



FARMER MENTAL WELL-BEING

2022 Survey Data Results

FARMER DEMOGRAPHICS



Male: 68%
Age: 44
Race:
White - 73%
Black - 16%
Hispanic - 8%
First-Generation: 59%
US Citizen: 69%
Legal Perm. Resident: 19%



Median Household Income:
\$45,000 - \$59,999



Married/Living together: 89%
Has Children: 70%



High School: 18%
Some College/Vocational: 56%
College: 18%



Number of Farms: 1.8
Size of Farms: 201-300 acres

Row Crop
69%

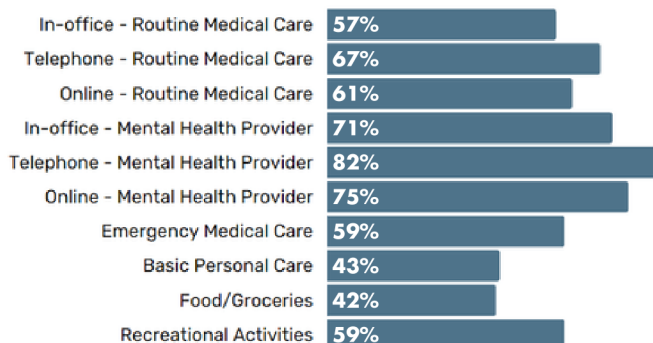
Fiber
21%

Live Stock
67%

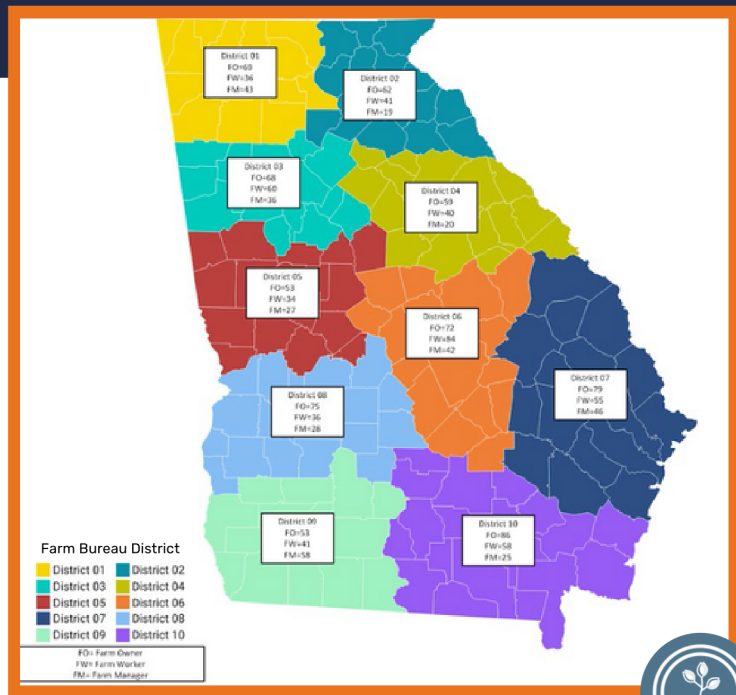
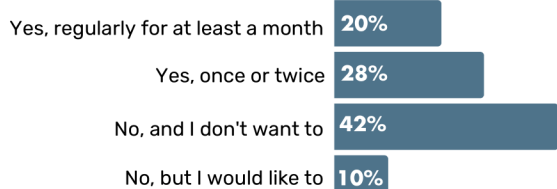
48% of farmers reported working more than one commodity type

ACCESS TO RESOURCES

Farmers do not have access to ...

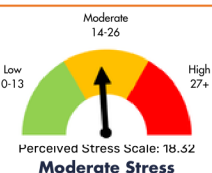
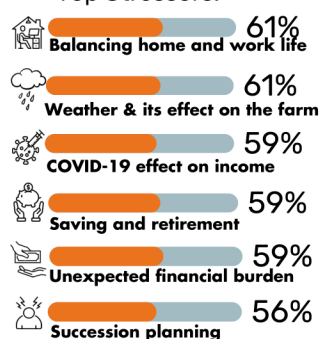


Have you visited a mental health professional?



STRESS & EMOTIONS

Top Stressors:



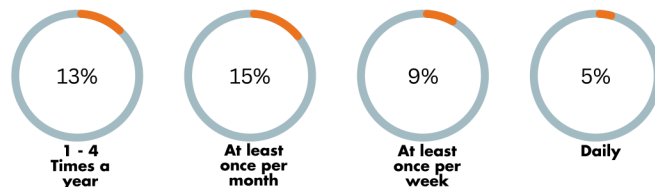
Top Coping Mechanisms:

- 40% - Exercise or go for a walk
- 32% - Talk to family or friends
- 28% - Drink alcohol
- 27% - Watch TV or read
- 23% - Sleep

NEGATIVE FEELINGS At least once per month, farmers feel



SUICIDAL IDEATION Farmers thinking about dying by suicide



42% of farmers think of dying by suicide at least once per year.

61% of first-gen farmers think of dying by suicide at least once per year.

Study Methods:

- Online survey; Available in English and Spanish
- Data collected Jan-April 2022
- Recruitment via social media, print newspaper/magazine ads, and direct mailers from Ga Farm Bureau
- N=1651; FO, FM, FW=1425

Next Steps:

- Key informant interviews
- In-person survey collection of underrepresented groups
- Develop farmer-specific mental health interventions with Ga Foundation for Ag.

