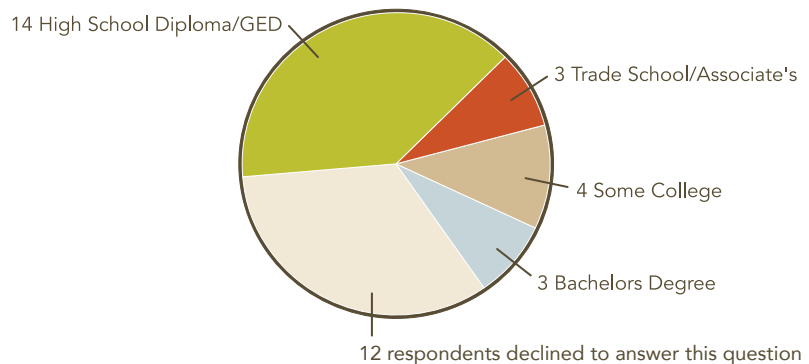


80% Male  
20% Female

### Ethnicity

- White 65%
- Native American 11%
- Bi-racial 5%
- African American 4%
- Hispanic 1%
- Asian American 1%

### Highest Level of Education Completed (# of respondents)



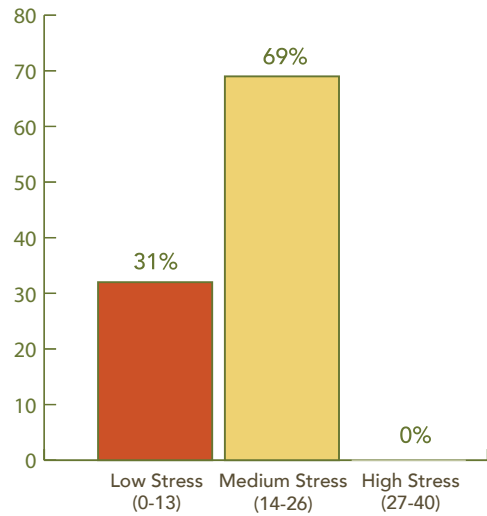
# 56

– Average age of respondents

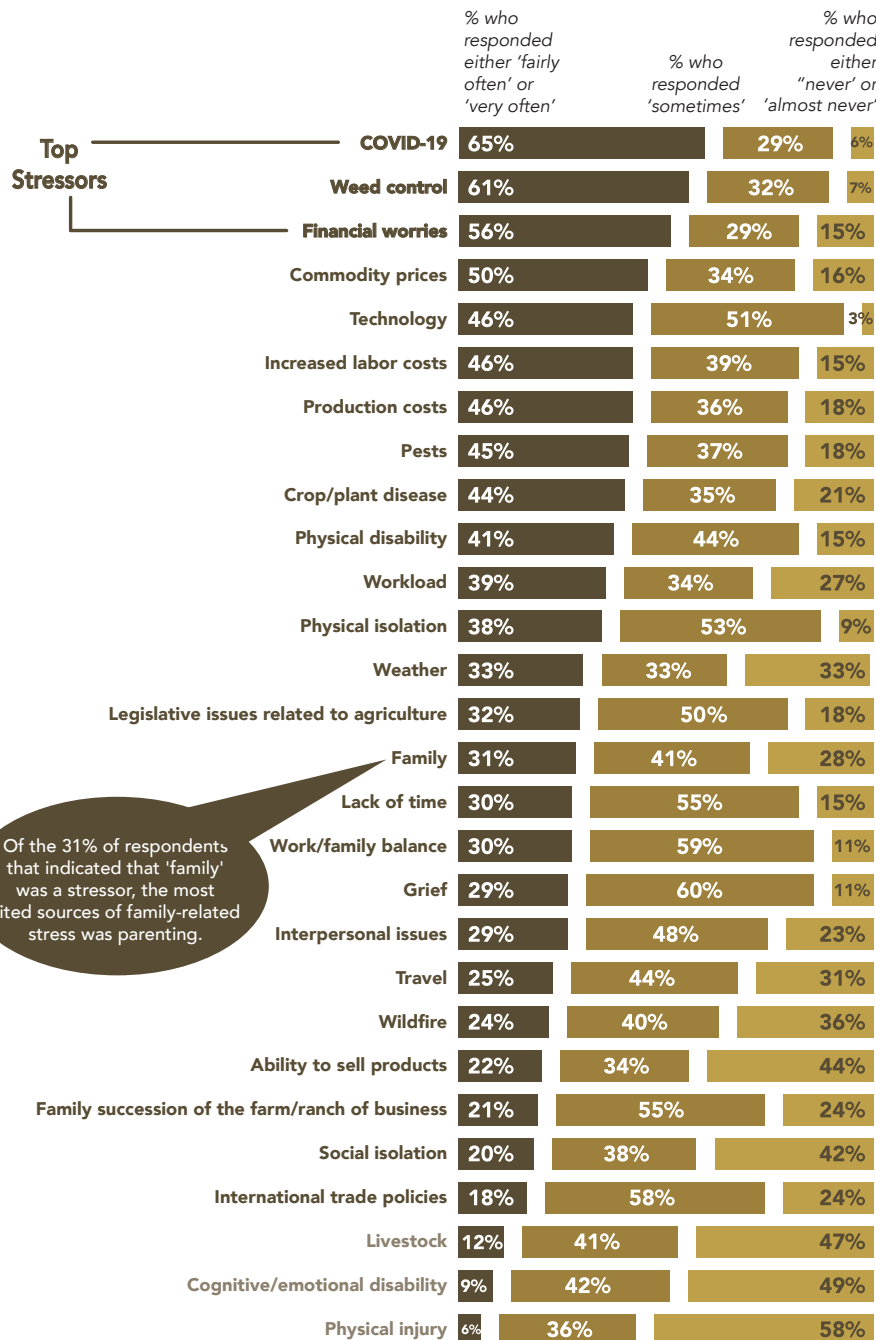
This survey utilized the Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are considered stressful.

Based on their PSS scores, on average, NMI agricultural producers are experiencing a **MEDIUM LEVEL** of stress (average = 16)

Perceived Stress Score (PSS)



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

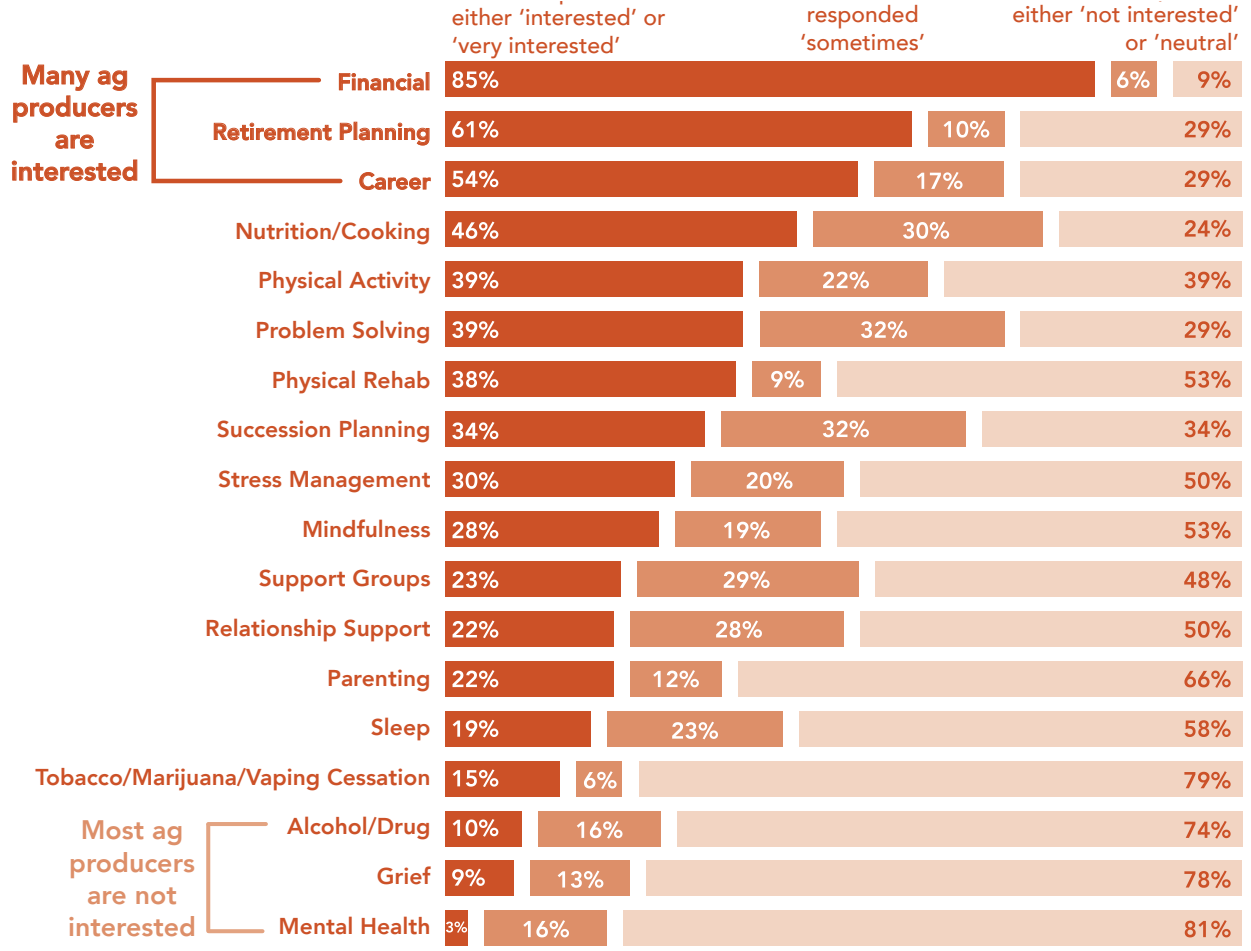


Data illustrates that the top three stressors for FSM ag producers are **COVID-19, weed control and financial worries.**

Of the 31% of respondents that indicated that 'family' was a stressor, the most cited sources of family-related stress was parenting.

Of the 33% of respondents who indicated that 'weather' was a stressor, the most cited sources of weather-related stress were heat, wind and drought.

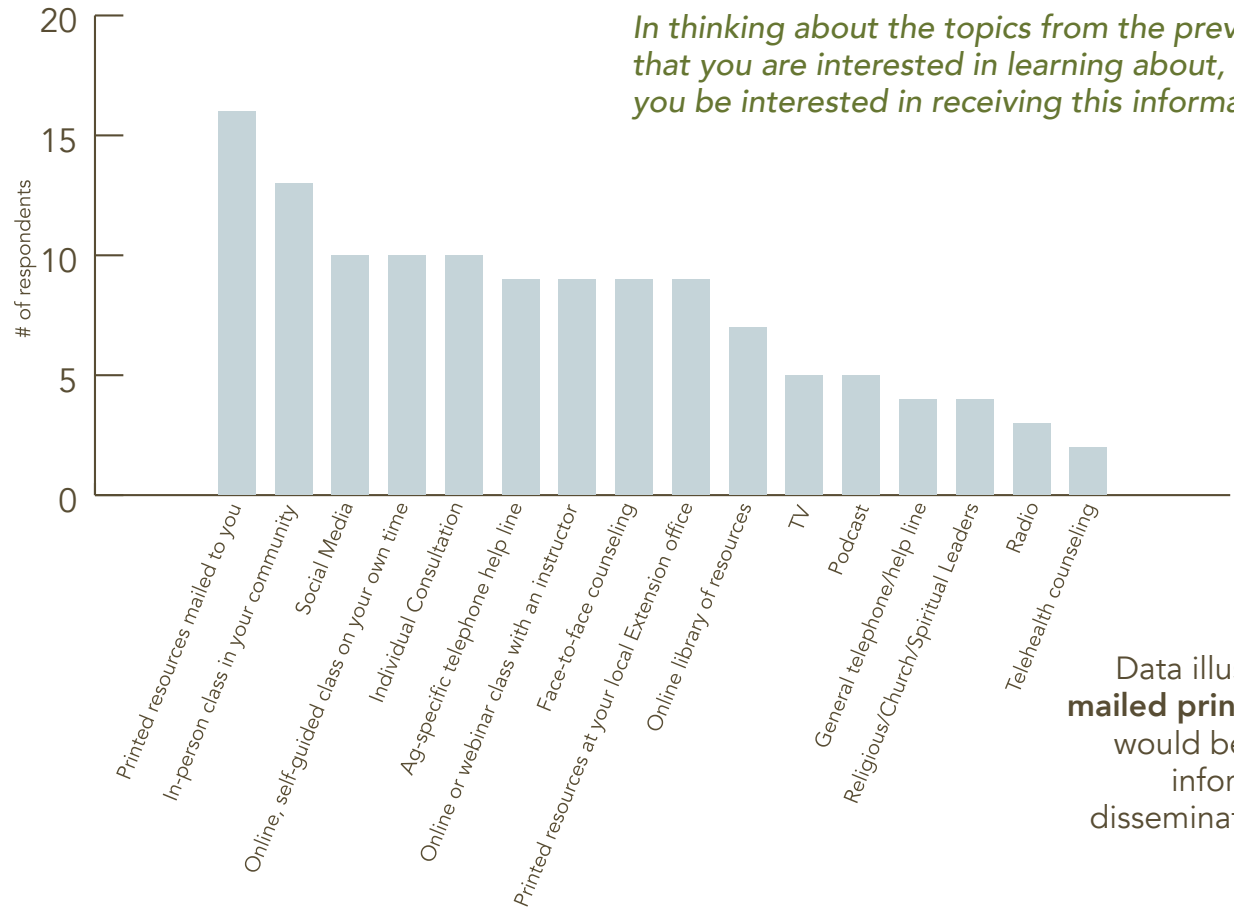
To help you manage and/or cope with your stress, how interested would you be to learn about the following topics if the content was made available to you?



Many ag producers are interested

Most ag producers are not interested

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 mailed printed 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 FSM 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

address health and wellness issues in your community

Discuss stress, health and wellness topics with someone you know well at informal events

Discuss stress, health and wellness topics with a representative working on behalf of your community or health organization

Talk to a peer listener about stress and mental health

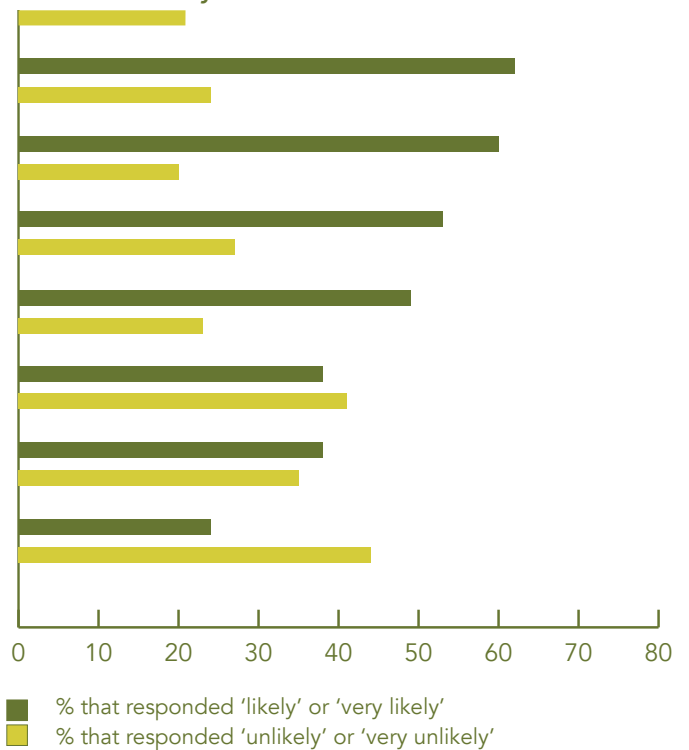
Participate in a support group

Participate in virtual, informal discussion groups

Learn about stress management and mental health through a brief, self paced, online class

Participate in online or telephone counseling/therapy

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

*Everyone has different problems, but everything changes on you perceive the issue.*

*Sharing our feelings is important, if not formal, then more informal with friends and family.*

For more information on the data in this report, please contact Dr. Kuan-Ju Chen, [chenkj@triton.uog.edu](mailto:chenkj@triton.uog.edu), or Dr. Michelle Grocke, [michelle.grocke@montana.edu](mailto:michelle.grocke@montana.edu). Please also visit [farmstress.us](http://farmstress.us).

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**WRASAP**  
Western Regional Agricultural Stress Assistance Program



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