

The **UMASH** Connection Farms and People

*A newsletter of the Upper Midwest
Agricultural Safety and Health Center*

umash.umn.edu

Volume 19
Fall 2018

Upper Midwest
Agricultural Safety
and Health Center
University of Minnesota

umash.umn.edu

umash@umn.edu



Like us on Facebook



Subscribe to our
YouTube Channel



Follow us on Twitter

**ONE HEALTH IN
AGRICULTURAL
SAFETY AND HEALTH**



SPOTLIGHT: STRESS & MENTAL HEALTH



When extreme stress manifests as a breaking point, like suicide, agricultural communities face unimaginable tragedy and loss. Stress, depression, and suicide are on the mind of agricultural communities, where economic, social, and environmental forces challenge the health and safety of farmers, agricultural workers and their families. As a result of panels, conversations, press coverage, legislative attention and more, it's clear

that farmers, agricultural workers, and their families have been going through extremely stressful times, often with little opportunity to access help.

The Upper Midwest Agricultural Safety and Health Center (UMASH) identified the need to engage, understand, and prepare rural communities for this evolving problem as a critical issue for the UMASH Emerging Issues Program. In partnership with the Minnesota Department of Agriculture, UMASH convened a forum in June of 2018: **Building Resilient Agricultural Communities**. The forum was designed to facilitate a conversation to understand and address the challenges of ensuring appropriate community and rural health resources for mental health, and to stimulate the formation of partnerships to address this complex problem.

SUMMARY OF EVENT:

The forum included a Keynote address from Meg Moynihan, a dairy farmer and employee of the Minnesota Department of Agriculture who has firsthand experience with how forces completely beyond the control of an individual farmer can bring extreme stress.

A panel discussion followed with **Doris Mold** (farmer, MN Agri-women), **Cynthia Christensen** (RN and counselor), **Gene Hugoson** (farmer and former Commissioner of Agriculture), **Paul Force-Emery Mackie** (Mankato State and Past President of the National Association of Rural Mental Health), and **Gloria Contreras** (former agricultural worker and current board president of the Manos Latinas coop). They provided insight into some of the nuances and complexity of the problem to open and stimulate conversation. The forum participants learned about the different forces and circumstances that bring stress to farmers, agricultural workers and their families.

The afternoon was dedicated to workgroup discussions focused on identifying gaps and challenges of rural and community health in our region, followed by a brainstorming and crowdsourcing session to discuss ideas for addressing these challenges.

The forum embodied One Health in action, bringing together diverse stakeholders to build partnerships to address mental health in agricultural communities.

INSIDE THIS ISSUE

Stress & Mental Health	1
Farm Safety Partners	2
Telling the Story Project	3
UMASH and MMPA	3
Funding Opportunities	4
Resources	4
Upcoming Events	4



⇒ **READ MORE ABOUT THE FORUM AND WHAT
UMASH IS DOING TO HELP ADDRESS THIS ISSUE**
umash.umn.edu/spotlight-stress-mental-health

FARM SAFETY PARTNER CAMPAIGN

SPOTLIGHT: Farm Safety Partner Campaign is a Success!

Alone we can do so little; together we can do so much.

– Helen Keller

Helen Keller's words sum up the power of partnerships in everyday language. Developing partnerships is key to the mission of UMASH. This September, UMASH launched the **Farm Safety Partner Campaign** to encourage others who care about agricultural health and safety to share farm safety resources and promote safe work practices throughout the month.

It was an exciting time to see the broad range of organizations and groups who stepped up and shared safety and health messages. Those who participated in the campaign represented 13 states and included extension, professional farm organizations, agribusiness, agricultural media, health care, commodity groups, state department of agriculture, and others.

When promoting farm safety and health there is never a shortage of topics. Our partners used this time to stress the importance of mental health/wellness/opioids, roadway safety, Roll Over Protection Structures, youth safety, and confined spaces.

The Farm Safety Partner campaign coincided with National Farm Safety and Health Week – an annual event dedicated to safety and health in agriculture. All eleven National Agriculture Safety and Health Centers participate in this week long event to encourage farmers, farm families and workers across the United States to practice safety all year.



Partner organizations delivered safety messages in a number of ways to best reach the agricultural community including:

- ✓ In person – at events
- ✓ News articles
- ✓ Newsletters
- ✓ Websites and blogs
- ✓ Social media
- ✓ Shared the flyer
- ✓ Radio interviews

⇒ Visit the [Farm Safety Partners](#) page to see a list of the organizations who participated.



NATIONAL FARM SAFETY AND HEALTH WEEK NEWS/MEDIA HIGHLIGHTS

- » Fillmore County Journal
- » Farmers Hotline
- » MN Corn Growers Blog
- » KFGO radio interview at Big Iron Farm Show
- » Red River Farm Network radio interview

AG HEALTH AND SAFETY SPOTLIGHT

The UMASH Ag Health and Safety Spotlight focuses on emerging issues in agricultural safety and health, and highlights “stories from the field” - examples from farm workers, families, and UMASH researchers.

Read spotlight stories at umash.umn.edu/spotlight

Spotlight on
YOU

We are looking for stories to bring farm safety to the forefront.

Do you have a personal farm safety story to share? Does your organization develop or deliver agricultural safety and health training workshops, resources, or related programming?

Send story ideas to: umash@umn.edu

TELLING THE STORY PROJECT

More farmers, media and teachers 'Telling the Story'

"Telling the Story Project" is helping those who have been impacted by agricultural trauma to speak a common language built on personal stories and injury prevention messaging. This simple strategy has led to widespread sharing of content since the project was formally introduced in June 2018.

Telling the Story Project has been featured in U.S. News and World Report, Brownfield Ag News, RFD-TV, Farm Journal's Pork, This Week in Agribusiness, Nebraska PBS and NPR, Iowa Farmer Today, the Sunday editorial page of the Omaha World Herald, and many other media outlets.

The project will be the subject of a two-hour plenary panel on Thursday, Nov. 29, at the Midwest Rural Agricultural Safety and Health Conference (MRASH) in Council Bluffs, Iowa. "How to Make Positive Changes When Lives Change," will include UMASH Outreach members **Scott Heiberger** and **Melissa Ploeckelman** of the National Farm Medicine Center. Heiberger and Ploeckelman recently attended the National FFA Convention in Indianapolis where they spoke with 50 FFA advisors, many of whom expressed enthusiasm for using Telling the Story Project content in classroom discussion guides as a way of teaching safety.

Telling the Story Project content is meant to be shared.

Farmers, media, teachers, Extension, and safety professionals are especially encouraged to link to the stories and repurpose content. Terms of use are at www.tellingthestoryproject.org/use-our-stories.

⇒ Learn more at: www.tellingthestoryproject.org

The project is made possible by through funding from the National Institute for Occupational Safety and Health (NIOSH) Agriculture, Forestry and Fishing Program. Participating regional centers include Central States Center for Agricultural Safety and Health (Nebraska); Great Plains Center for Agricultural Health (Iowa); and Upper Midwest Agricultural Safety and Health Center (Minnesota).



Tell a story,
Save a life.

TELLING THE STORY PROJECT

Raising farm safety awareness through personal stories



www.tellingthestoryproject.org

Telling your story can help make a difference in farm safety culture.

A collaborative project of the U.S. Agricultural Safety and Health Centers serving the Midwest region.



MMPA AND UMASH PARTNERSHIP



UMASH is looking for Minnesota dairy farms who would like to participate in the safety training.

Contact project manager, Chela Vázquez at vazquezc@umn.edu

How Safe is Your Dairy Farm?

A recent webinar hosted by MMPA and presented by UMASH engaged dairy farmers to think about safety in their dairy operation. "How Safe is your Dairy Farm" was held September 25.

Jeff Bender presented on the various injuries that can occur on dairy farms and the enormous cost that is incurred. He also discussed the importance of positive animal handling when moving cows.

Amy Liebman gave an overview of the *Seguridad en las lecherias* immigrant dairy worker health program, which has now expanded to Minnesota using the same format. **Promoting Safety and Worker Health for Immigrant Dairy Workers** consists of FREE trainings in Spanish to dairy workers on health and safety issues, as well as components to engage veterinarians and help producers reinforce safety messages and make their farms safer.

⇒ Read the spotlight story at umash.umn.edu/spotlight-mmpa

UMASH is partnering with the Minnesota Milk Producers Association (MMPA) to promote safety in the dairy industry.

FUNDING OPPORTUNITIES



Midwest Center for Occupational Health and Safety (MCOHS)

APPLICATION DEADLINE: November 30

The Midwest Center for Occupational Health and Safety (MCOHS) is now accepting applications for their pilot projects research training program. Grants ranging from \$5,000 to a maximum of \$20,000 are available to occupational health and safety (OHS) researchers at educational institutions in Minnesota, North Dakota, South Dakota, and Wisconsin.

⇒ mcohs.umn.edu/pilot-projects-rfp

RECENT PUBLICATIONS AND AWARDS

An overview and impact assessment of OSHA large dairy local emphasis programs in New York and Wisconsin

Amy Liebman

Safely through the Gate: Exploring Media Coverage and Journalists Decisions on the Flow of Farm Safety Stories

Rebecca Swenson

Effects of Gestation Pens Versus Stalls and Wet Versus Dry Feed on Air Contaminants in Swine Production

Pete Raynor

Augmented Reality Farm MAPPER Development: Lessons Learned from an App Designed to Improve Rural Emergency Response

Bryan Weichelt

Stress Less with Safe Animal Handling

Jeff Bender

Influenza and Zoonoses Education among Youth in Agriculture

CDC One Health in Action

Check out these **NEW RESOURCES** from UMASH



- ✓ Farm Safety Check: Hearing loss Prevention
- ✓ Farm Safety Check: Stress and Wellness
- ✓ Farm Safety Check: Silage Storage
- ✓ Farm Safety Check: Sun Safety
- ✓ Signs and Symptoms of Stress

GET CONNECTED



Let's get social! Stay connected with UMASH on social media.



@umashcenter



@umash_umn



YouTube Channel



Join Email List



November 3 was
One Health Day

Read our spotlight story on the connections between people, animals, and the environment, and how UMASH emphasizes a One Health approach.

umash.umn.edu/spotlight-one-health

UPCOMING EVENTS

National Rural Health Day

November 15

MN Farm Bureau Annual Meeting

November 16

Bloomington, MN

Midwest Rural Agricultural Safety and Health Conference (MRASH)

November 27-29

Council Bluffs, IA

Needle Know How Webinar

November 28 @ 1pm

Minnesota Organic Conference

January 10-11

MN Association of Agricultural Educators Ag Tech Conference

January 19-20

St. Cloud, MN

Learn more and view full event list at:
umash.umn.edu/upcoming-events