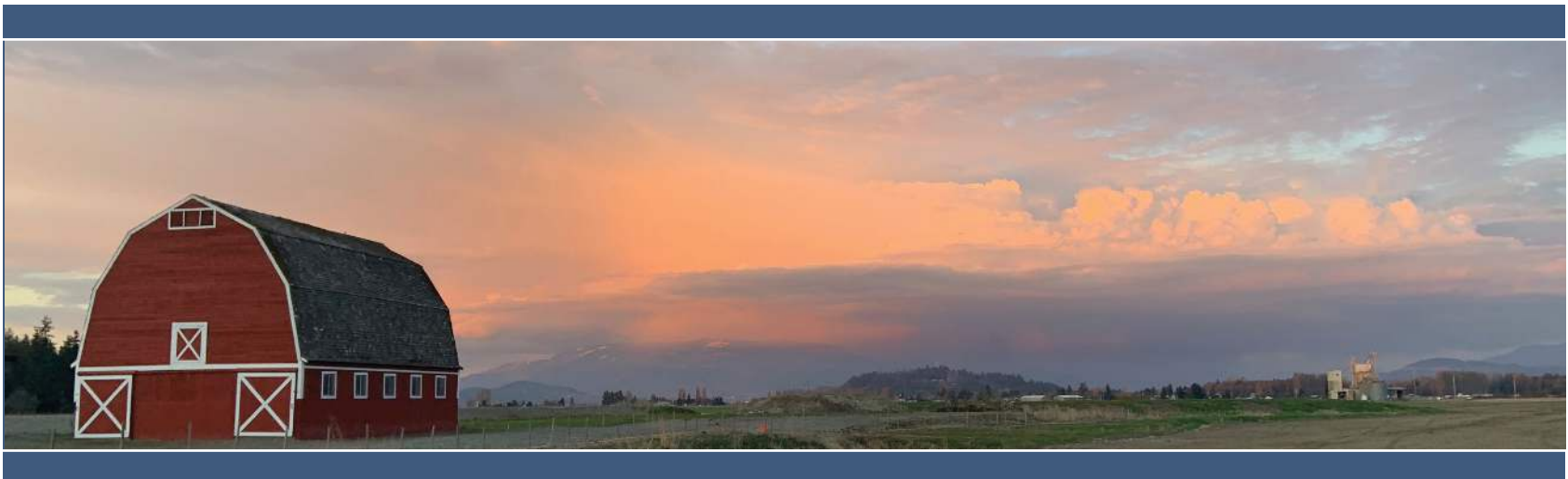
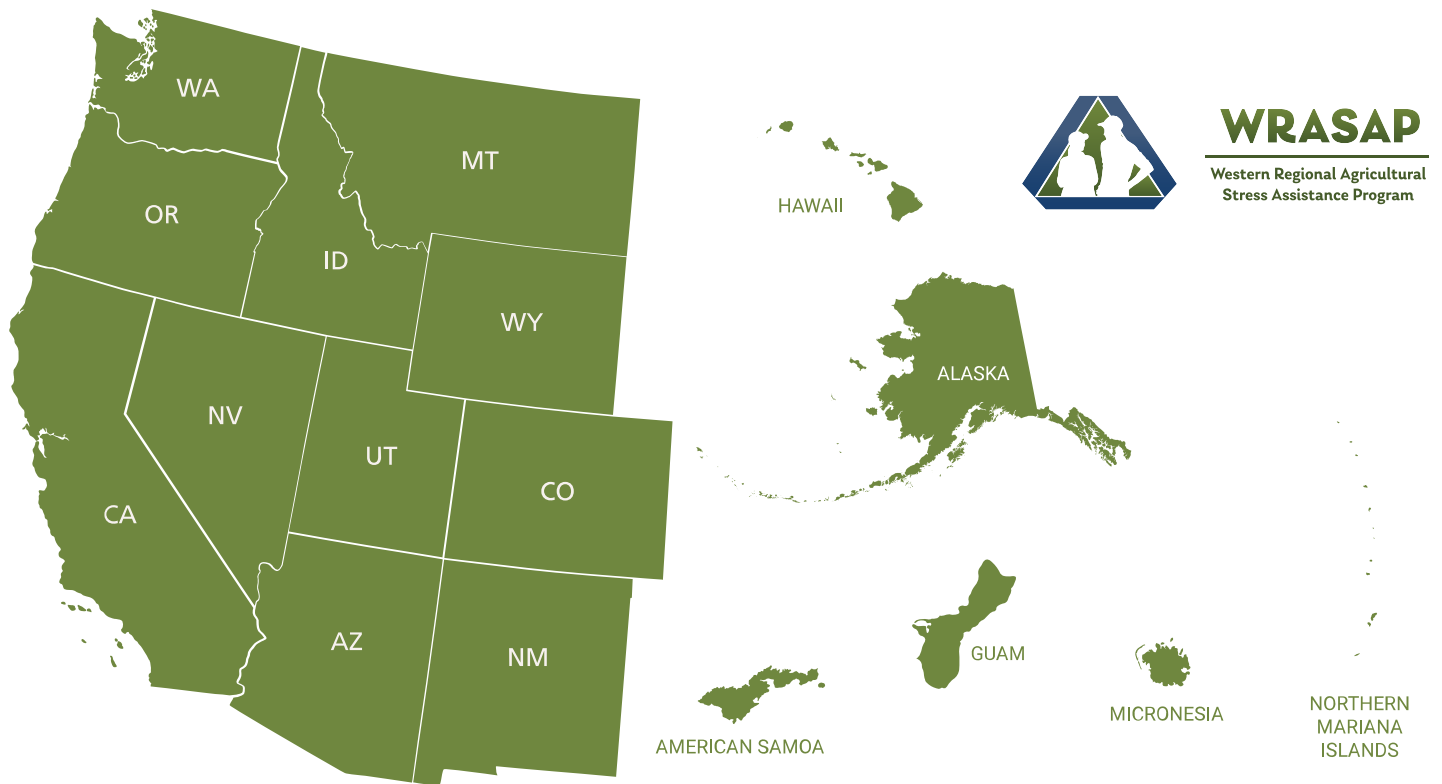


# AGRICULTURAL WORKER STRESS: Western Region Aggregate Report

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.



515

Agricultural workers completed the survey

38

Average age of respondents

14

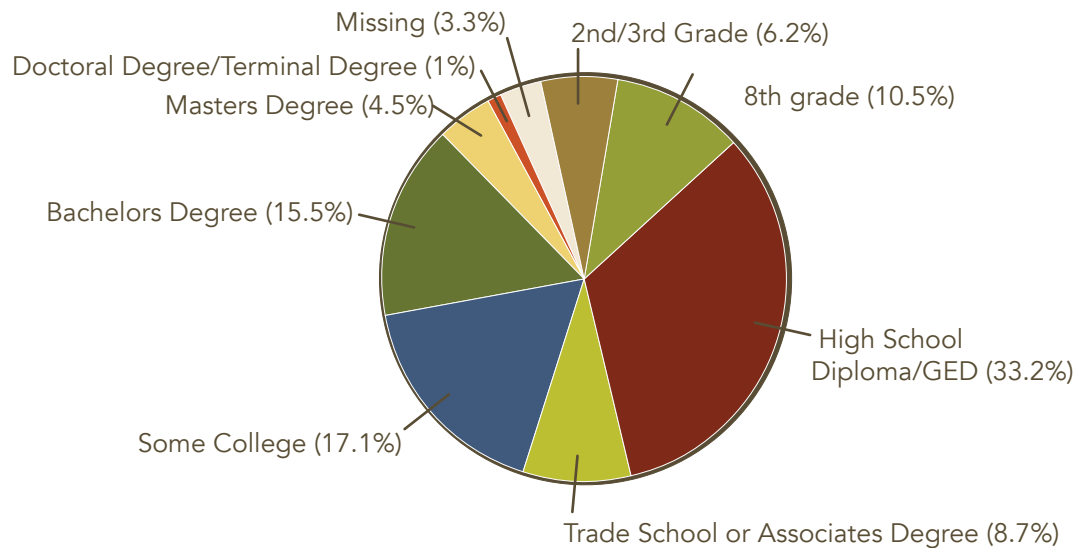
Average number of years respondents have worked in agriculture

- 54% work year-round
- 34.8% work seasonally
- 5.2% are migrant workers
- 6% did not answer this question

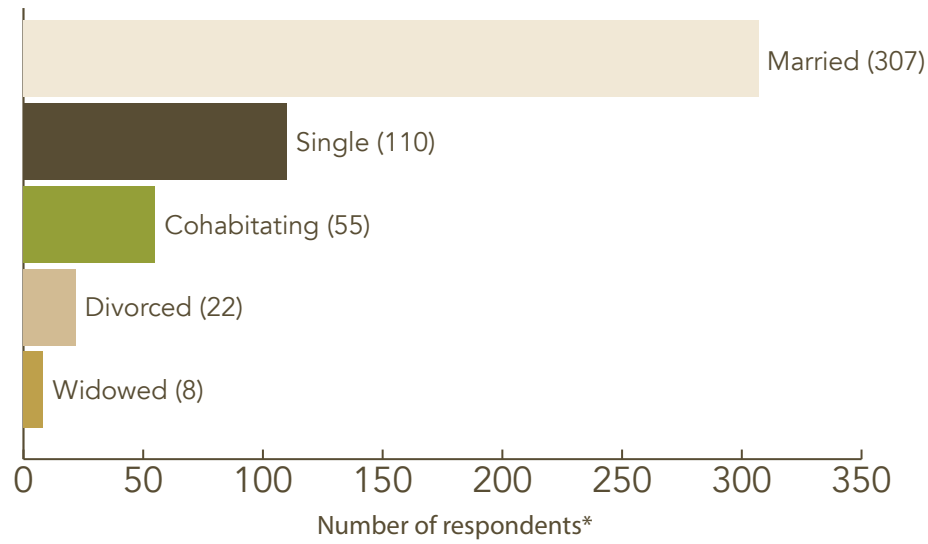
81.6% of respondents have at least one additional job!

9 - the average number of months/year respondents work on a farm/ranch

### Highest Level of Education

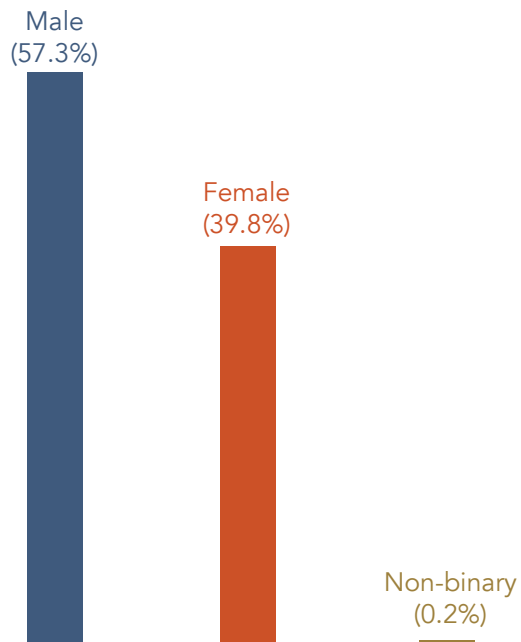


## Marital Status



\*13 respondents declined to answer this question

## Gender



2.7% of respondents declined to answer this question

## Ethnicity

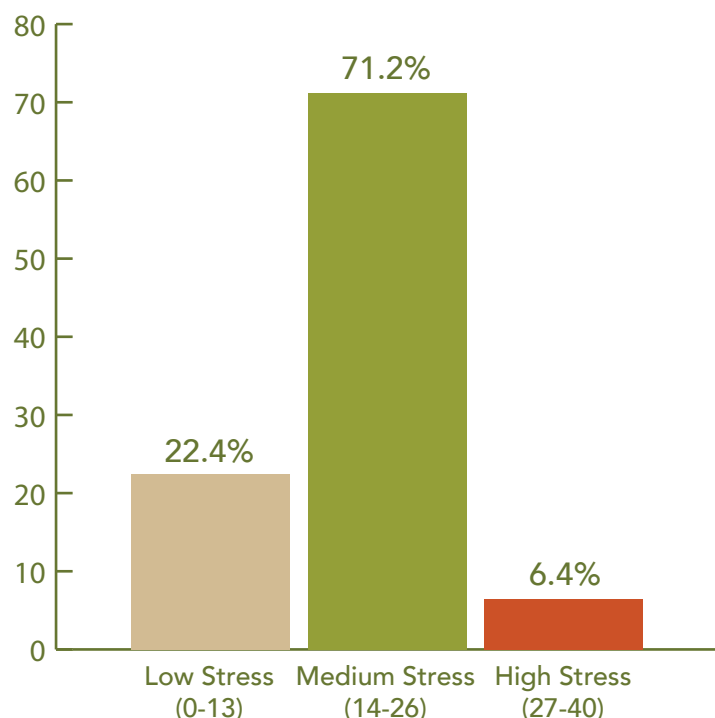
- White or European American 185
- Hispanic/Latino 140
- Yapese 35
- Chamorro 26
- Kosraean 26
- Pohnpeian 25
- Asian/Asian American 16
- Chuukese 16
- American Indian or Alaskan Native 14
- Filipino 11
- Other 11
- Black/African American 5
- Native Hawaiian/Pacific Islander 4
- Multi-ethnic 4

## 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 the Western Region are experiencing a **MEDIUM LEVEL** of stress (average PSS score = 18.1)

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.



Those respondents in the youngest age group (18-32 years old) reported the **HIGHEST** perceived stress level

Mean PSS for those 18-32 years old = 18.9

There was a significant difference between those in the youngest age group and those in 40-48 year-old group (mean = 16.0)

46 respondents declined to answer

Average PSS among ag workers did not differ by gender

Average PSS among ag workers (18.1) is similar to average PSS for ag producers (18.3)\*

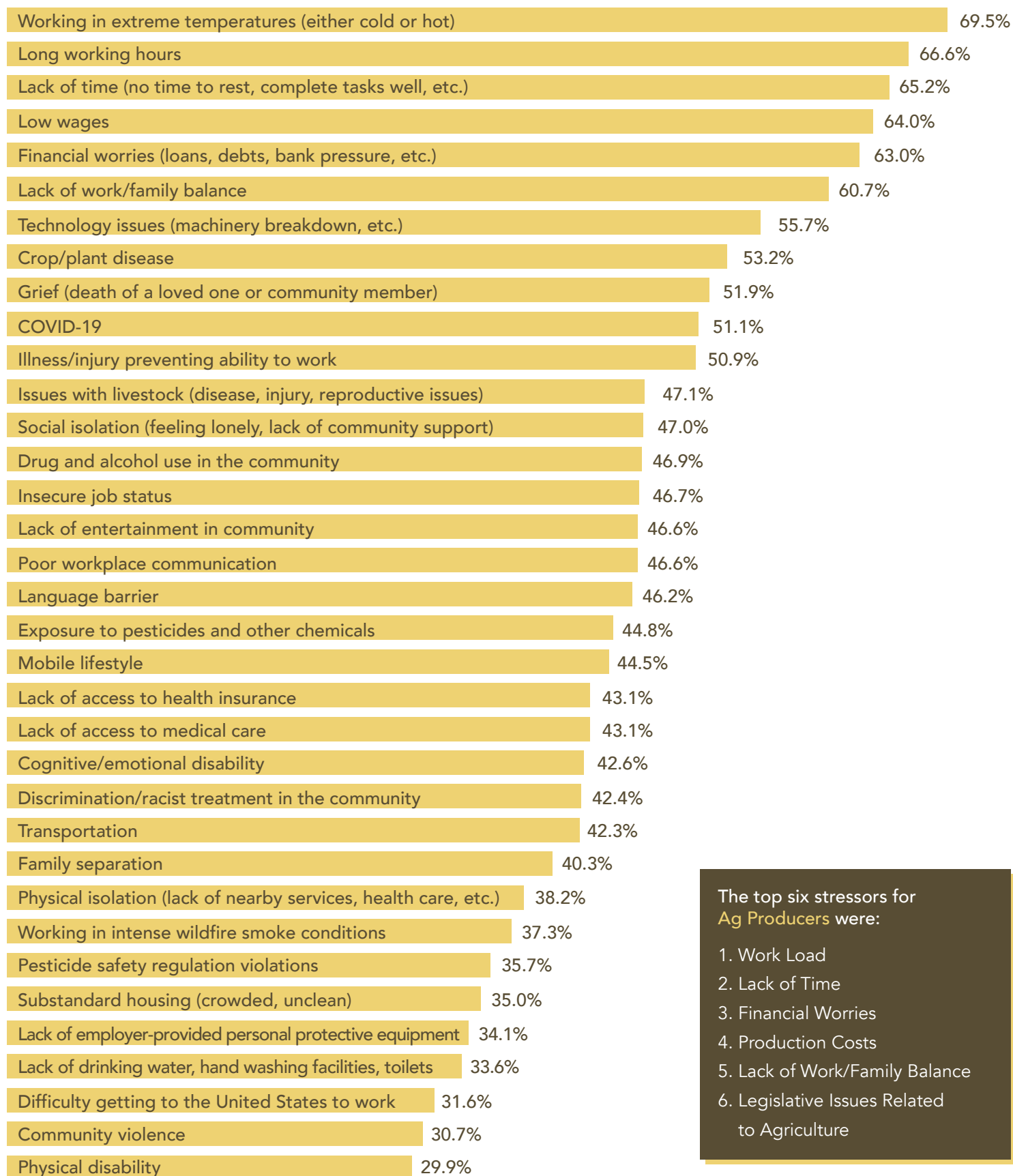
Age Group	Mean PSS
18-32	18.9
33-39	18.6
40-48	16.0
49+	17.2

\*To see the WRASAP agricultural producer survey report, visit <https://farmstress.us/wrasap-baseline-data-collection/>

## Stressors

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

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



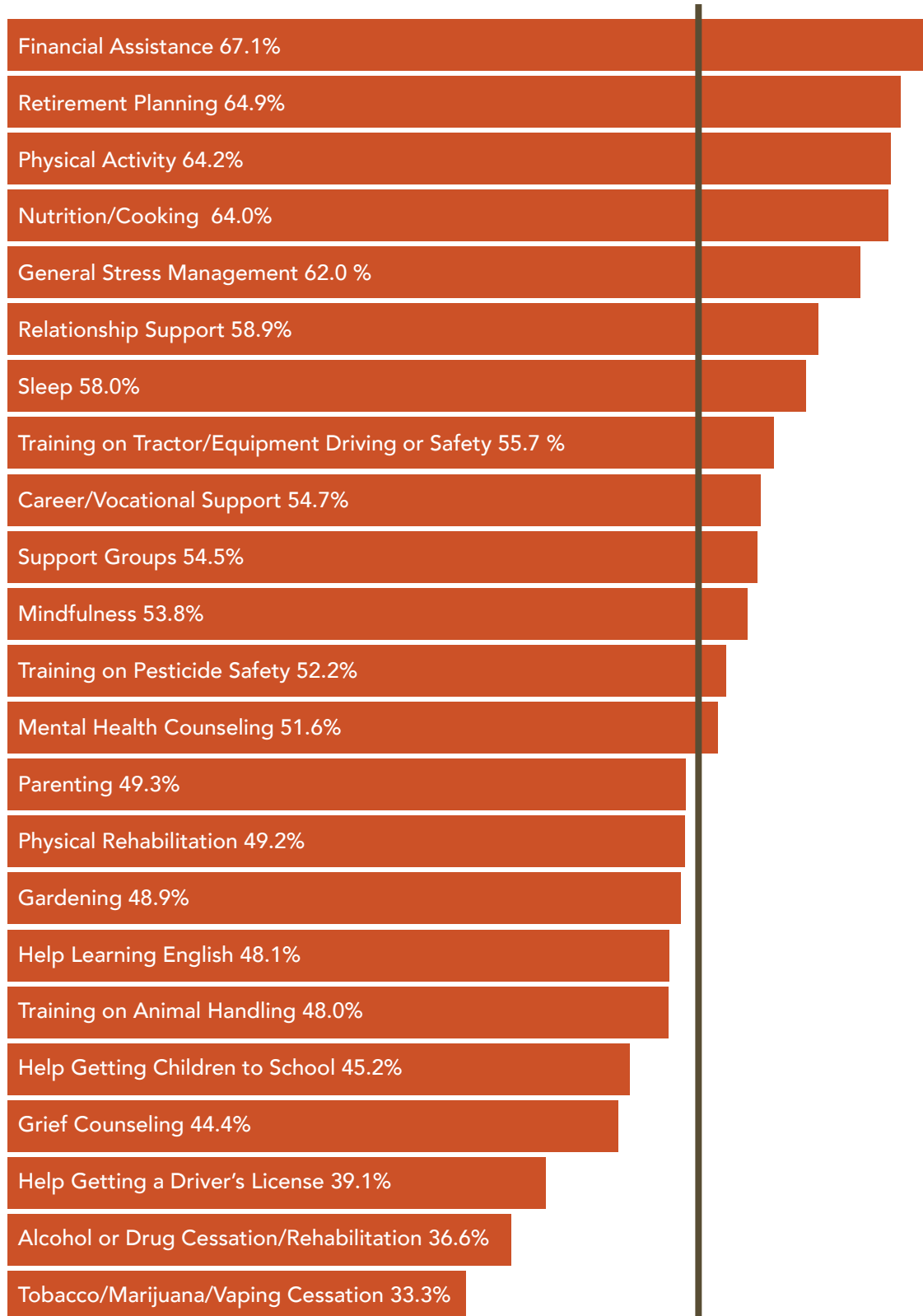
The top six stressors for Ag Producers were:

1. Work Load
2. Lack of Time
3. Financial Worries
4. Production Costs
5. Lack of Work/Family Balance
6. Legislative Issues Related to Agriculture

## 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?

*% who responded either 'interested' or 'very interested'*



>50% of respondents

## Preferred Stress Management Topic by Gender

**Males:** Retirement Planning, Financial Assistance, Physical Activity, Nutrition/Cooking, General Stress Management and Tractor/Equipment Safety (tie)

**Females:** Financial Assistance, Nutrition/Cooking, Physical Activity, General Stress Management, Retirement Planning

## Preferred Stress Management Topic by Age

**Age 18-32:** Retirement Planning, Physical Activity, Nutrition/Cooking, Financial Assistance, Sleep

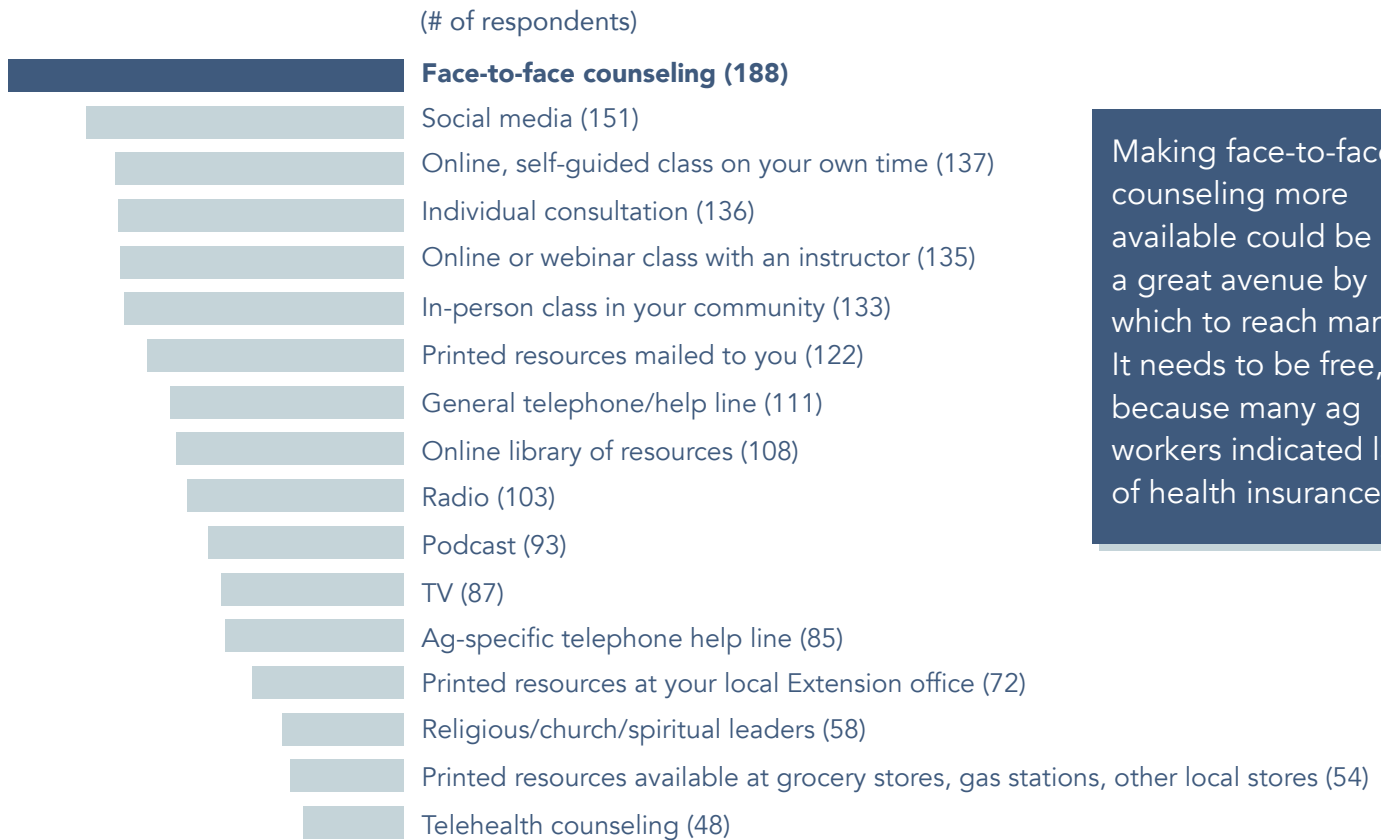
**Age 33-39:** General Stress Management, Financial Assistance, Relationship Support, Retirement Planning and Tractor/Equipment Safety (tie)

**Age 40-48:** Retirement Planning, Financial Assistance, General Stress Management, Career/Vocational Support, Nutrition/Cooking

**Age 49+:** Physical Activity, Retirement Planning, Mindfulness, General Stress Management, Nutrition/Cooking

## Methods of Receiving Information

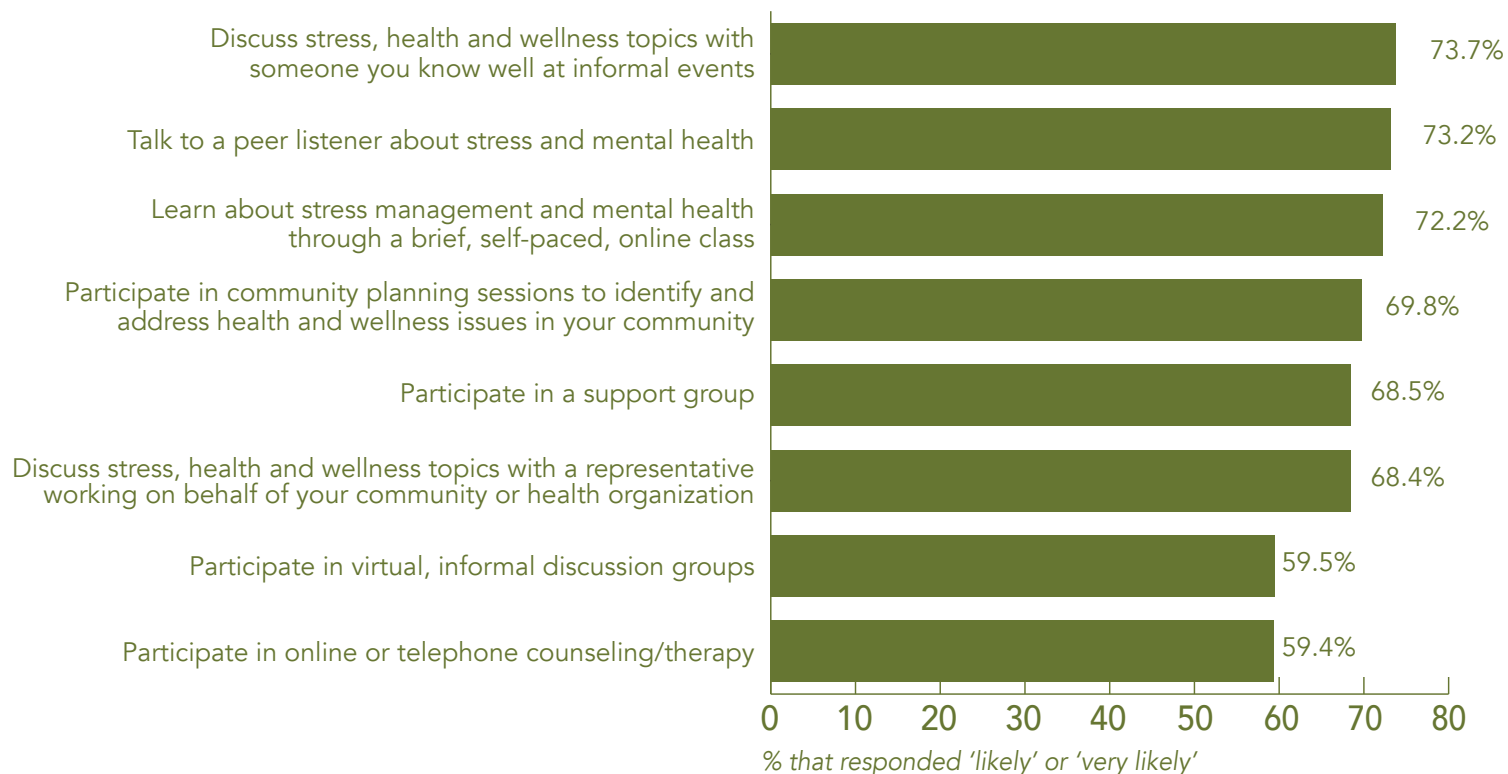
*In thinking about the topics from the previous question that you are interested in learning about, how would you be interested in receiving this information?*



Making face-to-face counseling more available could be a great avenue by which to reach many. It needs to be free, because many ag workers indicated lack of health insurance.

## 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 ag producers throughout the Western 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 aggregate report was compiled by Dr. Alison Brennan, Dr. Michelle Grocke, and Heather Weas. Design by Lori Mayr.

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

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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