



FARM STRESS

RECOGNIZING THE RISK AND PROVIDING RESOURCES FOR THE
FARMERS AND RANCHERS IN OUR COMMUNITIES

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University of Utah College of Nursing
Utah Rural Opioid Consortium – Collaborative Care Model

DISCLOSURES

- The Utah Rural Opioid HealthCare Consortium - Collaborative Care Model (UROHC-CCM) is a Rural Communities Opioid Response – Mental and Behavioral Health Program funded by the Health Resources and Services Administration (HRSA)

THE UTAH RURAL OPIOID HEALTHCARE **CONSORTIUM** – COLLABORATIVE CARE MODEL

- University of Utah College of Nursing/School of Medicine
- Center for Rural Health/Southern Utah(AHEC)
- Utah State University Extension
- Association of Utah Community Health Centers (AUCH)
- Utah Support Advocates for Recovery Awareness (USARA)
- Up to 8 clinics in Carbon/Emery/Wayne Counties

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,724,632 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

UROHC-CCM GOALS AND OBJECTIVES

1. To develop health professions workforce capacity in Utah
2. To prepare and sustain interprofessional rural primary care SUD treatment teams
3. To support rural communities in providing SUD risk prevention and treatment

Follow us on Social Media

 @UROHC-CCM Utah Opioid Healthcare Consortium

 @UROHC

 @uofu_UROHC

Email me: linda.edelman@nurs.utah.edu



FULL DISCLOSURE!

What I'm not!

- An expert in behavioral health or Substance Use Disorder or Opioid Use Disorder or.....
- An expert in rural health
- A native Utahan
- Living in rural Utah

So why am I standing up here?

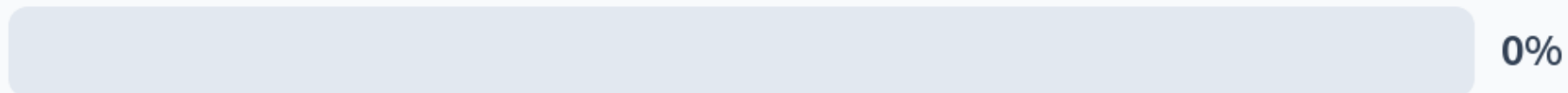
- Nursing background
- Roots
- Previous work
- Well, but often clumsy, intentions

...and I don't hear well so please speak up!

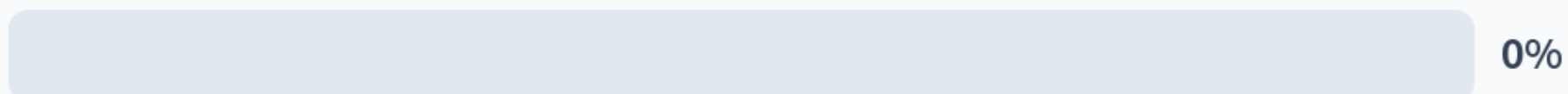


I, or close family or friends, have lived or worked on a farm or ranch.

True



False



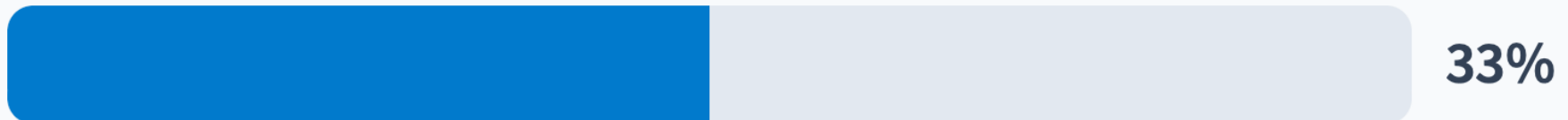
I, or close family or friends, have lived or worked on a farm or ranch.

Poll visualization which includes controls to manage the poll state.

True



False



What do you think Farm Stress means?

Nobody has responded yet.

Hang tight! Responses are coming in.

What do you think Farm Stress means?

Farmers don't get sick days



Weather



??



The struggle that comes from managing, and self-maintaining their way of life often leading to other issues (e.g. SUD).



Stress of losing crops



Uncontrollable events



SEE MORE 

What do you think Farm Stress means?

The pressure of running a successful farm and supporting the food supply. Additionally physical stress and the loneliness that can come with the farming lifestyle.



Hard work, loss of lives, responsible for the loss of lives



Making a living in a hard field.



Hard work, not a lot of time off the farm



Not able to support family due to loss of crops or livestock



Not sure



What do you think Farm Stress means?

Stress of making a living workin a farm



Finances



stress over losing the farm, the daily activities, physical stress

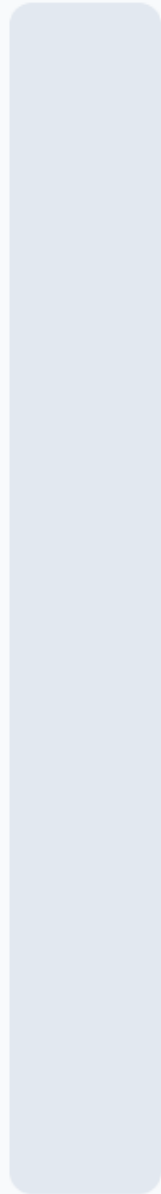


No idea



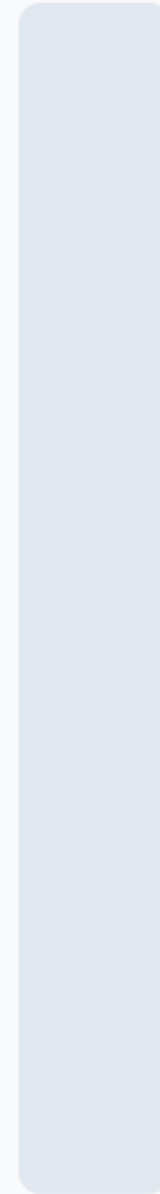
Depression is rare in farmers and ranchers.

0%



True

0%

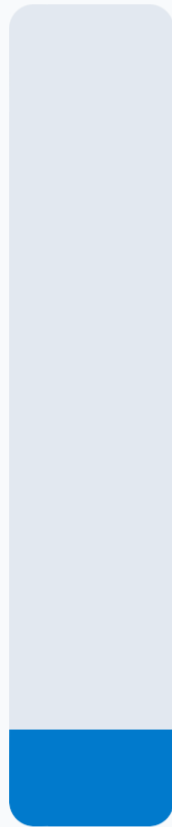


False

Depression is rare in farmers and ranchers.

Poll visualization which includes controls to manage the poll state.

11%



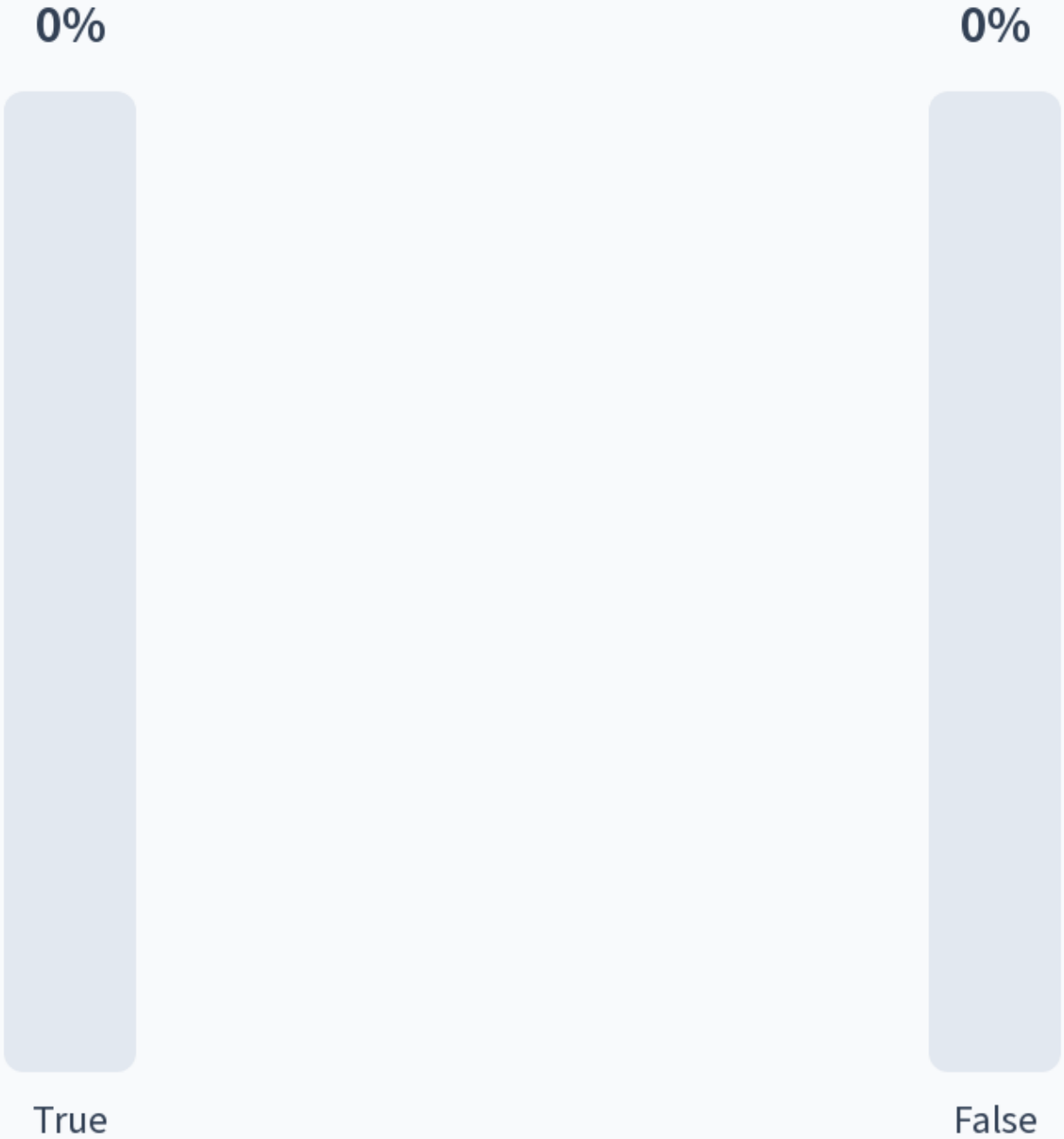
True

89%



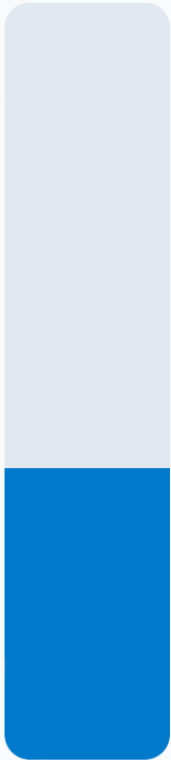
False

Farming, fishing, forestry occupations have lower suicide rates than the average working population



Farming, fishing, forestry occupations have lower suicide rates than the average working population

28%



True

Poll visualization which includes controls to manage the poll state.

72%



False

FARM STRESS DEFINED

- The stress experienced by farmers and their families because of the agricultural work environment
 - Mental, emotional, behavioral, physical and socioeconomic impacts
 - Male suicide rate of 43.2 per 100,000 farmers compared to 27.4 per 100,000 among male working aged adults (2016)
 - Increases the risk of injury, accidents, chronic health problems, chronic pain
 - Impacts farmers and their families, and ultimately the community
 - Often intergenerational
 - Can impact children

FARM STRESS: NATHAN'S STORY

On The Farm - Mississippi State Extension created a miniseries – On the Farm – that features 4 farmers telling their stories of farm stress.

A man wearing a dark baseball cap and a grey t-shirt is shown in profile, looking out over a green field under a blue sky with light clouds. The image is part of a video player interface.

NATHAN

Farm injuries can require long and painful recuperations. Painkillers serve as a tempting path away from the stresses of farm life, but it's often a dead end. Nathan Casburn finds temporary escape through opioids, but at what cost?

▶ WATCH FILM

FARM STRESS RISK FACTORS

- Factors outside their control
 - Changing weather patterns/weather variability
 - Labor and supply shortages
 - Changing farm policies
 - Loss of livestock or crops
 - Financial (volatile markets, commodity prices)
- Occupational stresses
 - Debt
 - Excessive workload, extreme work conditions
 - Physical labor/injury
 - Pesticide use
- Intergenerational stresses
 - Aging farmers
 - Obligation to continue the family farm/ranch
 - Fear of losing the land



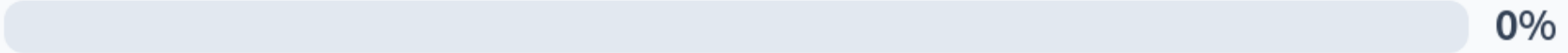
FARM STRESS SIGNS

- Changes in sleep/eating patterns
- Increased use of drugs/alcohol
- Withdrawal from friends and family/or activities
- Aggressive/disruptive behavior
- Increased irritability
- Farm/ranch/livestock care/upkeep
- Change in work routine
- Physical stress symptoms
- Increase in illness/injury

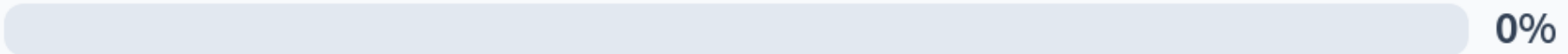
Substance Use Disorder in Agriculture Producers

Incidence of opioid use by farmers/ranchers is

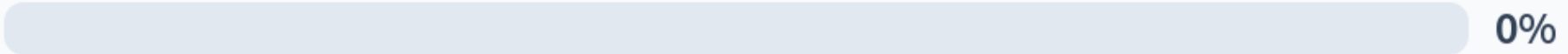
Higher than in rural areas in general



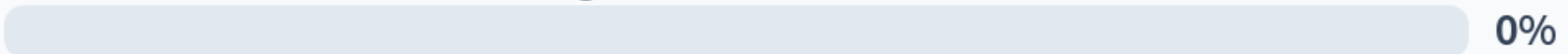
Lower than in rural areas in general



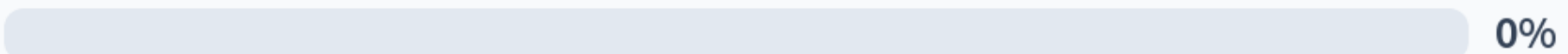
About the same as rural areas in general



Lower than in urban areas in general



Who knows?



Incidence of opioid use by farmers/ranchers is

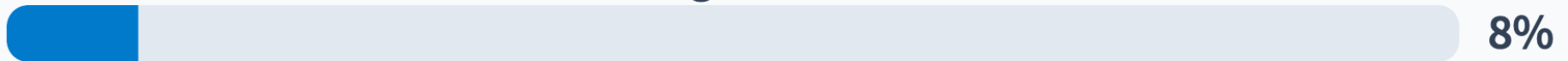
Higher than in rural areas in general



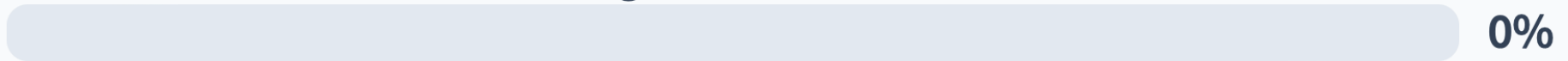
Lower than in rural areas in general



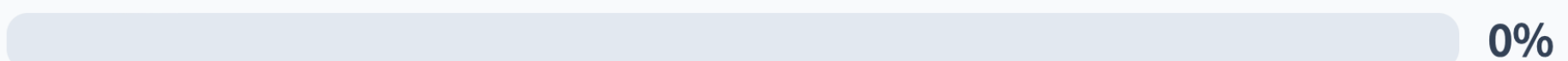
About the same as rural areas in general



Lower than in urban areas in general



Who knows?



INCIDENCE OF SUD

- Higher incidence of alcohol consumption than nonfarmers
- Rural areas have higher incidences of opioid misuse
 - Limited data suggest that incidence is equivalent or higher in farmers and ranchers

A photograph of a man in profile, wearing a dark baseball cap and a grey t-shirt, looking out over a green field under a blue sky with light clouds. The image is used as a background for a text overlay.

NATHAN

Farm injuries can require long and painful recuperations. Painkillers serve as a tempting path away from the stresses of farm life, but it's often a dead end. Nathan Casburn finds temporary escape through opioids, but at what cost?

► WATCH FILM

<https://films.msstate.edu/on-the-farm-v2.html>

RISK OF SUD

- The same stressors for farm stress increase risk for SUD
- The hard physical work over long hours and increased risk of injury increase risk of prescription opioid misuse
 - One small study reported that 69% of farmers surveyed knew someone using opioids, and 54.3% had used opioids at some time in their life
 - Opioid use deaths for farmers, fisherman, and forestry industries are higher than general population



Farm Town Strong

Morning Consult Poll:

Conducted: October 26-29, 2017

Surveyed: 2,201 Rural Adults

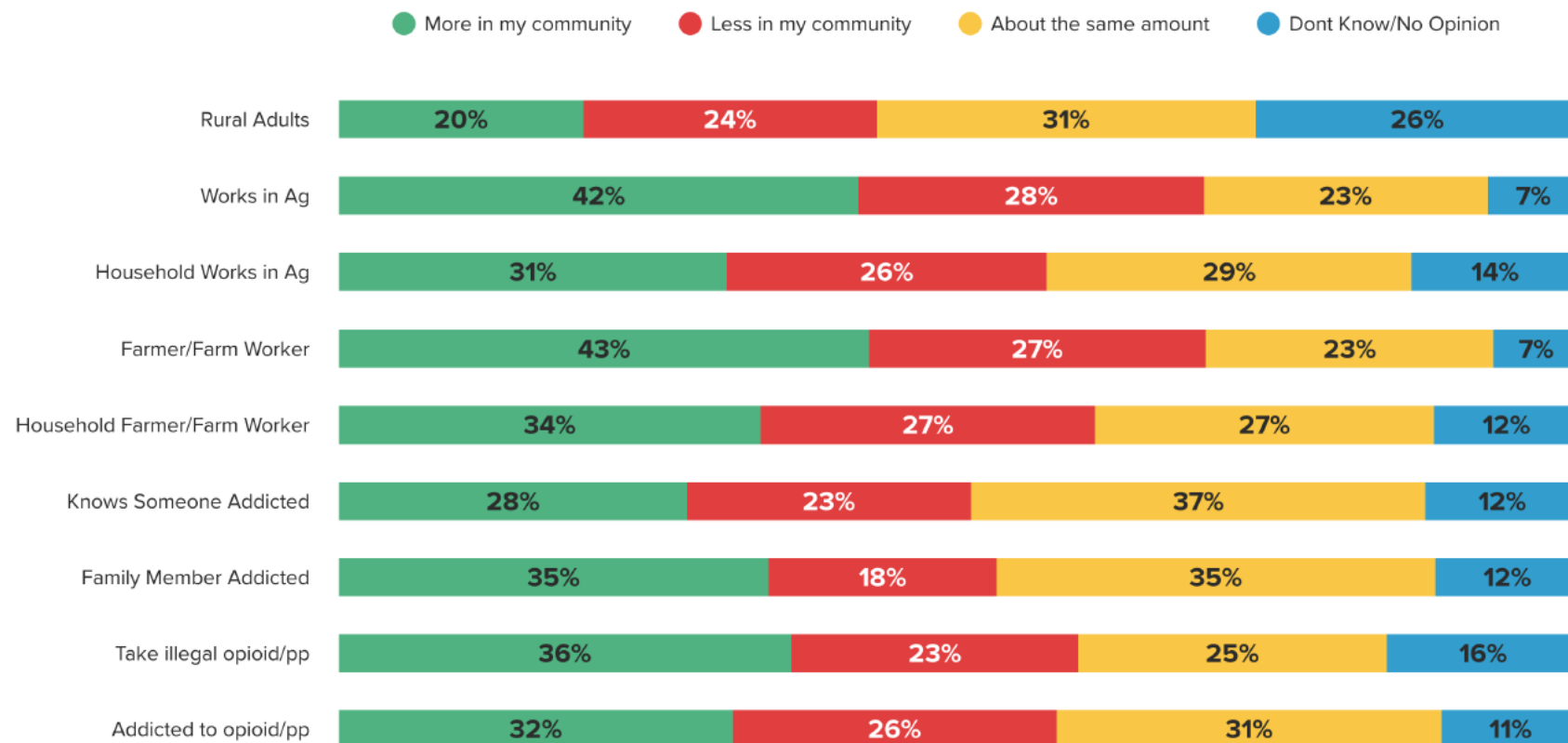
Farmers & Farmworkers Segmented in Reporting



What farmers say about opioid misuse in their communities

Though strong pluralities of farmers, as well as those who work in agriculture, say there *is* more opioid abuse in their communities.

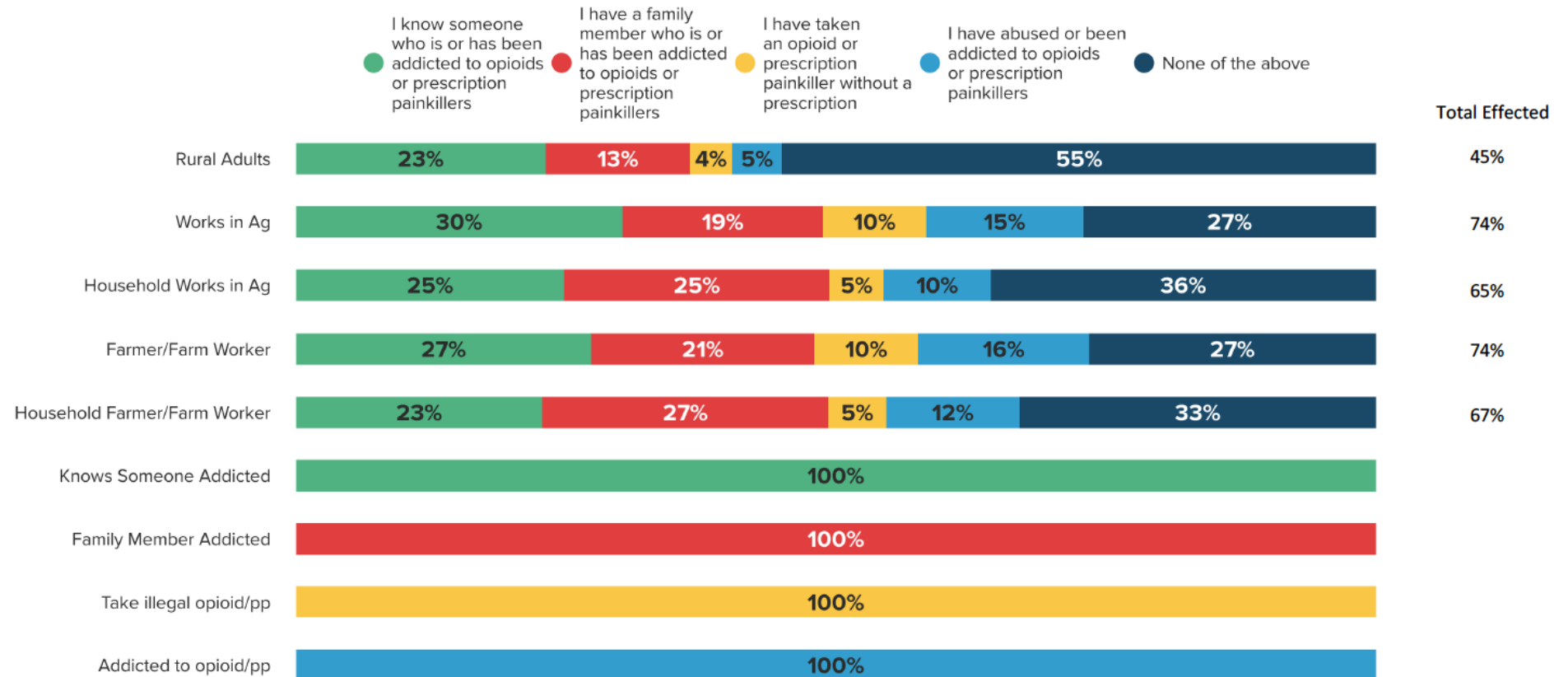
Compared to the rest of the country, would you say there is more opioid abuse in your community, less opioid abuse in your community, or about the same amount?



Farmers have been impacted by opioid misuse

Three in four farmers, farm workers (74%) say they are or have been directly impacted by by opioid abuse.

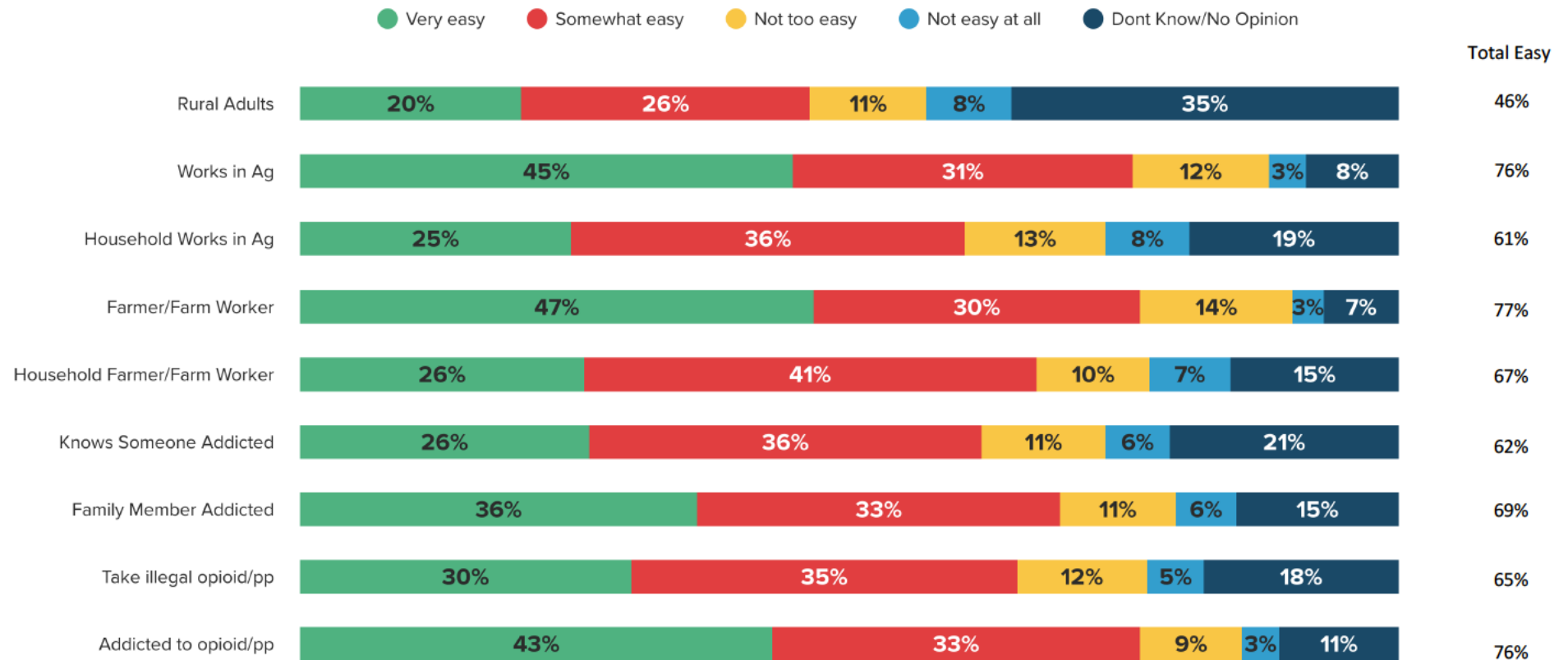
Which of the following best applies to you?



Access to prescription opioids

Three in four farmers, as well as those who work in agriculture generally, say it would be easy for someone in their community to access a large amount of prescription opioids or painkillers without a prescription.

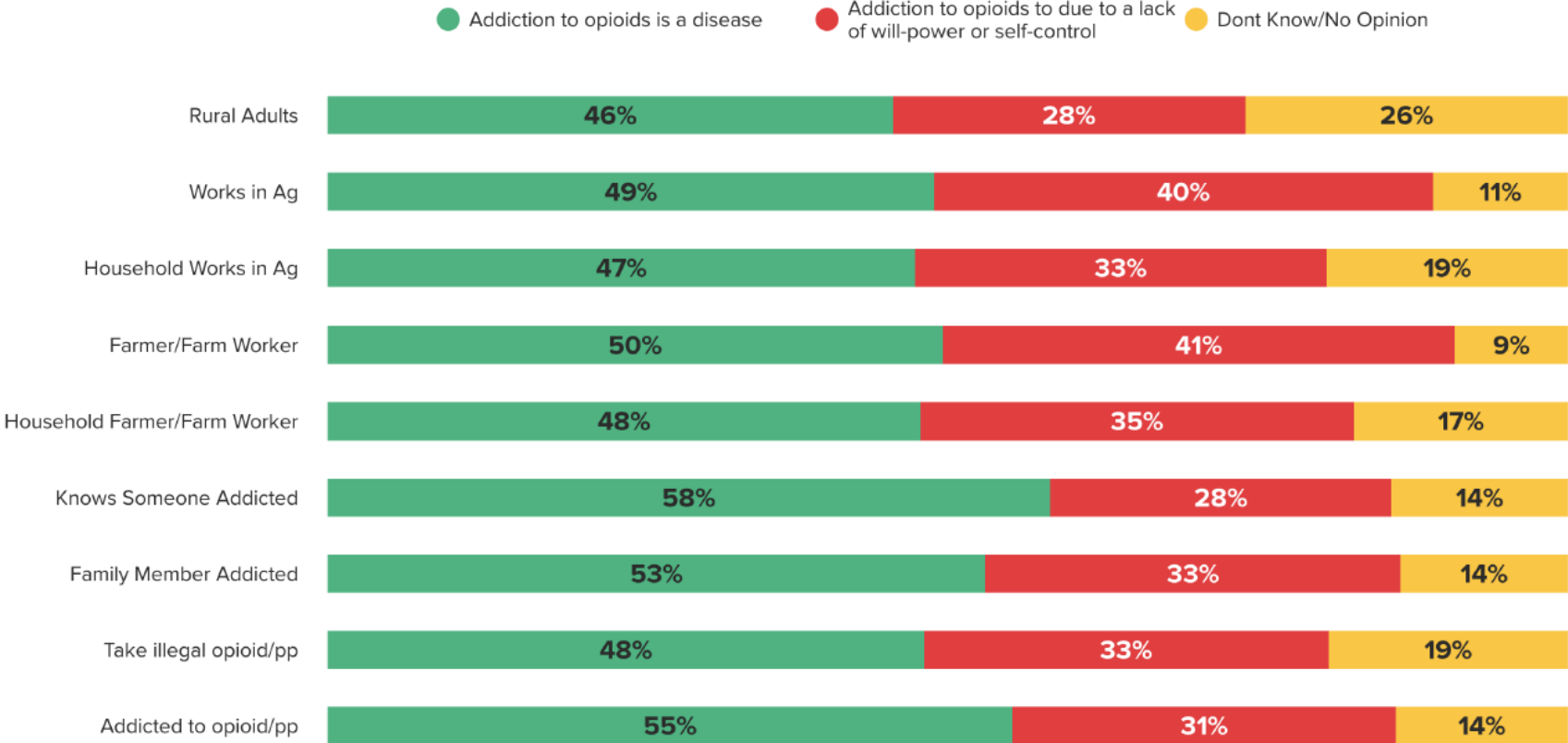
How easy would it be for someone in your community to access a large amount of prescription opioids or painkillers without needing them for a medical purpose?



Recognizing addiction as a disease

Those who know someone suffering most likely to say opioid addiction is a disease.

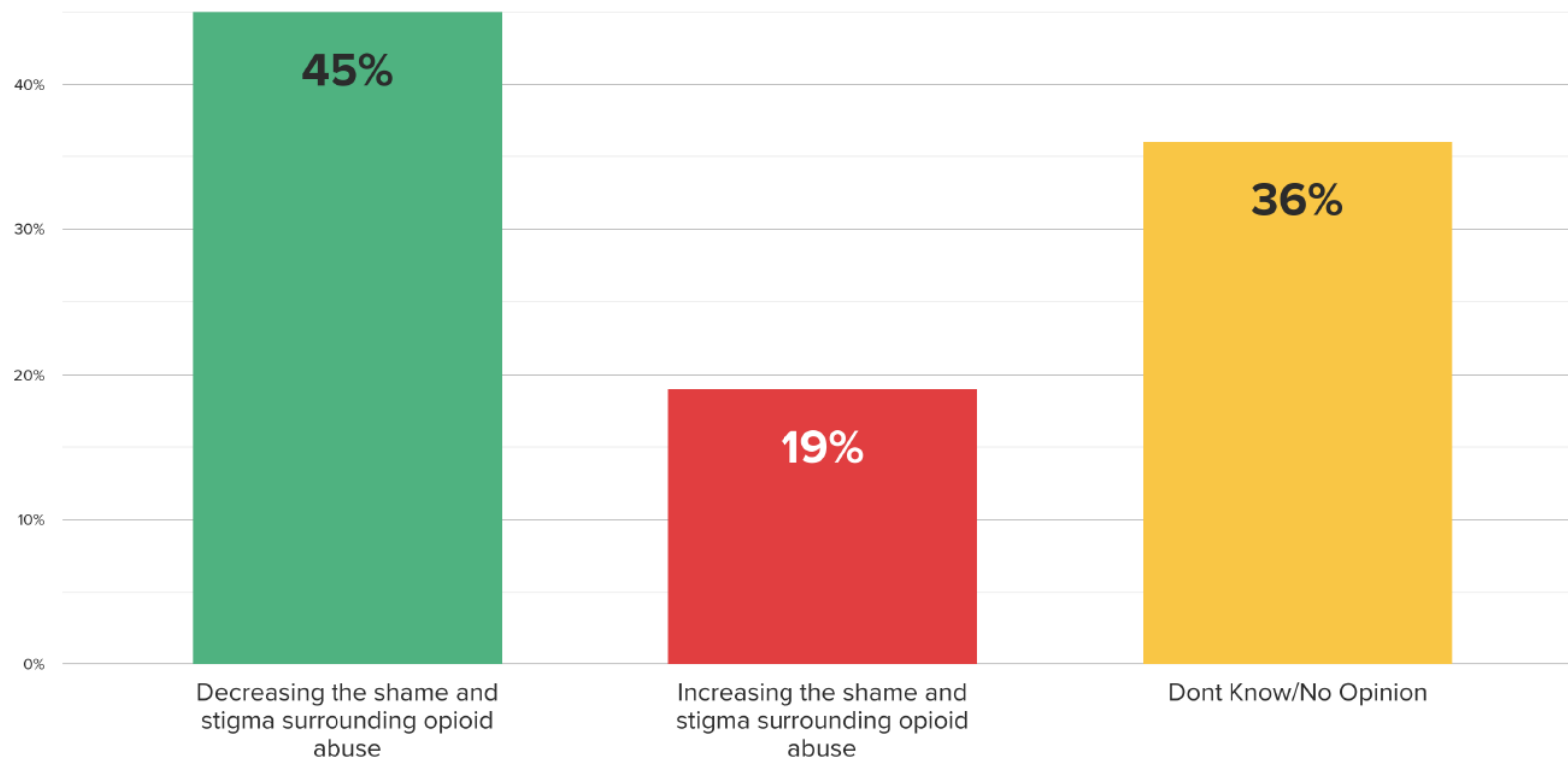
Which of the following comes closest to your view even if neither is exactly right?



Stigma – all respondents

To help solve the opioid crisis, nearly half say *decreasing* shame surrounding opioid abuse would be more effective than increasing it.

Generally, which of the following would be more effective in helping solve the opioid crisis?



Our work is cut out for us because.....

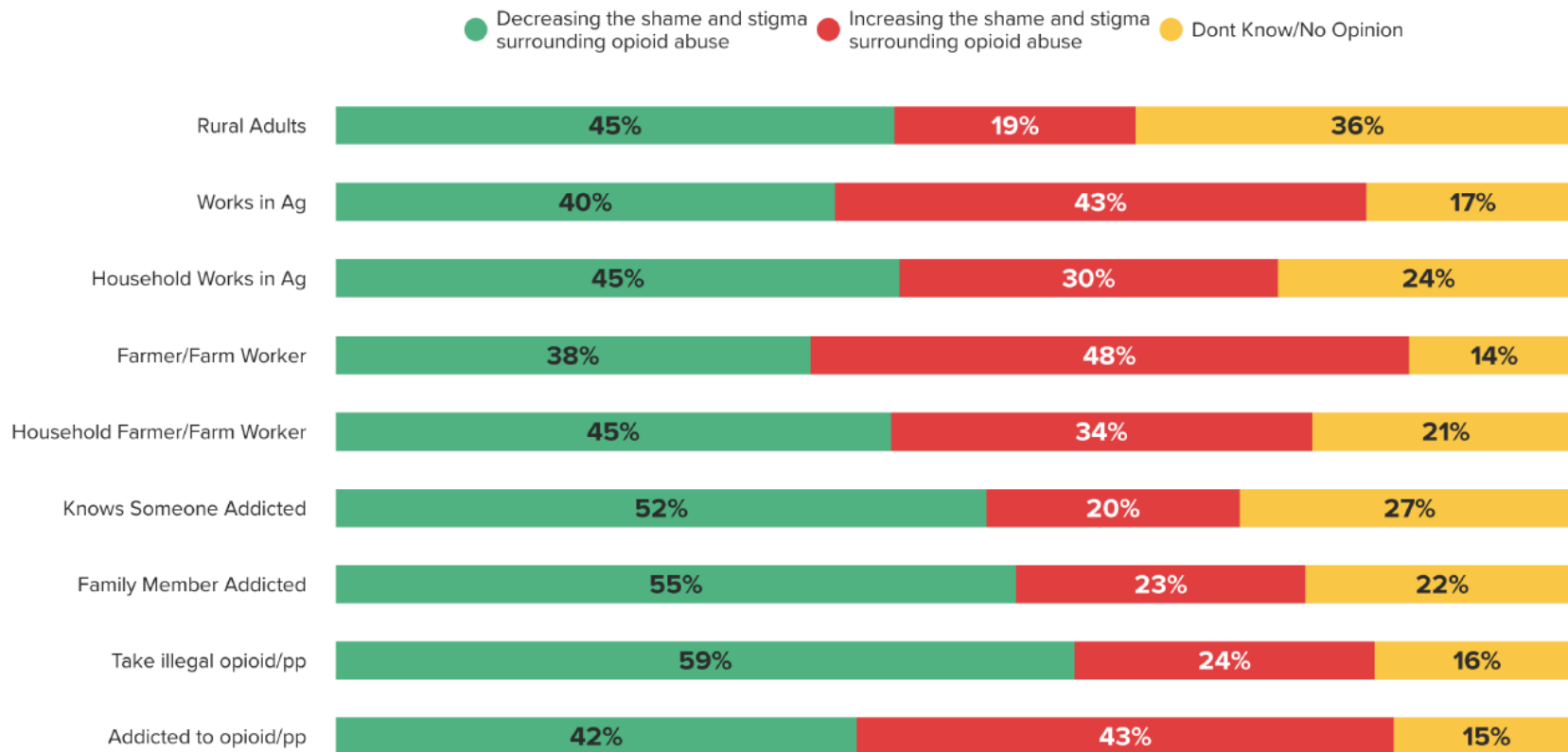


[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Stigma – Agriculture Respondents

Though, farmers say *increasing* stigma would be more effective by a 10-point margin.

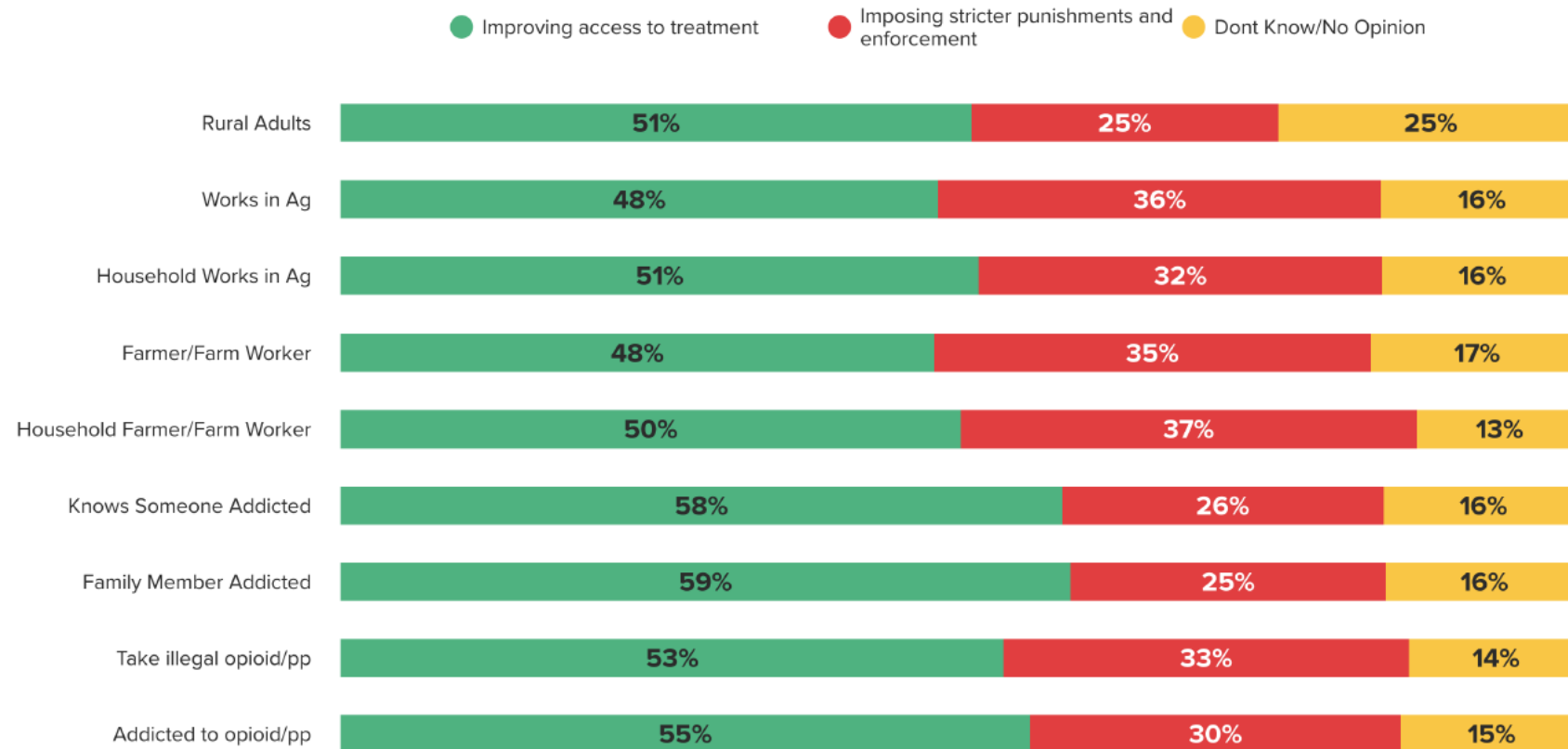
Generally, which of the following would be more effective in helping solve the opioid crisis?



Treatment versus enforcement

Those with family members addicted, as well as those who know someone generally, are especially likely to say treatment over enforcement would be more effective.

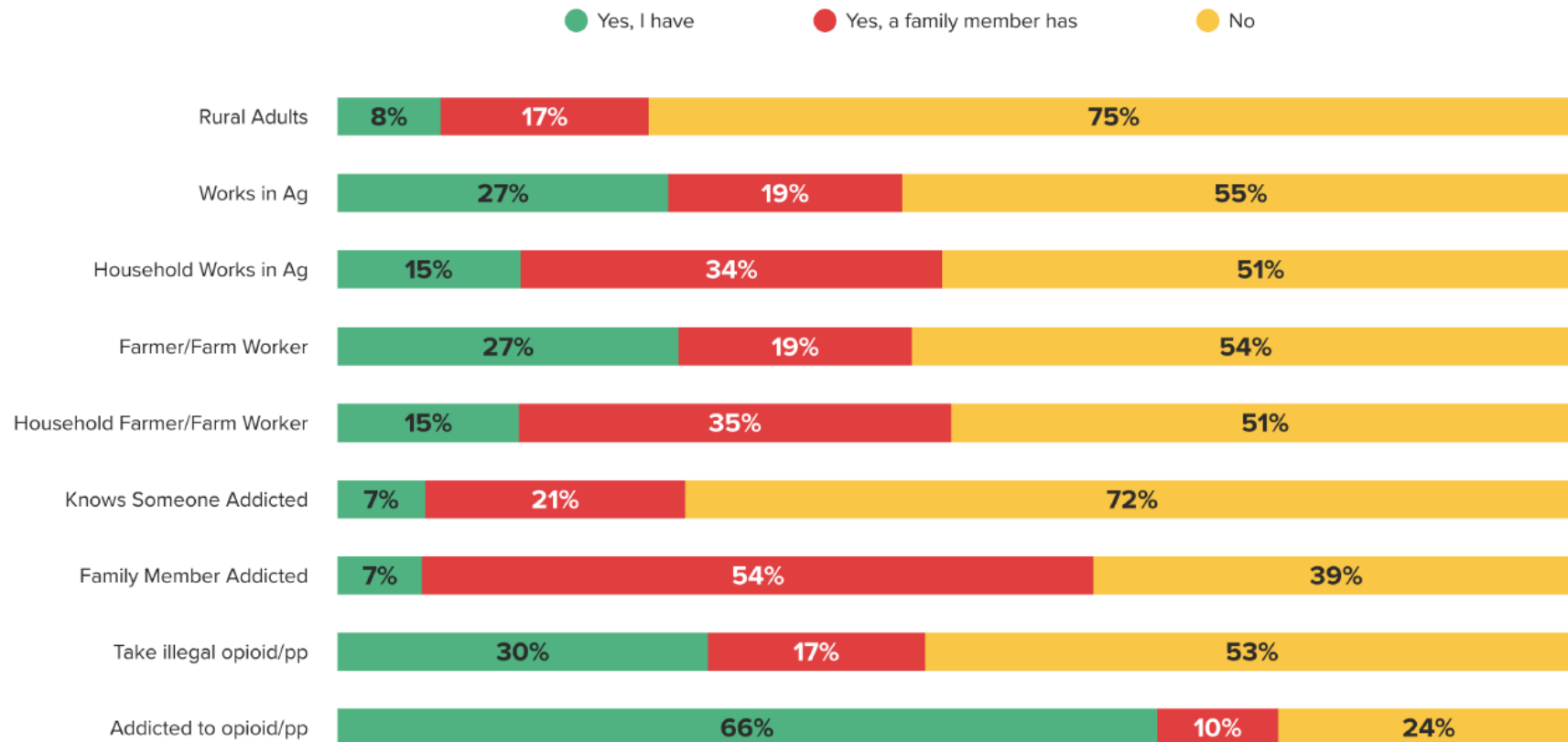
Generally, which of the following would be more effective in helping solve the opioid crisis?



Accessing addiction care

Farmers and farming households, as well as those who work in the agriculture industry, more likely to say they or a family member has sought care for addiction.

Have you or a family member ever sought care for addiction or substance abuse of any kind?



How do we address Stigma

“We’ve got to get farmers to see they are more than their farm. They’re more than the acres that they run, they are more than the livestock that they run.” *Nathan Brown, Ohio Farm Bureau*

STIGMA AMONGST FARMERS/RANCHERS

“YOU JUST NEED TO SUCK IT UP”

- Expectation to be strong
- Accessing care

“We hear farmers and farm families that don’t want others in the community to see their truck parked in front of a mental health center. I have met with farmers at a fire station because they did not want their family or their workers to know they were seeking help.” – *Becky Weisman, Therapist*

“There has been such a stigma around mental health for so long that a lot of those resources have left, or never were in our rural communities as much as they should have been,” – *Nathan Brown, Ohio Farm Bureau*

WHAT DOES THIS HAVE TO DO WITH UTAH?

Farming and ranching is interwoven into rural Utah communities

More than 100,000 agricultural workers

17,900 farm operations, 609 average acres, over 30,000 producers

More than 8,000 ranchers, 830,000 head 561 hog farms, 97% with more than 5,000 head

Most profitable crop?

Suicide is 8th leading cause of death; higher in rural areas

Utah ranks 46th out of 50 states for the prevalence of mental illness and access to care

2000 Utah Farm Bureau study found 48.7% of farm bureau respondents stated agriculture was stressful

2023 study of Western agricultural producers found that respondents were experiencing medium level of stress: higher in women and 18-32 age group

WHAT CAN YOU DO?



FARM STATE OF MIND Mental Health in Rural America

WHAT CAN YOU DO?



If you are experiencing stress or SUD – reach out to people you trust, seek help



Listen – farmers state they are most likely going to talk to family or friends



Be nonjudgemental – show empathy



Encourage help – know your local healthcare and community resources

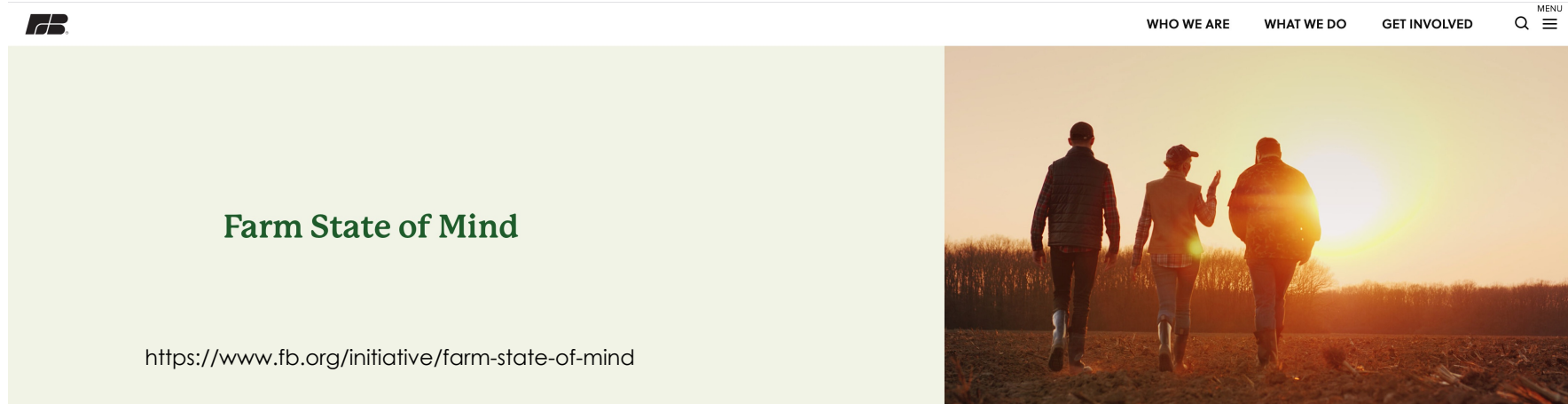
RESOURCES - UTAH

- Utah State University & Utah Department of Agriculture and Food – Agricultural Wellness Program
 - \$2,000 for mental/behavioral health services or family counseling
 - Ag Wellness and Mental Health Awareness & Advocacy for Ag courses (online and free)



<https://extension.usu.edu/agwellness/>

RESOURCES - NATIONAL

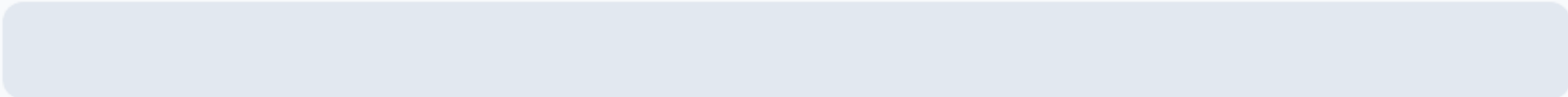


The screenshot shows the top navigation bar of the American Farm Bureau website with links for 'WHO WE ARE', 'WHAT WE DO', 'GET INVOLVED', and a 'MENU' icon. Below the navigation is a large image of three people walking away from the camera in a field at sunset. On the left side of the image, the text 'Farm State of Mind' is displayed in green, with the URL <https://www.fb.org/initiative/farm-state-of-mind> below it.

- American Farm Bureau - Farm State of Mind
- AFB and National Farmers Union - Farm Town Strong
- AgriSafe Network – Health resources
- American Psychological Association – Farmer Stress
- LandLogic Model – Barbed Wire Thinking

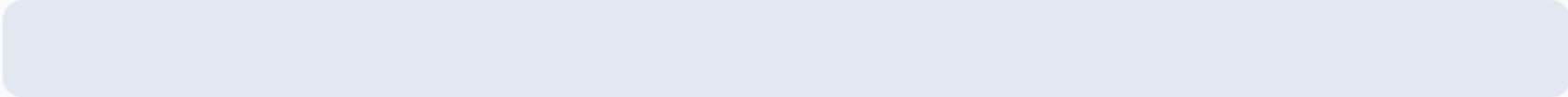
Do you think farm stress and opioid use disorder are issues that need addressing in your community?

Yes



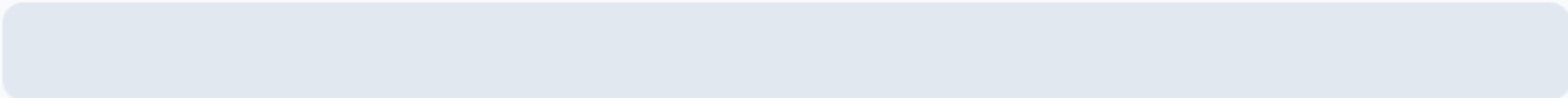
0%

No



0%

Not sure



0%

LET'S TALK: WHY DID YOU ANSWER THE WAY YOU DID?



Why did you answer the way you did?



Who are key stakeholders that should be included in this conversation?



What are ways farm stress could be addressed with farmers/ranchers/miners in your community



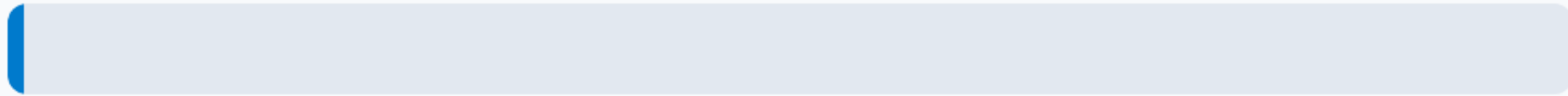
What are ways SUD could be addressed with farmers/ranchers/miners in your community?



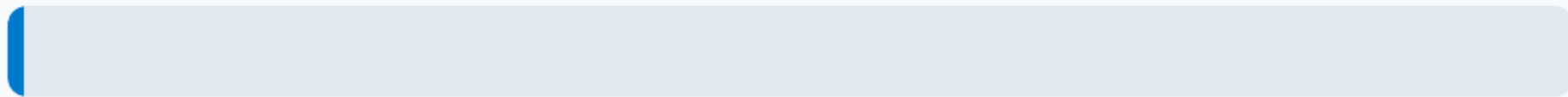
If you'd like to continue to be part of this conversation, share your email.

What training/education would you be most interested in

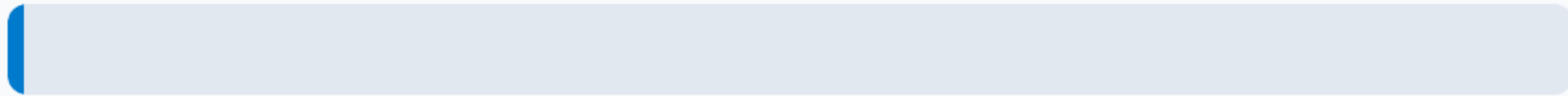
Farmer/rancher mental health



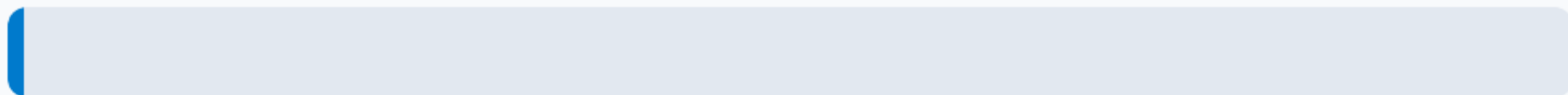
Addressing mental health stigma in farmers and ranchers



Resources and treatment options for farm stress



Assessment of opioid misuse amongst farmer/ranchers



Safety-sensitivity of opioid use in Agriculture



SEE MORE 

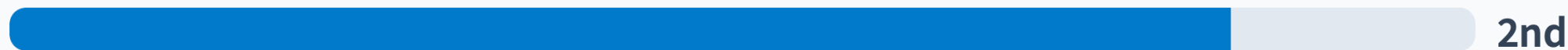
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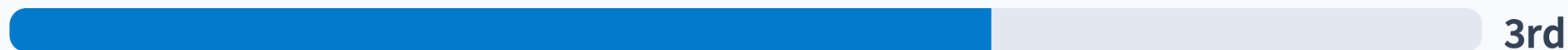


Poll visualization which includes controls to manage the poll state.

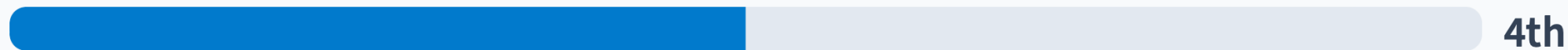
Addressing mental health stigma in farmers and ranchers



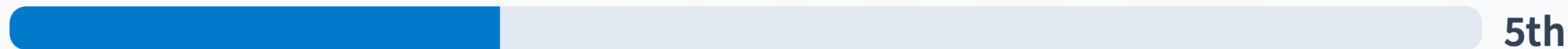
Assessment of opioid misuse amongst farmer/ranchers



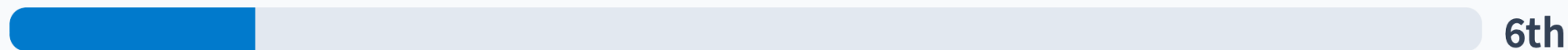
Resources and treatment options for farm stress



Safety-sensitivity of opioid use in Agriculture



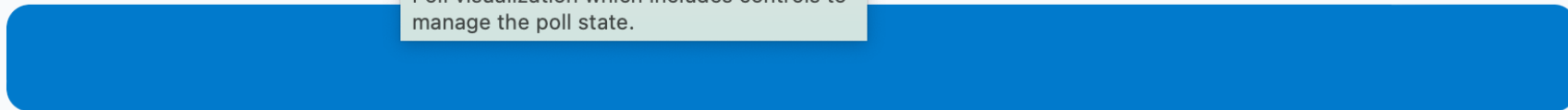
Defining the rural health care professional's role in prevention of opioid misuse in farmers/ranchers



Do you think farm stress and opioid use disorder are issues that need addressing in your community?

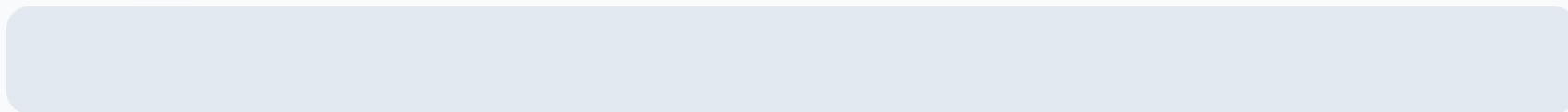
Yes

Poll visualization which includes controls to manage the poll state.



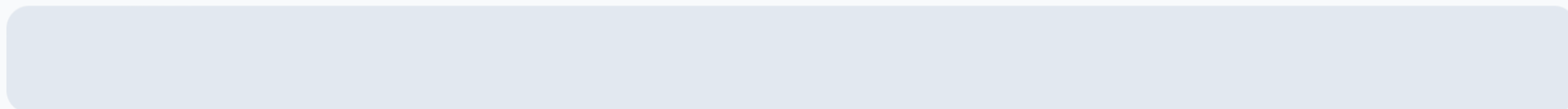
100%

No



0%

Not sure



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THANK YOU!

Slides, bibliography and resources available [HERE](#) or via the QR code below.



<https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/dugout-ranch/>