

Assessing Ag Workers' Behavioral Health

Executive Summary

Project Overview

When local leaders raised concern about a behavioral health crisis within the San Luis Valley (SLV), faculty at the Center for Health, Work & Environment consulted with residents to identify ways researchers could support the community. As climate change continues to impact the environment and human health, residents cited concern for friends and family who rely on the agriculture industry for their livelihood. With local leaders and industry experts providing guidance, our team used a *Total Worker Health*® approach to survey local Ag workers and organizations.

What is Total Worker Health?

Total Worker Health is a framework including policies, programs, and practices that integrate protection from work-related safety and health hazards with the promotion of injury and illness efforts to advance worker wellbeing. While it is less common for Ag workers to work in formalized work settings, we can still use this framework to assess wholistic wellbeing.

Study Design

We developed a multi-component survey designed to assess behavioral health, social support, sources of stress, and worker wellbeing. Recruitment focused on farm/ranch owners/operators and migrant workers in the SLV.

Preliminary Findings

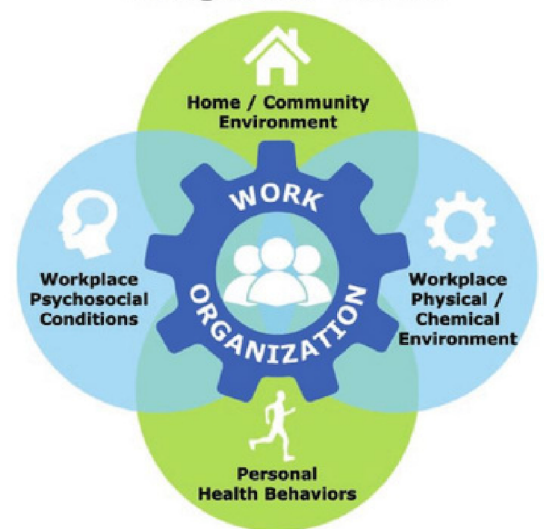
- Ag workers primarily rely on close family/friends and Los Promotores for social support
- Owners/operators identified drought, physical health, and mental health as primary sources of stress
- Field workers identified sources of stress as primarily related to financial stability

Moving Forward

As we further analyze data, we hope to compare the behavioral health of SLV Ag workers to the behavioral health of other Colorado workers in different occupations.

As a pilot project, the scope of our funding was limited to assessing the wellbeing of SLV Ag workers. We are currently using this information to initiate conversations with other researchers and community organizations, and identify ways to expand upon this work.

CPH-NEW *Total Worker Health*®
"Integration" Model



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