Survey Demographics

- 101 Agricultural workers completed the survey
- 41 Average age of respondents
- 12 Average number of years respondents have worked in agriculture

Highest Level of Education
- High School Diploma/GED (45.9%)
- 2nd/3rd Grade (27.6%)
- 8th grade (13.3%)
- Bachelors Degree (6.1%)
- Some College (6.1%)
- Doctoral Degree/Terminal Degree (1%)

Marital Status
- Married (56)
- Single (18)
- Cohabitating (17)
- Divorced (9)
- Widowed (1)

Gender
- Female (61%)
- Male (39%)
- 1 respondent declined to answer this question

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

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 Chart]

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.**

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.

<table>
<thead>
<tr>
<th>Topic</th>
<th>% who responded either 'interested' or 'very interested'</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity</td>
<td>51.8%</td>
</tr>
<tr>
<td>Retirement Planning</td>
<td>50.0%</td>
</tr>
<tr>
<td>Nutrition and Cooking</td>
<td>50.0%</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>49.3%</td>
</tr>
<tr>
<td>Stress Management</td>
<td>46.3%</td>
</tr>
<tr>
<td>Help Learning to Speak English</td>
<td>45.5%</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>40.2%</td>
</tr>
<tr>
<td>Gardening</td>
<td>39.1%</td>
</tr>
<tr>
<td>Support Groups</td>
<td>38.3%</td>
</tr>
<tr>
<td>Sleep</td>
<td>35.1%</td>
</tr>
<tr>
<td>Training on Tractor and Equipment Driving and Safety</td>
<td>34.8%</td>
</tr>
</tbody>
</table>
Stressors

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

% who responded ‘fairly often’ or ‘very often’

- Language barrier 64.2%
- Long working hours 61.5%
- Working in either hot or cold weather 61.4%
- Low wages 59.0%
- Lack of time (no time to rest, complete tasks well, etc.) 56.2%
- Lack of work/family balance 54.3%
- Insecure job status 52.3%
- Grief (death of loved one or community member) 49.5%
- Illness/injury preventing ability to work 48.9%
- Family separation 45.6%
- Lack of access to health insurance 45.6%

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?

(\# of respondents)

- Face-to-face counseling (49)
  - General telephone/help line (26)
  - Individual consultation (25)
  - In-person class in your community (22)
  - Social media (20)
  - Online or webinar class with an instructor (19)
  - TV (18)
  - Radio (16)
  - Online library of resources (14)
  - Online, self-guided class on your own time (12)
  - Printed resources mailed to you (12)
  - Ag-specific telephone help line (11)
  - Printed resources (e.g. newsletters, articles, factsheets) available at grocery stores, gas stations, other local stores (11)
  - Religious/church/spiritual leaders (11)
  - Podcast (9)
  - Telehealth counseling (9)
  - Printed resources at your local Extension office (6)
  - Other methods of receiving information not listed (3)

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

### Participation in WRASAP Outreach Programs

- Talk to a peer listener about stress and mental health: 68.8%
- Discuss stress, health and wellness topics with a representative working on behalf of your community or health organization: 66.3%
- Participate in community planning sessions to identify and address health and wellness issues in your community: 64.9%
- Discuss stress, health and wellness topics with someone you know well at informal events: 62.9%
- Learn about stress management and mental health through a brief, self paced, online class: 62.5%
- Participate in a support group: 58.8%
- Participate in online or telephone counseling/therapy: 55.3%
- Participate in virtual, informal discussion groups: 46.4%

% that responded ‘likely’ or ‘very likely’

---

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.