

STATE REPORT ON CALIFORNIA AG WORKER STRESS

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

Survey Demographics

101

Agricultural workers completed the survey

41 Average age of respondents

12 Average number of years respondents have worked in agriculture

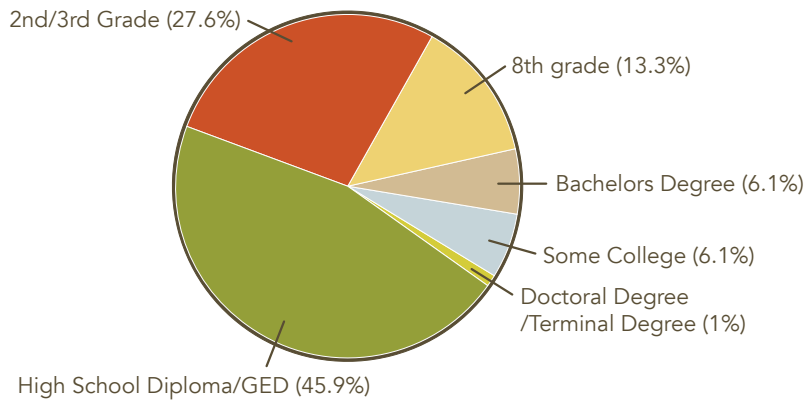
Gender

Female (61%)

Male (39%)

1 respondent declined to answer this question

Highest Level of Education



Ethnicity

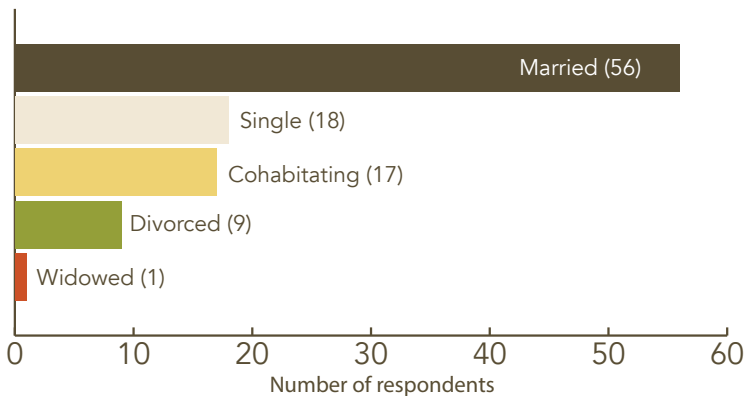
- Hispanic or Latino 79%
- White or European American 18%
- Asian or Asian American 3.0%
- American Indian or Alaskan Native 1.0%
- Prefer not to answer 1%

Native/Primary Language

- Spanish 69%
- English 22%
- Didn't answer 9%

respondents could select more than one answer this question

Marital Status



Work Schedules

82% Work Full-Time

18% Work Part-Time

51% Work Seasonally

33% Work Year-Round

16% Migrant Farm Workers



71% of respondents hold at least one additional job in addition to their work on a farm or ranch.

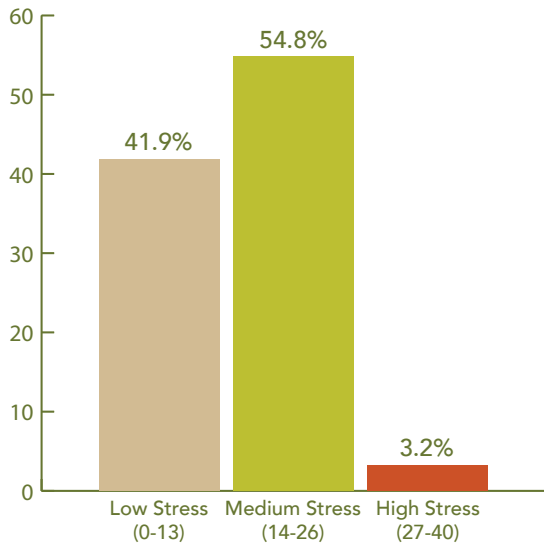
Perceived Stress Score

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, agricultural workers throughout California are experiencing a **MEDIUM LEVEL** of stress (average PSS score =15.6)

A medium level PSS score indicates the respondent is experiencing a moderate amount of stress, which could be impacting their sleep, physical health, mental health and/or relationships with other people.

Perceived Stress Score (PSS)



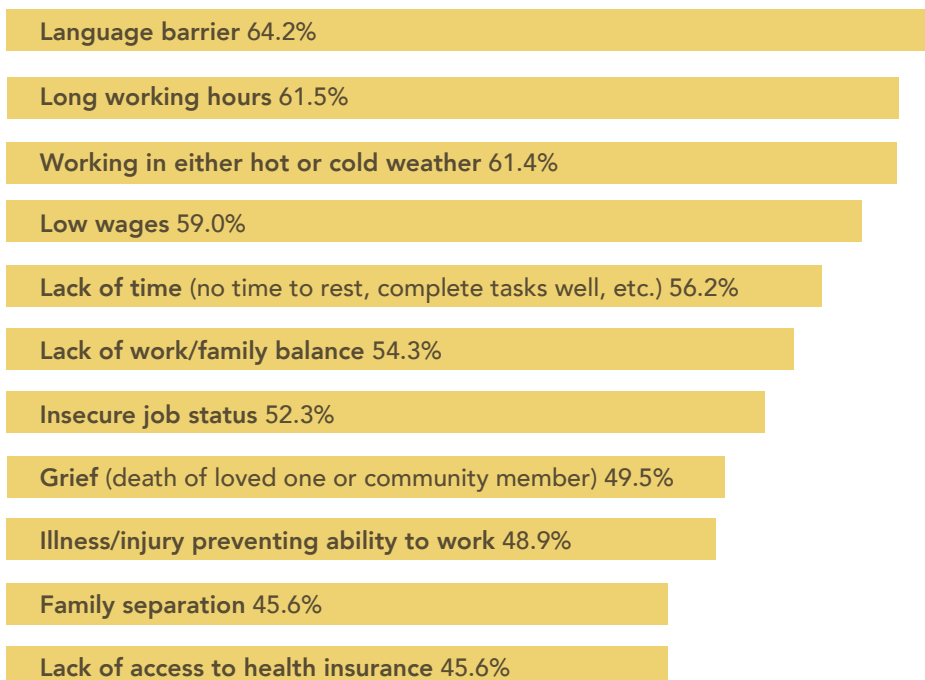
PSS did not vary significantly by age group or by gender.

Most respondents indicated that **WINTER (Dec-Feb)** was their **MOST STRESSFUL** time of year, whereas **SPRING (Mar-May)** was their **LEAST STRESSFUL**.

Stressors

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

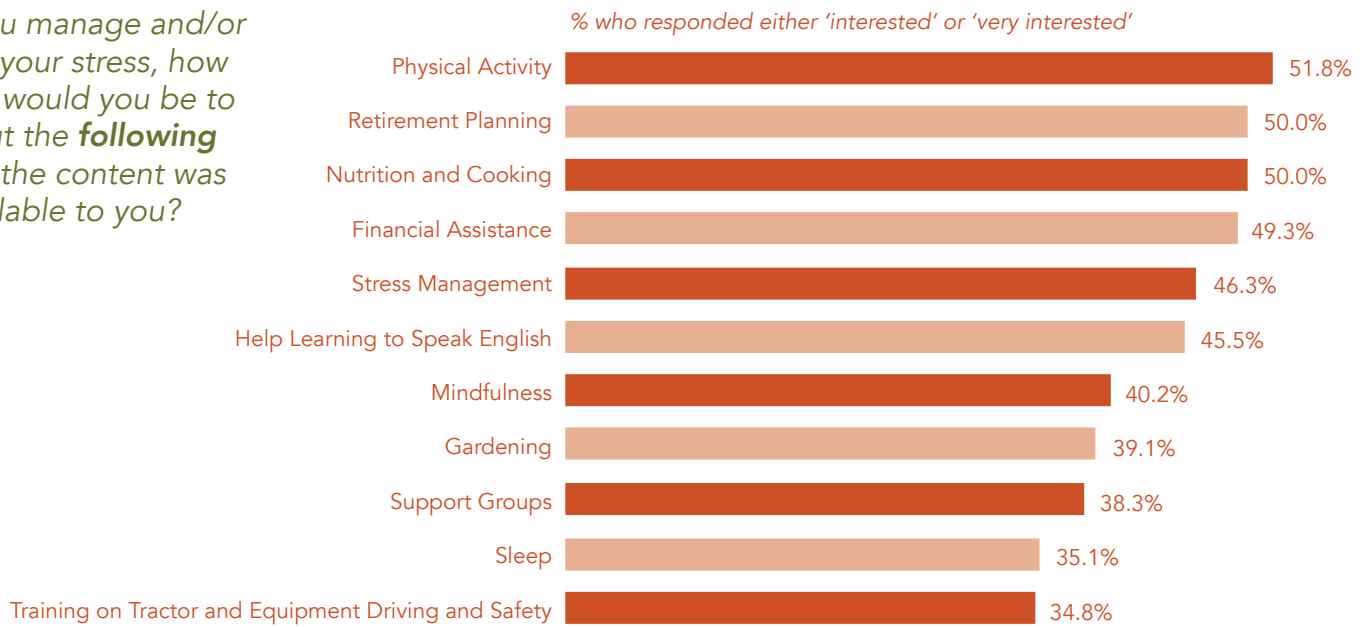
% who responded 'fairly often' or 'very often'



Top Stressors for California Agricultural Workers

Topics of Interest

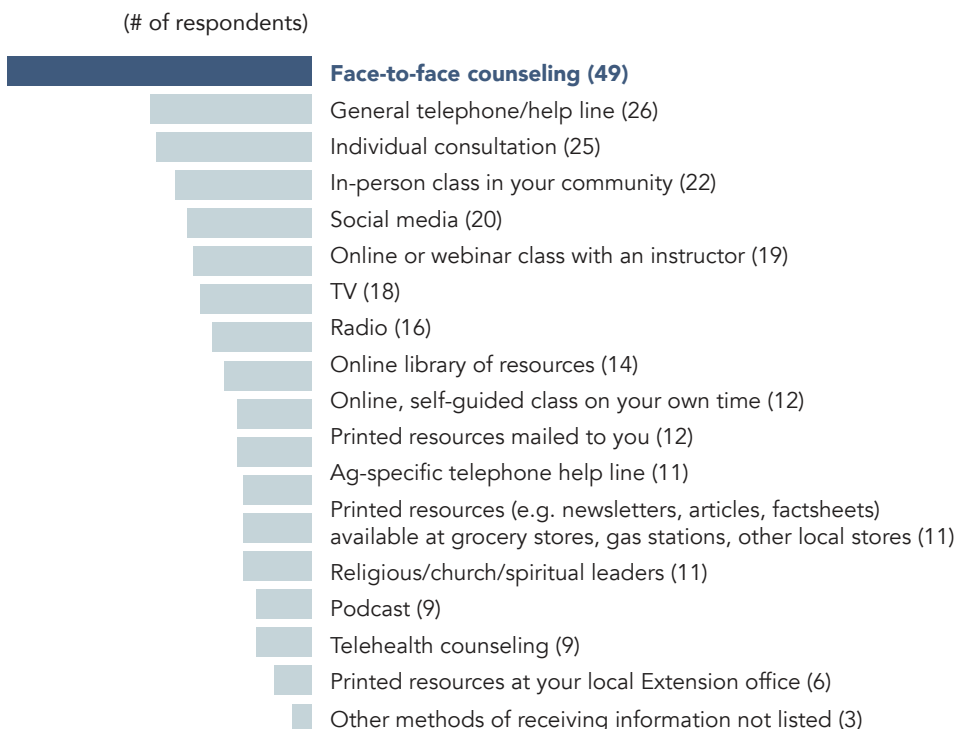
To help you manage and/or cope with your stress, how interested would you be to learn about the **following topics*** if the content was made available to you?



*Participants were asked about numerous other topics. The top ten topics are listed here.

Methods of Receiving Information

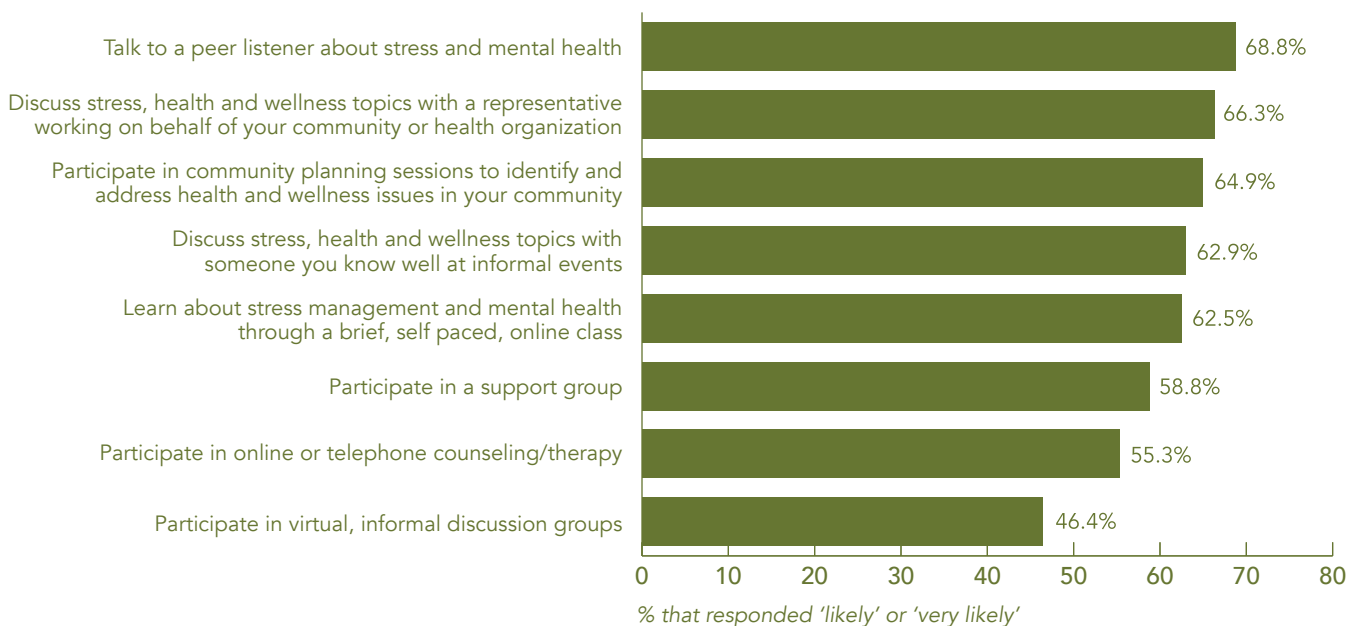
In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in **receiving this information?**



Face-to-Face Counseling
was the respondents'
preferred method for
receiving information

Participation in WRASAP Outreach Programs

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 agricultural workers throughout California how likely they would be to participate in such a project if it were made available in their communities.



WRASAP

Western Regional Agricultural
Stress Assistance Program

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 is to better understand the types of stressors that agriculture workers 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.

This report was compiled by Dr. Alison Brennan, Dr. Michelle Grocke, Heather Weas, and Alexandra Nelson. Design by Lori Mayr.

For more information on the data in this report, please contact Dr. Michelle Grocke, michelle.grocke@montana.edu. Please also visit farmstress.us.

Accessible versions of this document are available.
Please visit farmstress.us or call 406.994.6969 to request a copy or more information.

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.