

# STATE REPORT ON WASHINGTON AG WORKER STRESS

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

## Survey Demographics

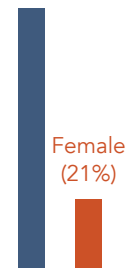
**59**  
Agricultural workers completed the survey

**41** Average age of respondents

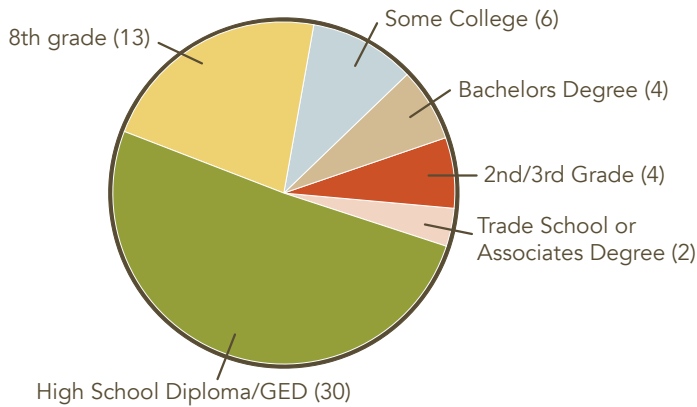
**19** Average number of years respondents have worked in agriculture

### Gender

Male (79%)



## Highest Level of Education

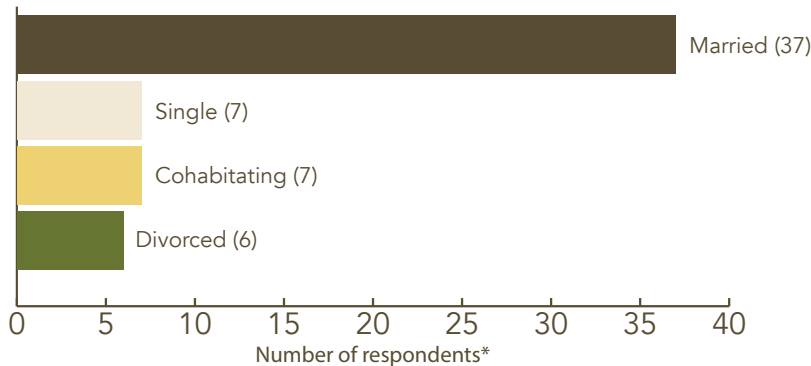


## Ethnicity

- Hispanic or Latino 74.6%
- White or European American 22%
- Asian or Asian American 5.1%
- Native Hawaiian or Pacific Islander 3.4%
- Black or African American 1.7%
- Middle Eastern or North African 1.7%

respondents could select more than one answer this question

## Marital Status



\*2 respondents declined to answer this question

## Work Schedules

- 91.5% Work Full-Time
- 8.5% Work Part-Time
- 82.8% Work Year-round
- 13.8% Work Seasonally
- 3.4% Migrant Farm Workers

## Native/Primary Language

- Spanish 74.6%
- English 23.7%
- Didn't answer 1.7%



80% of respondents hold at least one additional job in addition to their work on a farm or ranch.

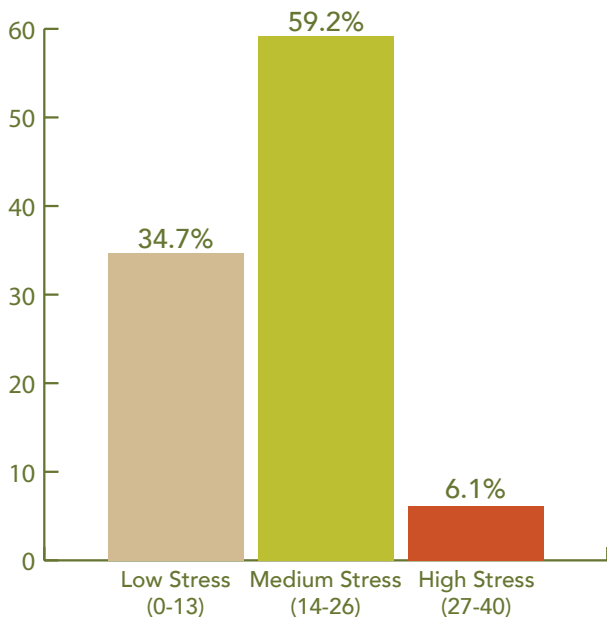
## Perceived Stress Score

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 Washington are experiencing a **MEDIUM LEVEL** of stress (average PSS score =15.8)

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)

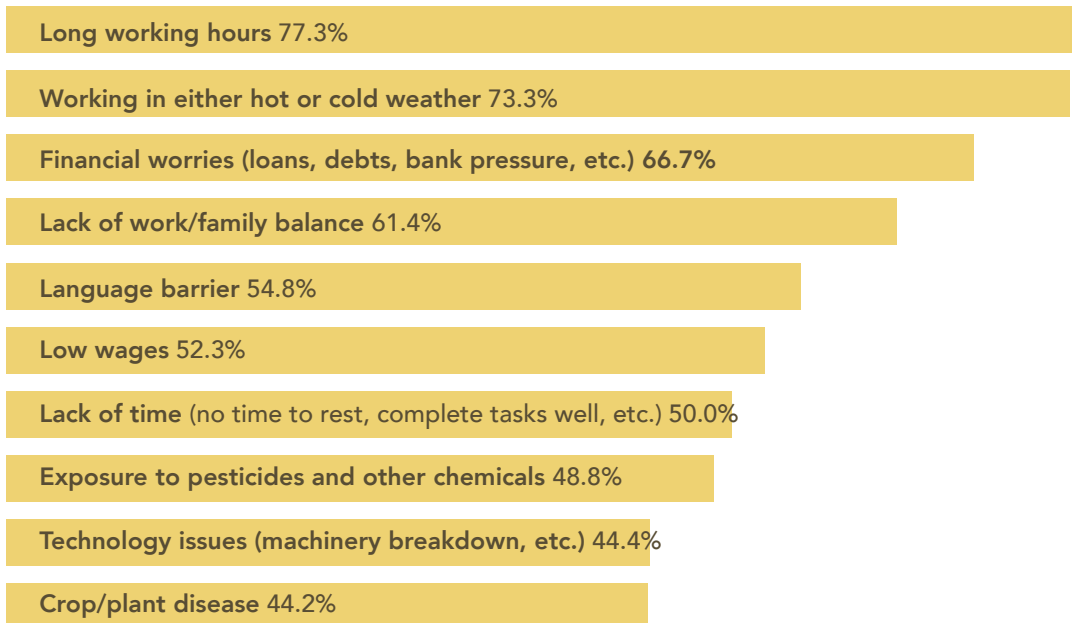


Most respondents indicated that **FALL (Sep-Nov)** and **WINTER (Dec-Feb)** were their **MOST STRESSFUL** times of year.

## Stressors

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

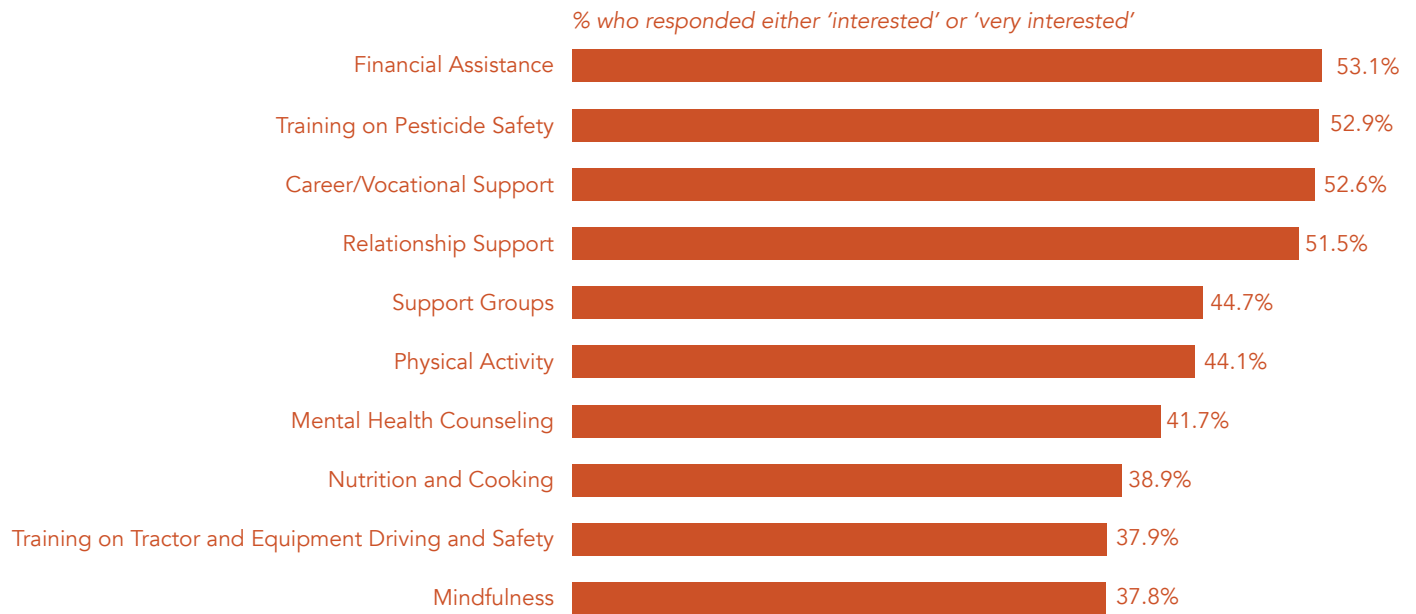
% who responded 'fairly often' or 'very often'



Top Stressors  
for Washington  
Agricultural  
Workers

## Topics of Interest

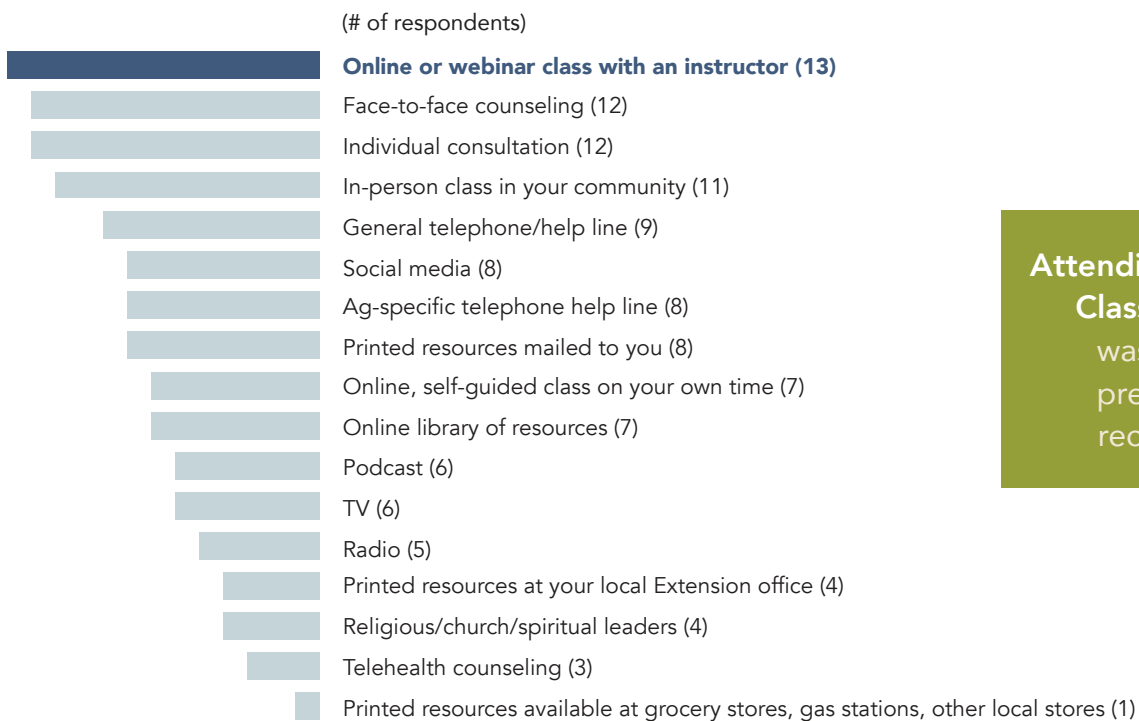
To help you manage and/or cope with your stress, how interested would you be to learn about the **following topics\*** if the content was made available to you?



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

## Methods of Receiving Information

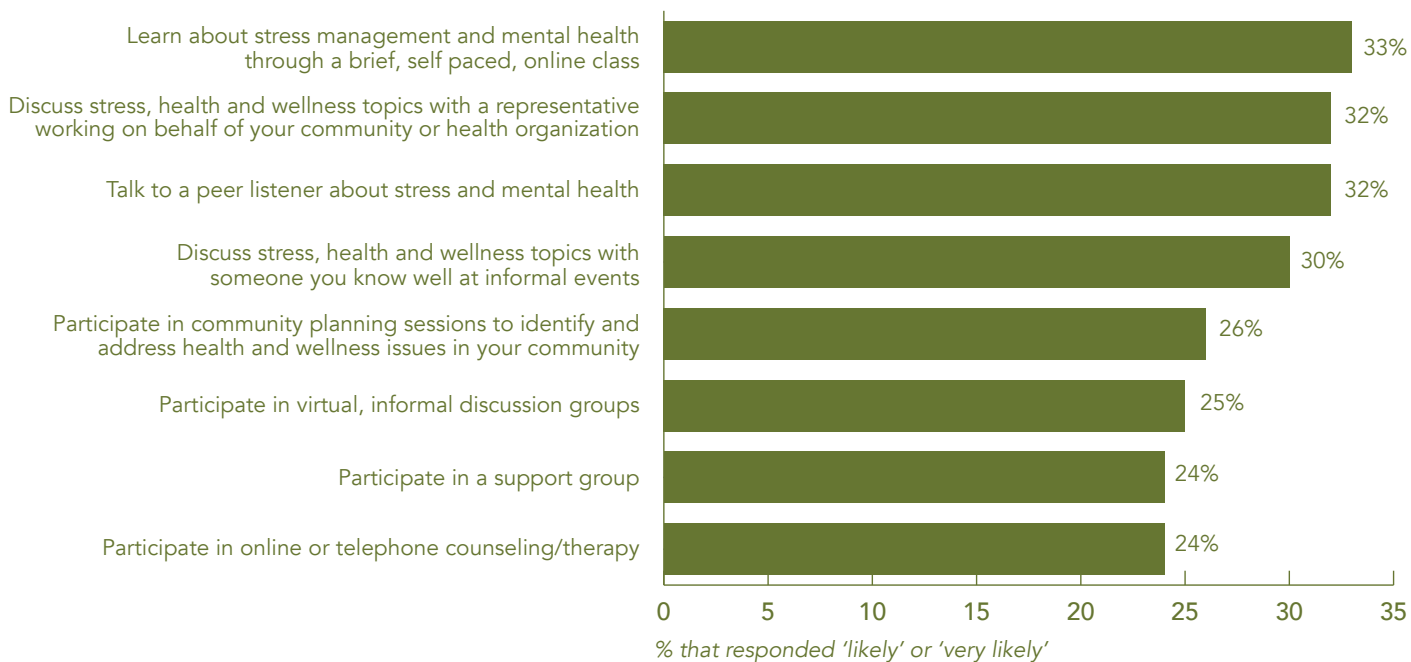
In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in **receiving this information?**



**Attending an Online Webinar Class with an Instructor** 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 Washington 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](http://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.

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Accessible versions of this document are available.  
Please visit [farmstress.us](http://farmstress.us) or call 406.994.6969 to request a copy or more information.

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