

# Farmer Health

Mental and Physical



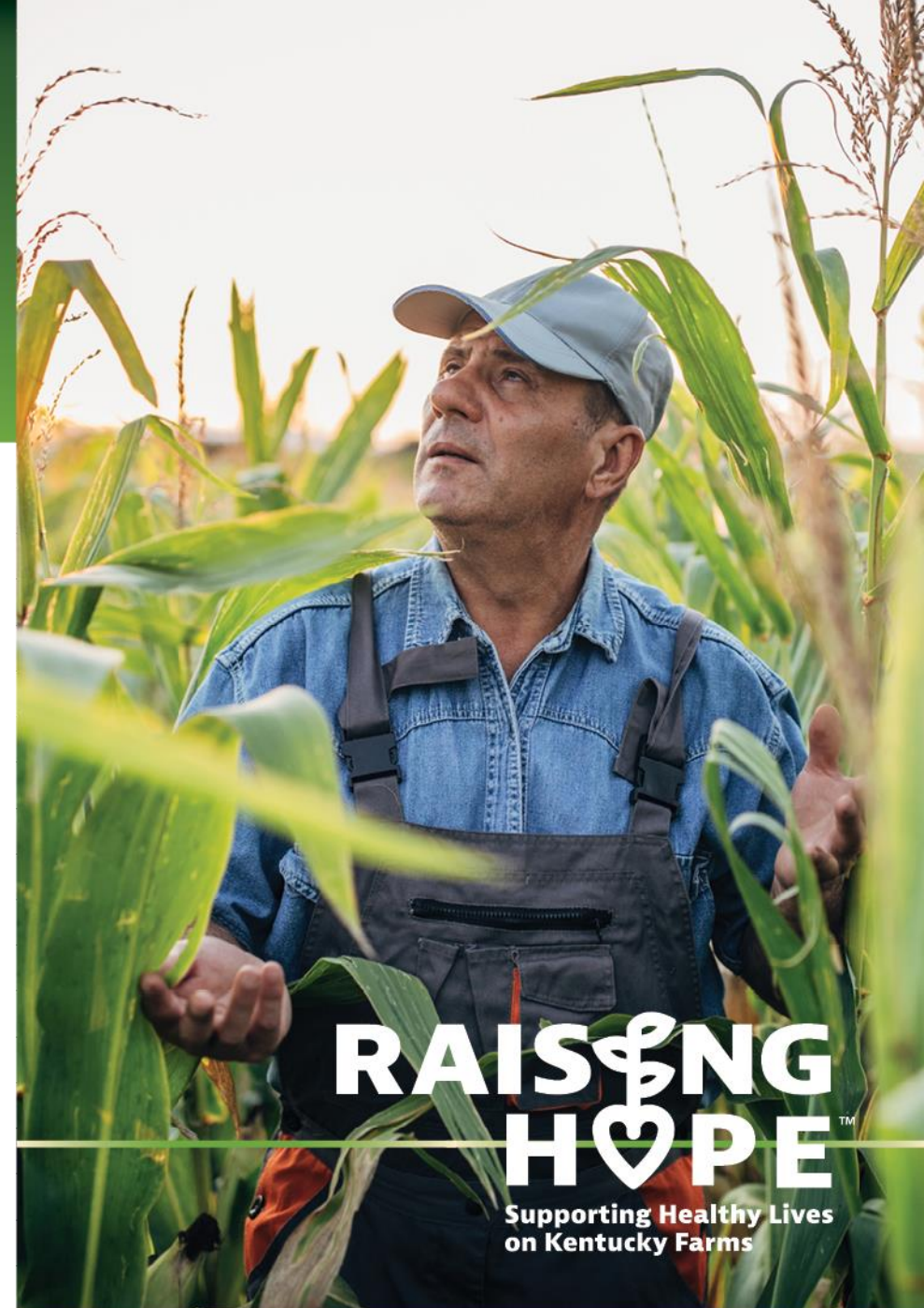
Dr. Cheryl Dean-Witt, RN  
Martin-Gatton College of Agriculture, Food and Environment  
Extension Specialist-Ag Nurse

**RAISING  
HOPE™**  
Supporting Healthy Lives  
on Kentucky Farms

# Our Mission and Goals

Promote the physical/mental health and safety of Kentucky's (KY's) farmers and farm families through translational research, prevention/intervention, and community education/outreach informed by key stakeholders with the common goal to enhance quality of life for our farmers and farm families.

Develop community-based programming, education, communication and support systems informed by local voices to support the mental and physical health, safety of our farmers and farm families by focusing on the reduction of stress, depression, and suicide rates among farmers and farm families.



**RAISING  
HOPE**™

Supporting Healthy Lives  
on Kentucky Farms

# Farm Machinery Show

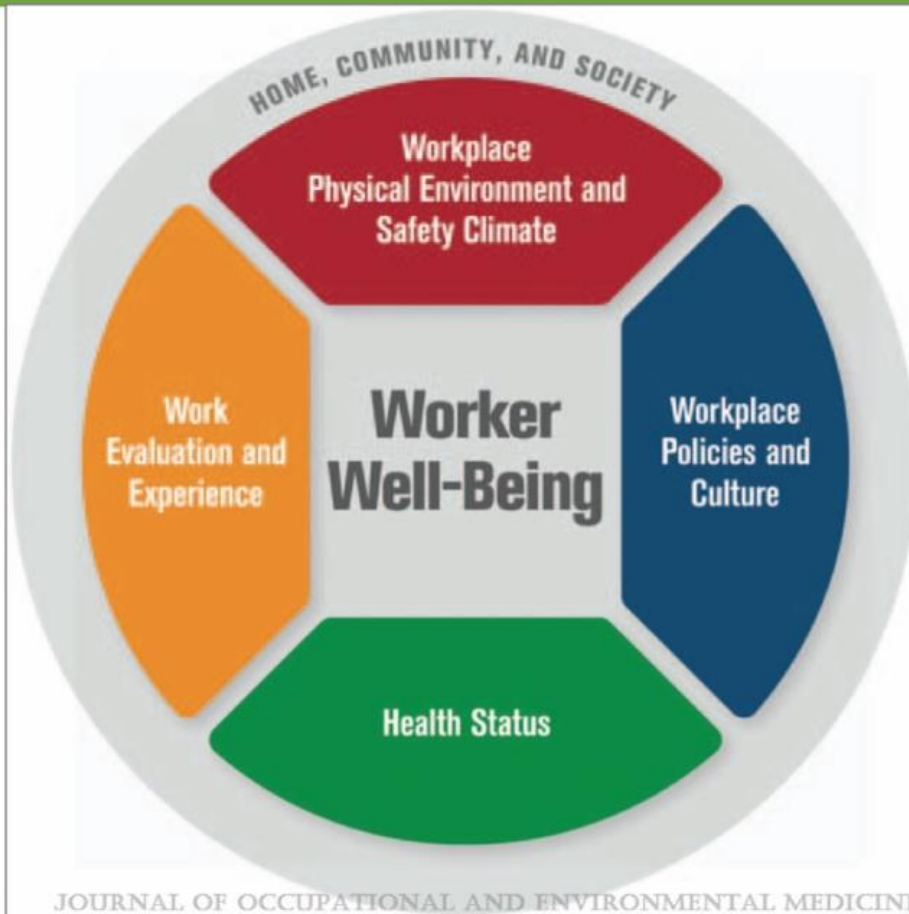


*Good idea!*



# Total Worker Health

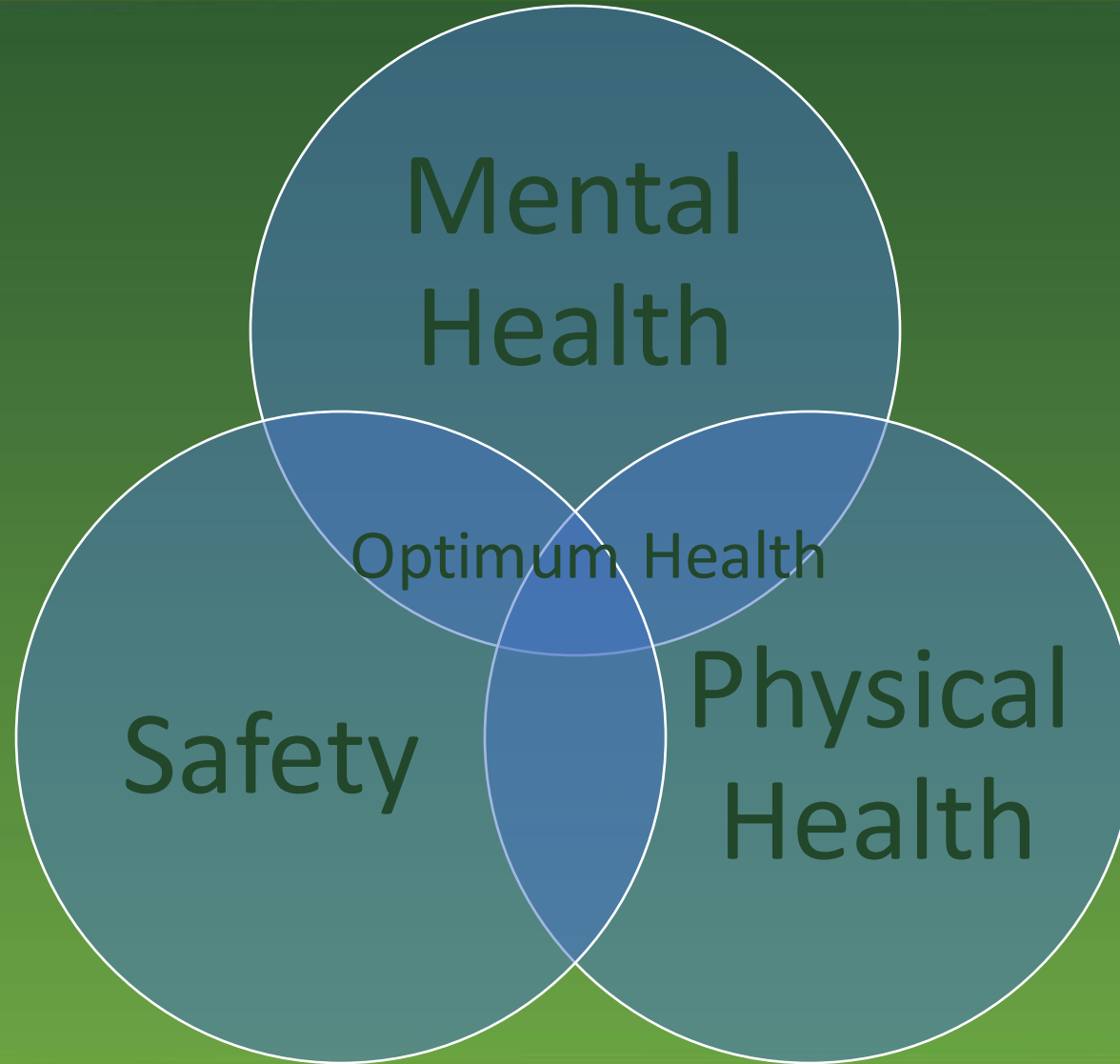
CDC/NIOSH



# Total Farmer Health Model



# Kentucky Farmer Model



**RAISING  
HOPE™**  
Supporting Healthy Lives  
on Kentucky Farms



# Farmer-Centered

**What is it?**

**Interventions designed with the respect of**

- **The culture of the farming and farm family**
- **Recognizing the value and importance**
  - a. Farmers' occupation**
  - b. Experience**
  - c. Role of the farm operator**





# Why is this important?

- Farmers define health by their ability to work.
- Statistical significance between men who see a provider on an annual basis versus women ( $p=.006$ )



*“I can live with chest pain, but not the shortness of breath. I can't do what I need to on my farm”*

*“I would go if my arm were cut off.”*





# Farmers' Culture



- Highly independent
- Self-reliant
- Strong work ethic
- Rural masculine identity
- Long hours
- Physically hard labor

# Farmer-Centered Programs Raising Hope

- Challenge coins
- Health screenings (over 2000)
- Safety and health education on the farm



## Do Farmer-Centered Interventions Work?

**We have 8 persons confirmed alive today because of our work!**

- *“Because of your training, even though the accident occurred, he was ready by the time the ambulance got here to go to the hospital.”*
- *“Thank you all for what you do. Because of this right here [health screenings], I am alive today.”*
- *“Life truly is good Mr. Dobson.”*
- *“I wouldn’t be alive today if it wasn’t for you all doing the health checks.”*



Let's Keep Our  
KY Farmers  
Healthy for  
Generations



# RAISING HOPE™

**Supporting Healthy Lives  
on Kentucky Farms**

[RaisingHopeKY.com](http://RaisingHopeKY.com)

[info@raisinghopeky.com](mailto:info@raisinghopeky.com)

