It’s NOT all in Your Head.
Farm and Rural Stress Factors in the Here and Now

UMASH Rural Resilience Forum
June 20, 2018

Meg Moynihan
Credits and Disclaimers

Ted Matthews • Michelle Page • Randy Willis • Cynthie Christensen • Monica McConkey • Amy Lopez • BBC Farming Today • Farm Friends & Neighbors
Figure 9: Corn Price and Cost of Production

Costs Based on Cash Rented Land, Southwest Minnesota Farm Business Management Association

Price does not include LDP payments and other government support
Milk - Per CWT Average Price Received and COP

Highlights From the February 2018 Farm Income Forecast

Farm Sector Profits Expected To Decline in 2018

Net farm income, a broad measure of profits, is forecast to decrease $4.3 billion (6.7 percent) from 2017 to $59.5 billion in 2018, the lowest net farm income level in nominal dollar terms since 2006. Net cash farm income is forecast to decrease $5.0 billion (5.1 percent) to $91.9 billion, the lowest level since 2009. In inflation-adjusted (real) 2018 dollars, net farm income is forecast to decline $5.4 billion (8.3 percent) from 2017 and, if realized, would be the lowest real-dollar level since 2002. Real net cash farm income is forecast to decline $6.7 billion (6.8 percent) from 2017, which would be the lowest real-dollar level since 2009. Net cash farm income includes cash receipts from farming as well as farm-related
Isolation
Health insurance
Weeds
Inter-generational conflict
Farm transition
Competition for rental ground
Fuel costs
Low commodity prices
Regulation
Marital difficulties
Pests and disease
Substance abuse
Debt
Weather
Export markets
What’s So Hard about Farming??

- Farmers work where they live
- Coworkers can be mostly family
- Responsibility vs. control
- Multiple roles
- Competition and envy
- Loss of peers/community
- Praise/blame
So What Happens?

- Depression
- Anxiety
- GI problems
- Sleep disturbance
- Weight loss/gain
- Hygiene
- Irritability
- Relationship problems
- Withdrawal
- Paralysis/inability to make decisions
Farming Today This Week: Mental Health

One in four people in the UK are affected by serious mental ill-health, and it seems farmers are particularly at risk. The most recent available government statistics show that in 2014 forty-one farmers took...
Online Survey Fall 2017

- Survey Monkey: 245 USDA
- 10 Questions: 85 Veterinarians
- 543 responses: 72 State/county agencies
- 65 Educators (FBM, Extension, etc.)
- 59 Law Enforcement
- 6 Bankers
In the last year, have you observed an increase in...

- Depression: 32%
- Anxiety: 58%
- Financial worries: 80%
- Burnout: 40%
- Marital difficulties: 22%
- Infer concerns (retire): 55%
- Gambling addiction: 2%
- Alcohol addiction: 6%
- Drug addiction: 3%
In your job, do you have to deliver difficult information to farmers, or deal with farmers who are angry?

- **Yes**
- **No**

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banker</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USDA</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>Law Enforcement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>State or County Agency</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>Veterinarian</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Educator (Extension)</td>
<td></td>
<td>20%</td>
</tr>
</tbody>
</table>
Good news: people care, want to help, willing to learn how.

- 6 Locations
- 480 participants
- 30+ media stories (MN farm publications, rural papers, ag radio, MPR, TV, AP, Washington Post, NPR, etc.)
- 109K Google results "down on the farm" AND "supporting farmers in stressful times"
## Participants Across All 6 Locations

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agency (federal, state, county)</td>
<td>40%</td>
</tr>
<tr>
<td>Education (Farm Business Management, Extension, etc.)</td>
<td>13%</td>
</tr>
<tr>
<td>Lending/banking</td>
<td>13%</td>
</tr>
<tr>
<td>Other</td>
<td>8%</td>
</tr>
<tr>
<td>Farmer</td>
<td>8%</td>
</tr>
<tr>
<td>Clergy</td>
<td>4%</td>
</tr>
<tr>
<td>Social Work</td>
<td>3%</td>
</tr>
<tr>
<td>Ag service (agronomist, nutritionist, dairy field rep, etc.)</td>
<td>3%</td>
</tr>
<tr>
<td>Health care/public health</td>
<td>3%</td>
</tr>
<tr>
<td>Counseling/mental health</td>
<td>2%</td>
</tr>
<tr>
<td>Veterinarian</td>
<td>1%</td>
</tr>
<tr>
<td>Agribusiness (grain buyer/implement dealer etc.)</td>
<td>1%</td>
</tr>
</tbody>
</table>
Want to learn more about...

Stress Families Think Ted Resources Active Shooter Farmers Suicide Mental Health Services Farm Difficult Situations Professionals Topics Delivering Practical Mental Health Finding Farm Anger Resources Workshop Farmers Customers Situation Learn Think Turn Skills Crisis
Farmer-Lender Mediation Program
Farmers Legal Action Group (FLAG)
Minnesota Farm Advocates
Minnesota State Farm Business Management Program
Mobile Crisis Teams
Ted Matthews
U of M Free Confidential Financial Counseling
When you don’t know what to do...you do nothing.

-Ted Matthews,
Minnesota’s circuit-riding farm counselor
For more info:
Meg Moynihan, Senior Advisor
MN Dept. of Agriculture
651-201-6616
meg.moynihan@state.mn.us
www.minnesotafarmstress.com

Materials may be used, in whole or in part, without permission. Please credit Minnesota Department of Agriculture.