



# Healthy Farmer

*Building hope and health in the rural agricultural community*

Vol. 1, No. 1

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Greetings! Welcome to the first AgriWellness Newsletter! We aim to provide you with information to make agriculture healthier. AgriWellness, Inc., a non-profit organization, focuses on some of the least understood aspects of agricultural health—our behavior. Farming can be safer and healthier by the way we manage our behavior. AgriWellness is one of the first organizations anywhere to begin looking at these issues.

Jaci Kiracofe, Editor, will include articles about important agricultural behavioral health news that you should be aware of, information related to the present farming season, and some fun trivia, among other things. We welcome your ideas and contributions.

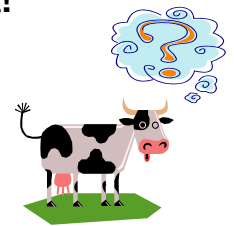
Michael Rosmann  
Executive Director and Farm Owner  
AgriWellness, Inc.



## HARVESTING

Harvesting is a time when many of us feel rushed to get it done. While it is important to harvest crops before winter sets in, it's even more important that we have a safe harvest. This year we will have more corn and soybean plants to run through the combine than usual. More fodder means it will take more time to complete the harvest. Expect to slow down. Expect more wear and tear on machinery. Setting realistic expectations will help you feel less stressed and less likely to take unnecessary risks. Look for more tips on the next page on how to cope with farm stress.

## Let's Play Farm Trivia!



### Question:

How many people does the average U.S. family farm feed?

**Answer:** See next page.

**We want to hear from you!**

**What do you think is the smartest farm animal?**

Send your thoughts to [jacik@agriwellness.org](mailto:jacik@agriwellness.org)



## Coping with Farm Stress-You are not Alone

Studies by the National Institute for Occupational Safety and Health show that **farmers have the highest rate of death as a result of stress-related conditions.** Heat stress, artery disease, hypertension, ulcers, and nervous disorders top the list of killers. **America's farmers and ranchers have to cope with more stress than the average worker.** Droughts, floods, pests, long hours, financial concerns, and other complications can lead to feelings of isolation and frustration. Experts agree that there are steps people can take to help cope with the stress in their lives. **To help reduce stress, the National Safety Council suggests the following:**

- **Acknowledge that stress exists in your life.**
- **Don't minimize your reactions to stress. If you keep stress buried inside, it is likely to create mental and physical problems.**
- **Talk about your problems with family, friends, clergy or professional counselors. This will help you clear your head and focus on eliminating or reducing anxiety and stress-related ailments.**
- **Take breaks, such as at mealtime.**
- **Get enough sleep. If you have trouble sleeping, try light reading or low noise in the background such as radio or television programs.**
- **Keep all machinery in good condition. Eliminating possible breakdowns will reduce stressful moments.**

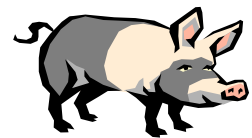
Information adapted and taken from the National Safety Council, <http://www.nsc.org/issues/agri/stress.htm>



For those of you who missed National Farm Safety and Health Week, many articles and info can be found on it by visiting the Iowa State Agricultural Safety and Health website at [www.abe.iastate.edu/Safety](http://www.abe.iastate.edu/Safety). It has a lot of good information!

### Let's Play Farm Trivia!

Answer:



There are only about 600,000 U.S. family farms on which agricultural production is the main source of income. Each of these family farms produces the food consumed by 875 persons!

Please send us names and email addresses of people who would enjoy receiving this newsletter!

Send them to: Jaci Kiracofe, email: [jacik@agriwellness.org](mailto:jacik@agriwellness.org)

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