



***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

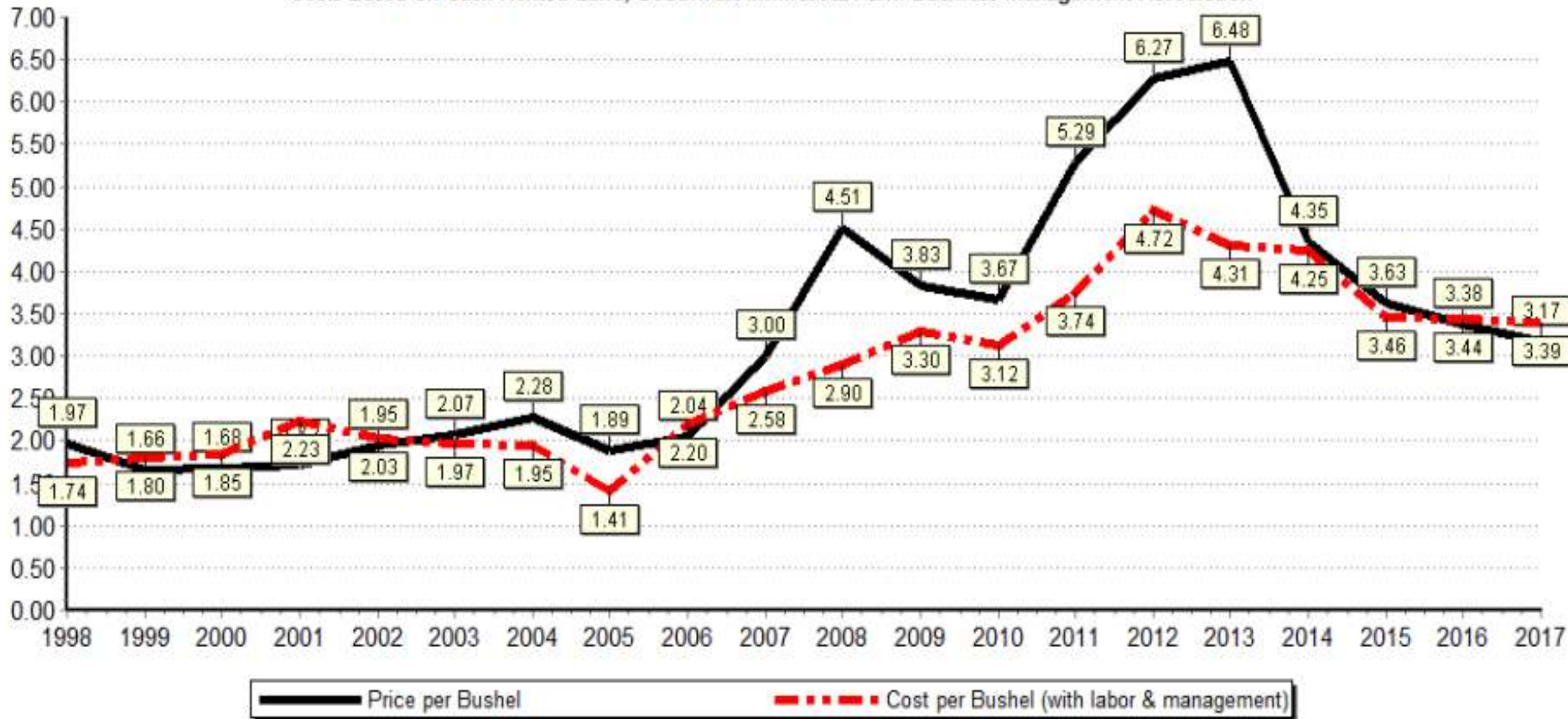


Ted Matthews • Michelle Page • Randy Willis • Cynthia Christensen • Monica McConkey • Amy Lopez • BBC Farming Today • Farm Friends & Neighbors

# Minnesota State & Center for Farm Financial Management

**Figure 9: Corn Price and Cost of Production**

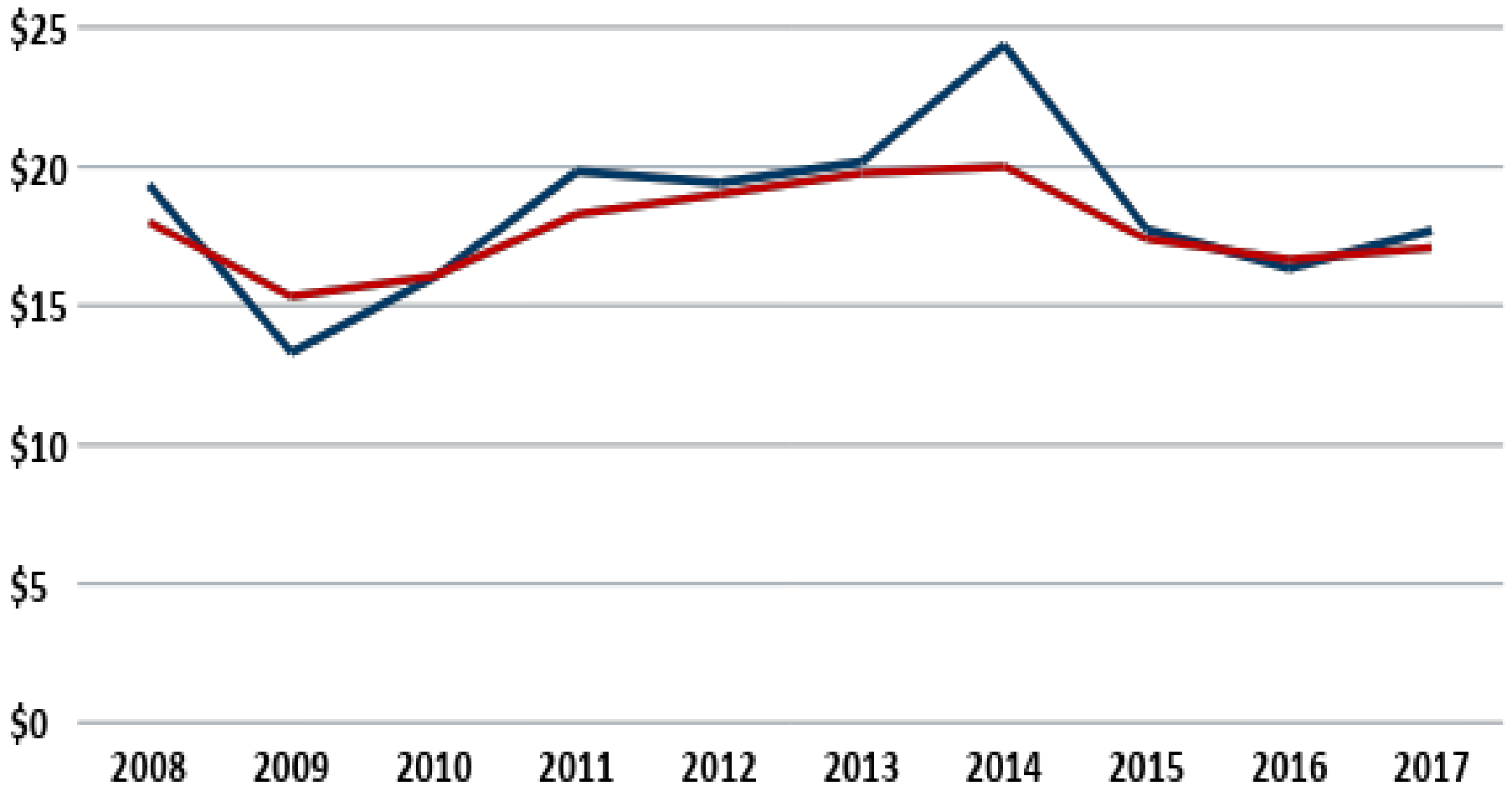
Costs Based on Cash Rented Land, Southwest Minnesota Farm Business Management Association



Price does not include LDP payments and other government support

# Minnesota State & Center for Farm Financial Management

## 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

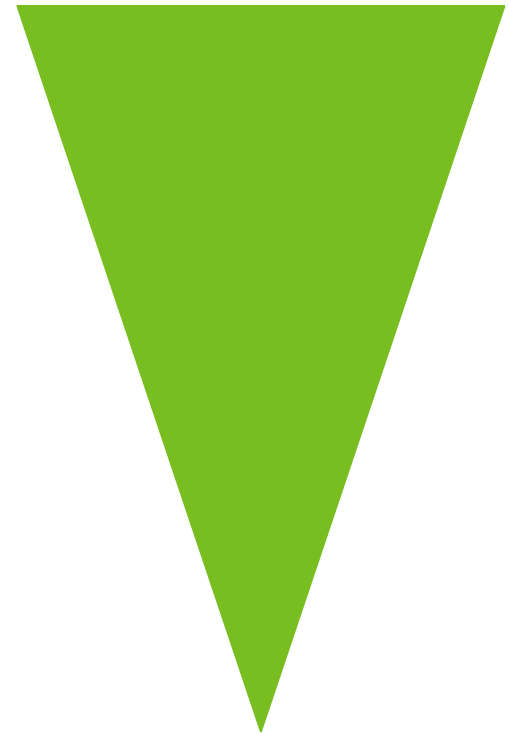
Weather

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

*RESPONSIBILITY*



*CONTROL*

# So What Happens?

- Depression
- Anxiety
- GI problems
- Sleep disturbance
- Weight loss/gain
- Hygiene
- Irritability
- Relationship problems
- Withdrawal
- Paralysis/inability to make decisions





Sorry, this episode is not currently available on BBC iPlayer Radio

## 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...

🕒 27 minutes

[Show more](#)



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Live Well Farm Well



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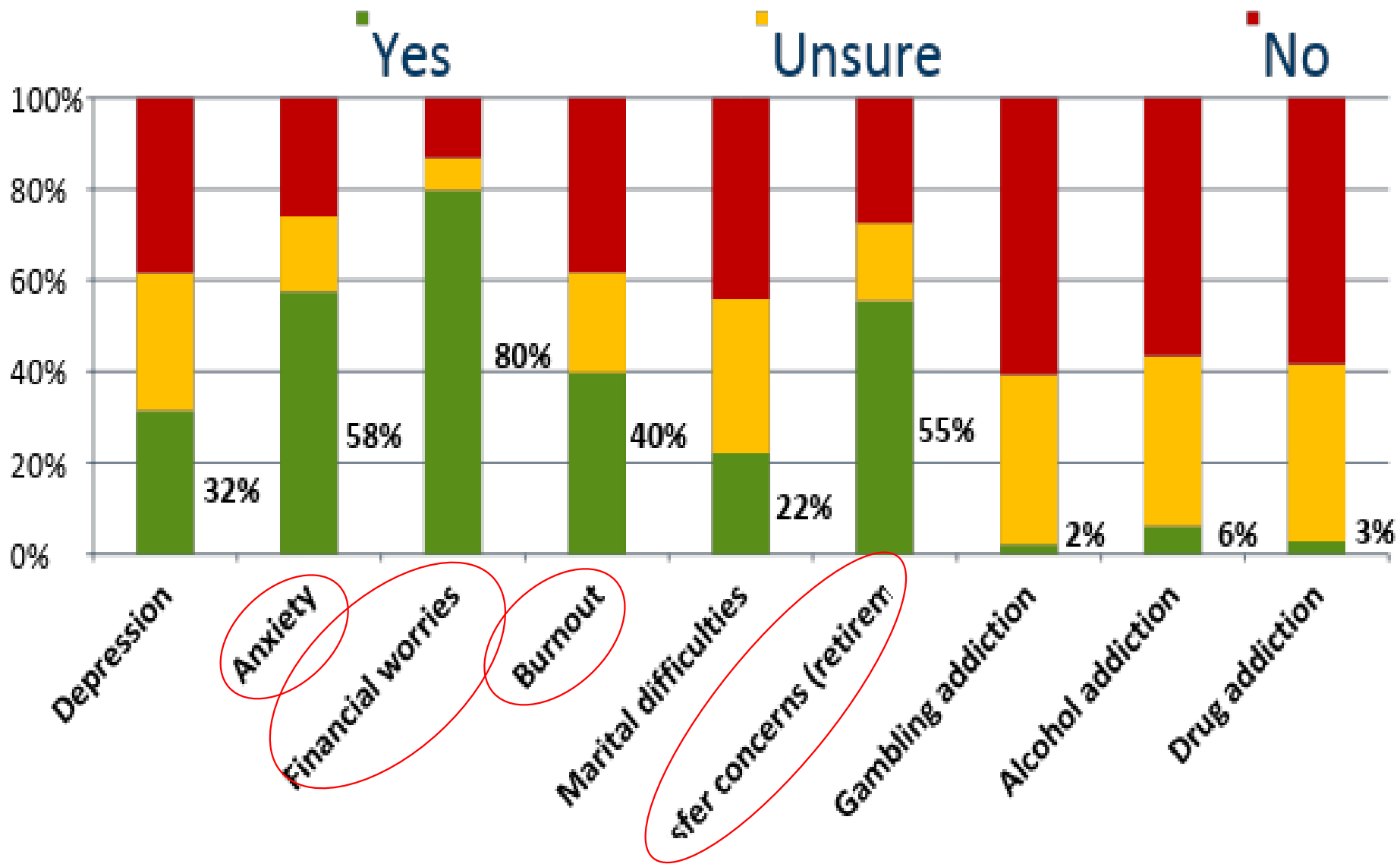


**Managing Stress on the Farm**

# Online Survey Fall 2017

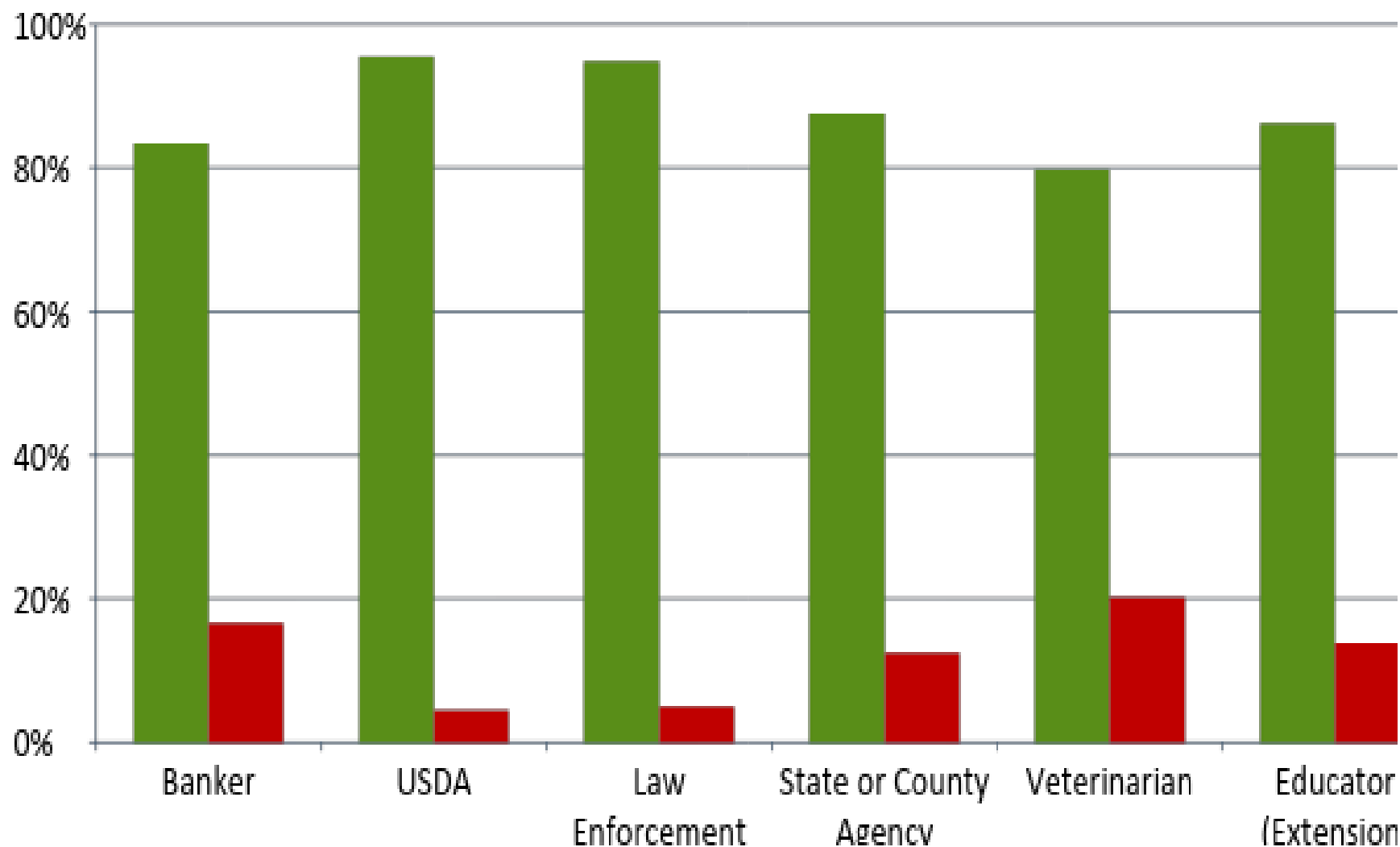
- Survey Monkey 245 USDA
- 10 Questions 85 Veterinarians
- 543 responses 72 State/county agencies
- 65 Educators (FBM, Extension, etc.)
- 59 Law Enforcement
- 6 Bankers

# In the last year, have you observed an increase in...



## In your job, do you have to deliver difficult information to farmers, or deal with farmers who are angry?

Yes No



# Good news: people care, want to help, willing to learn how.



✓ *Underwriting*  
✓ *Outreach*

Blue Cross and Blue Shield of Minnesota and Blue Plan are separate independent licensees of the Blue Cross and Blue Shield Association



Minnesota Farm Bureau  
Minnesota Farmers Union

Minnesota Association of Wheat Growers  
OCIA MN #1

- 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

|  |     |
|--|-----|
| Agency (federal, state, county)                              | 40% |
| Education (Farm Business Management, Extension, etc.)        | 13% |
| Lending/banking  | 13% |
| Other  | 8%  |
| Farmer   | 8%  |
| Clergy   | 4%  |
| Social Work  | 3%  |
| Ag service (agronomist, nutritionist, dairy field rep, etc.) | 3%  |
| Health care/public health                                    | 3%  |
| Counseling/mental health                                     | 2%  |
| Veterinarian   | 1%  |
| Agribusiness (grain buyer/implement dealer etc.)             | 1%  |

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

# COPING WITH FARM & RURAL STRESS IN MINNESOTA

MINNESOTA FARM & RURAL HELPLINE

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## NEED TO TALK?

Are you struggling with feeling alone, sad, stressed, or worried and feel like you have no one to turn to?

CALL US.



- 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:

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