

# AGRICULTURAL WORKER STRESS:

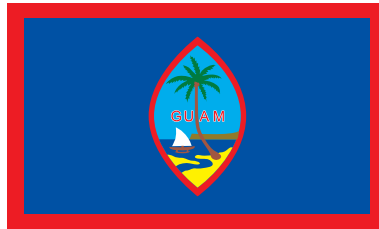
## Pacific Island Territories & Freely Associated States Report

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 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.



CHUUK



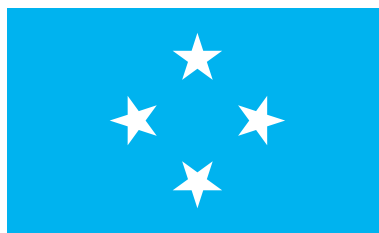
GUAM



POHNPEI



KOSRAE



FEDERATED STATES  
OF MICRONESIA



YAP



# 161

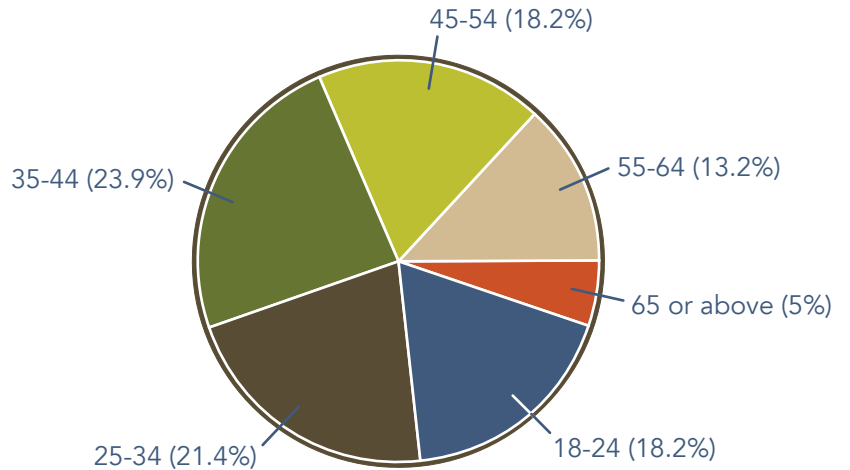
Individuals completed the survey

## Number of Respondents by Island\*

- American Samoa 6
- Guam 44
- Federated States of Micronesia 108
  - Micronesia (unspecified) 22
  - Kosrae 28
  - Pohnpei 23
  - Yap 21
  - Chuuk 14
- Northern Mariana Islands 3

\*Note Palau and Marshall Islands were not included in this survey.

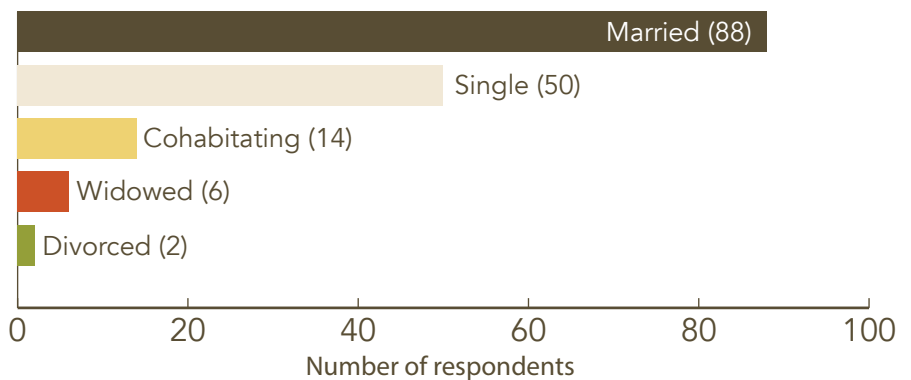
## Respondents by Age Groups



*The shortened growth cycles of vegetables has **increased production cost, but with no increase in sales revenue.** When there is a large amount of produce, it cannot be sold on time, resulting in losses.*

## Gender

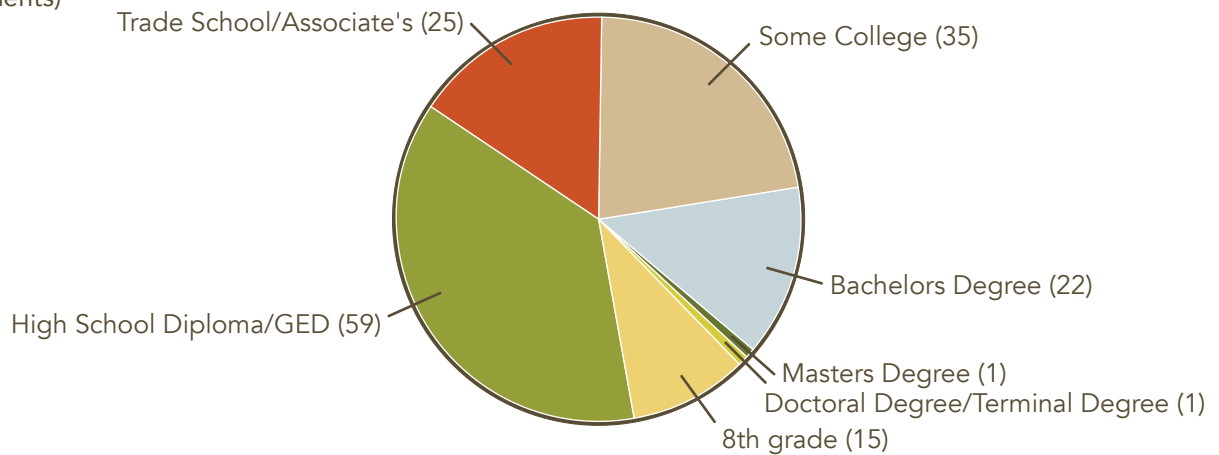
## Marital Status



1 respondent declined to answer this question

## Highest Level of Education

(# of respondents)



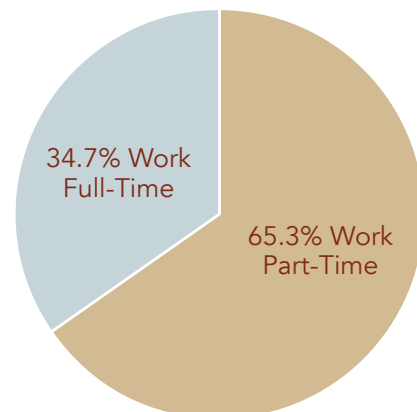
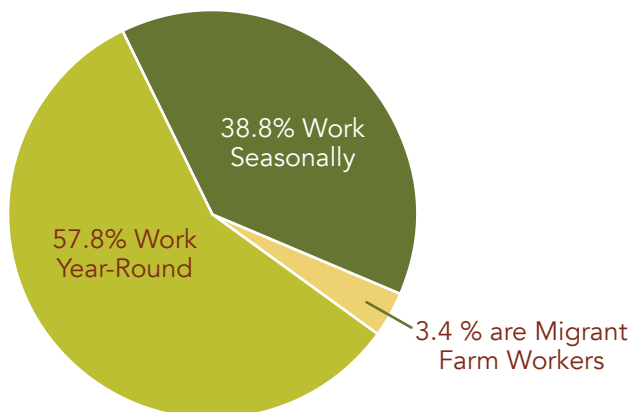
3 respondents declined to answer this question

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



All respondents **hold at least one additional job in addition to their work on a farm or ranch.**

## Work Schedules

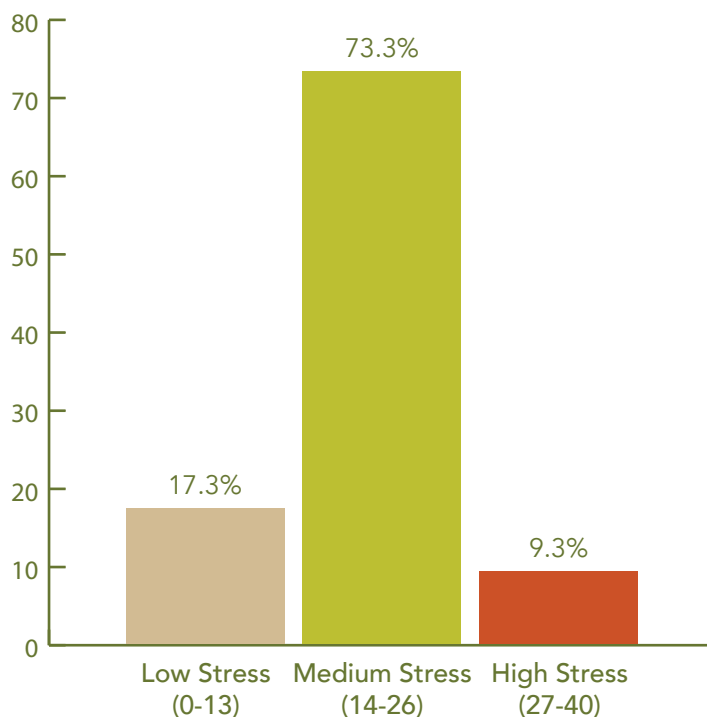


This survey utilized the Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are considered stressful.

Based on their PSS scores, on average, agricultural workers throughout this region are experiencing a **MEDIUM LEVEL** of stress (average PSS score =18.7)

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)



### Does ag worker stress vary by island?

- Micronesia (unspecified) 20.7
- Yap 19.6
- American Samoa 19.4
- Chuuk 19.4
- Pohnpei 19.1
- Northern Mariana Islands 18.7
- Guam 18.5
- Kosrae 16.3

PSS did not vary significantly by age group.

Females averaged a higher PSS score than males (20.6 and 17.5 respectively).

Most respondents indicated that **WINTER (Dec-Feb)** was their **MOST STRESSFUL** time of year, whereas **SUMMER (Jun-Aug)** was their **LEAST STRESSFUL**.



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

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



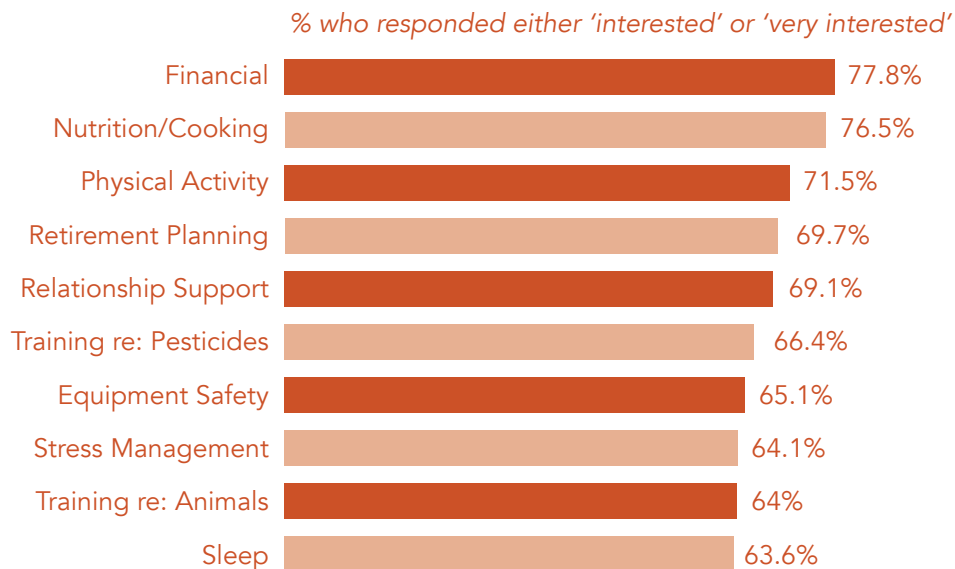
### Top Stressor by Island:

if more than one stressor is listed it is due to a tie



## 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?



## Preferred Stress Management Topic by Island:

if more than one topic is listed it is due to a tie

**Chuuk:**  
Alcohol/Drug Cessation,  
Career Vocational Support,  
Grief Counseling, & Tobacco,  
Marijuana, Vaping Cessation

**Guam:**  
Financial  
Assistance

**Pohnpei:**  
Nutrition/Cooking  
& Parenting

**Kosrae:**  
Financial  
Assistance

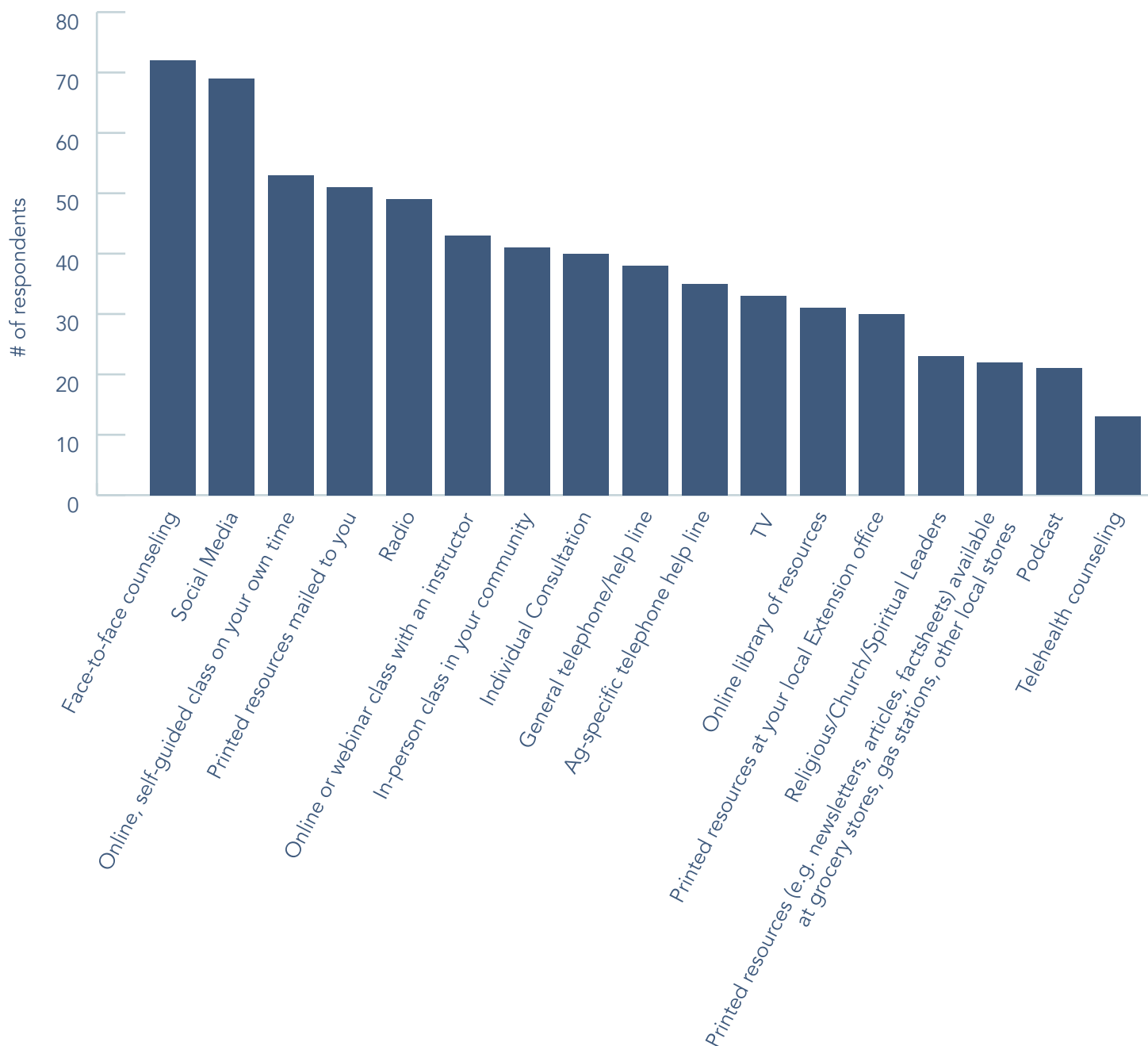
**Micronesia  
(unspecified):**  
Nutrition/Cooking

**Yap:**  
Nutrition/Cooking



*“ A positive attitude and a spirit of perseverance and never giving up [are the traits I have that give me strength]. Life has become more difficult, but we can work together to overcome these challenges. ”*

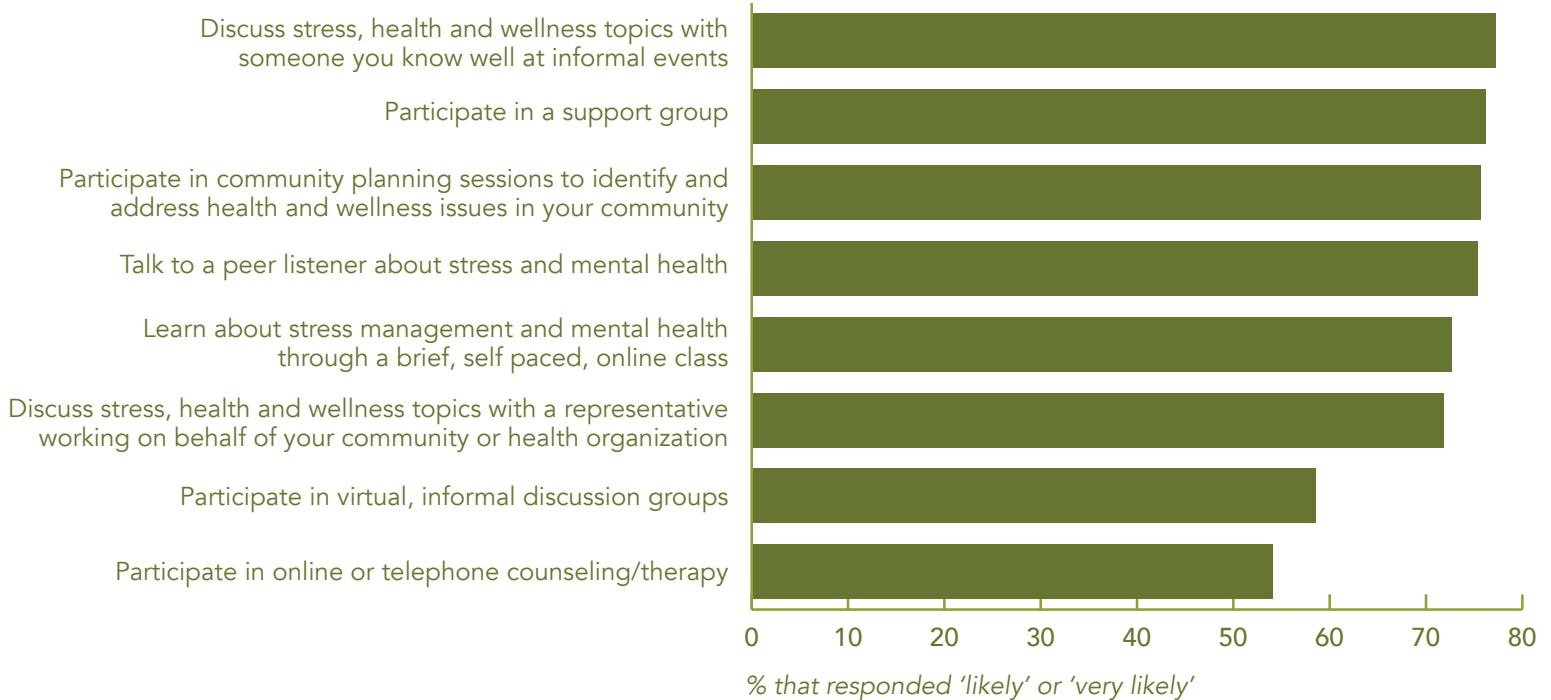
In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in **receiving this information?**



WRASAP has partnered with Farm Aid to expand Farm Aid’s stress assistance and referral hotline hours for the agriculture community in the Western Region. The hotline is 1-800-FARM-AID (1-800-327-6243).

## 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 this region 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 report was compiled by Dr. Michelle Grocke, Dr. Alison Brennan, Dr. Kuan-Ju Chen, Mary Catherine Wiley, Elvira Gisog, Steven Young-Uhk and Heather Weas. Design by Lori Mayr.

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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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