Harvesting Happiness
What Ag Women Need to Know about Stress and Depression

Where are we headed?
Define Agricultural Behavioral Health
Prevalence of Depression in Rural America
How to Recognize Stress and Depression Problems
Harvesting Happiness: Strategies

The Personal Nature of Agriculture
- Characteristics of Agricultural Communities and Culture
- Strong Core Values
- Behavioral Healthcare Issues Specific to Agricultural populations
### What is Depression?

Can mean different things to different people.

**Definitions of Depression**
- Symptom
- Sign
- Diagnosable Disorder

**“Causes” of Depression**
- Stress
- Biology
- Psychology
- Social

### Conditions Unique to Agriculture and Producers

#### UNIVERSEL ISSUES
- Financial Pressure
- Succession Planning
- Overall Poor Health (inactive, overweight, irregular visits to the doctor)
- Isolation, Loneliness, Stress
- Disease Outbreak
- Lack of Access to Services; Lack of Health Benefits
- Weather, Government Policies, Poor Yields
- Overworking; never being able to “leave work”
- Chemical Exposure (Cholinesterase-inhibiting pesticides such as organophosphates and carbamates have been linked to depression)

#### WOMEN SPECIFIC ISSUES
- Worry about injury
- Family Caregivers for Elderly Relatives
- Women are the Family Counselors and Confidants
- Multiple Roles; mother, wife, financial planner, caregiver, employee,
  “Third Shift” Workers: work outside the home, care for the family, and work on the farm
- Lack of Recognition for work

### Prevalence of Behavioral Health Issues in Rural and Agricultural Areas

- Depression rates have been found to be higher in rural areas as compared to urban areas
- Higher rates of suicide in rural areas especially among men
  - In the Midwest, Suicide is the 2nd leading cause of death for ages 15-34 and the 4th leading cause of death for ages 35-54
- Why? **STIGMA**
Assessment of Behavioral Health Issues

Am I stressed, depressed, or over-blessed?

Zung Depression Screening

Zung Self-Rating Depression Scale

Stress Rating Scale
Harvesting Happiness
Strategies for Wellness

Good evidence for efficacy of CBT and IPT (Interpersonal Therapy)
Medication is very effective
Psychotherapy may be just as effective as medications in mild-moderate illness
Combination of medications and psychotherapy may be better than either alone
## Practical Things to Do

- Social Support
- Eat Right
- Sleep
- Exercise
- Communicate
- Practice Gratitude
- Spirituality/Faith
- Self Growth and Esteem Building
- Live in a rural area

### Questions?

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