

## Pre/Post Test

1. Which of the following health factors is not depicted in the Total Farmer Health model?

- a. Sleep
- b. Hazards
- c. Finances
- d. Family history
- e. Weather

2. Based on information from the 2019 American Farm Bureau survey, what percentage of rural residents agreed that “mental health is essential to them and their families”?

- a. 91%
- b. 68%
- c. 45%
- d. 30%

3. What percentage of US farms are small family farms?

- a. 12%
- b. 45%
- c. 88%
- d. 93%

4. Which statement about agricultural production business is true?

- a. Trade wars help to increase the value of a producer’s product.
- b. Crops requiring storage processing (freezing) have an increased monetary return for the farmer.
- c. Farmers cannot establish a price for their product.
- d. Corn, soybeans, and wheat are grown only in the Midwest and the South.

5. In 2017, on average, out of every \$1.00 spent by the consumer on U.S. agricultural products purchased at the retail market how much does the farmer receive?

- a. 3.5 cents
- b. 14.6 cents
- c. 46.3 cents
- d. 92.1 cents

6. What is a benefit of mediation for agricultural producers?

- a. Mediation includes legal advice.
- b. Mediation is less costly, but more time consuming than court litigation.
- c. The mediator advises on best solutions.
- d. Mediation is an option for producer disputes with the United State Department of Agriculture (USDA)
- e. Mediation results are public record.

7. Which work hazard accounts for 50% of farmer deaths?

- a. Tractor roll overs
- b. Vehicular road accidents moving large equipment.
- c. Injuries when handling, moving, or evacuating large animals
- d. ATV accidents

8. Out of ten industry sectors designated by the US. Bureau of Labor, where does the sector *Agriculture, Forestry, Fishing, and Hunting* rank in the rate of work-related fatalities (per 100,000) ?

- a. First
- b. Second
- c. Third
- d. Fourth

9. Which organization (s) can help veteran farmers obtain equipment they may need due to a disability or to prevent injuries?

- a. Agrbility
- b. Wounded Warrior
- c. Farmer Veteran Coalition
- d. American Farm Bureau
- e. A & C

10. Which is a true statement about immigrant farmers and farmworkers?

- a. The average age of immigrant farmworkers has decreased.
- b. Immigrants comprise over 70% of the agricultural workforce.
- c. Immigrant farmers do not share the same generational values as US born farmers.
- d. Immigrant farmworkers are exempt from paying taxes.

11. Which statement accurately describes black farmers?

- a. Of the 3.4 million total US farmers, only 500,00 are black.
- b. Today's black farmers tend to be younger on average than other farmer groups.
- c. Heir's property has allowed black farmers to sustain their hold on farming land.
- d. In 1999, USDA was found to have violated black farmer's civil rights in *Pigford v Glickman*.

12. Which statement best depicts the experiences of young farmers?

- a. Young generational farmers feel supported by their families in their farm managing decisions.
- b. Young farmers typically don't maintain an off-farm job.
- c. Young farmers have limited access to land.
- d. Young farmers have fewer barriers establishing themselves in the industry.

13. Which of the following statements are true?

- a. Farm males experience higher rates of stress than women in regard to farm operations and the physical, social, and financial wellbeing of the farm family.
- b. Farm females experience higher rates of stress than males in regard to farm operations and the physical, social, and financial wellbeing of the farm family.
- c. Farm spouses tend to share equal responsibilities for the care of children and older parents.
- d. Being able to work from home is a protective factor for farm families.

14. What is one of the accessibility and accommodation barriers faced by farmers needing mental health care?

- a. Health literacy regarding mental health.
- b. Insufficient or inability to take time off
- c. Rural residents don't believe they need mental health resources.
- d. Resistance to telehealth services
- e. A & B

15. Why does the opioid epidemic appear to be disproportionately affecting the farming community?

- a. Opioids are not connected with safe farm management.
- b. The farming community appears more tolerant of opioid use than other rural communities.
- c. Farmers are at high risk for injury.
- d. Rural pharmacies are inclined to overlook problematic prescription use.

16. Which of the following statements are true regarding suicide and agriculture?

- a. The suicide rate of individuals working in agriculture, forestry, fishing and hunting is high but lower than all industries rate.
- b. The suicide rate of male agricultural managers was higher than that of the general suicide rate of all workers in agriculture, forestry, fishing, and hunting.
- c. All states were represented in the CDC suicide rates for agriculture, forestry, fishing, and hunting.
- d. The suicide rate for women in agriculture is lower than that of males.

17. The percentage of national suicides that involved a firearm are 60%. What percentage of farmer suicides involve a firearm?

- a. 50%
- b. 65%
- c. 80%
- d. 90%

18. According to the Iowa Model of Multiple Modes of Interventions, what should be considered including to increase education effectiveness in healthcare interventions for agricultural workers?

- a. Appeal to ownership and the impact on the family and workers
- b. Social supports outside the agricultural community

- c. Follow up with a phone call or email reviewing your recommendations
- d. Discuss the benefits of proposed changes or treatment as an incentive or cost saving measure that impacts their business.
- e. Explain how time away from their farm once a week is beneficial for their mental health.
- f. A, D, E
- g. A & D

19. What percentage of mental health professional shortage areas are located in rural America?

- a. 78%
- b. 67%
- c. 58%
- d. 52%

20. The Rural Health Information Hub outlined several issues that warrant addressing to improve access for rural communities. Which of these issues does FarmResponse training directly address?

- a. Availability of healthcare services
- b. Perceived privacy concerns
- c. Ability to take time off from work to use the services
- d. Normalize conversations about mental health and substance abuse