



Nutrition and Health

PHOTO: Oregon State University Extension Service

Addressing injuries and stress in agriculture

Farmers, ranchers and agricultural workers face significant challenges, from physical strain and injuries to financial uncertainty. Extension programs at land-grant universities address provide essential support tailored to the agricultural community. These programs not only improve individual well-being but also strengthen the resilience of rural economies by ensuring farmers and ranchers have the resources they need to continue their essential work.

Here are a few examples of that work:

- In **Michigan**, the AgrAbility program is making a lasting impact by equipping agricultural and health professionals with the knowledge and tools to support farmers with disabilities. At a regional workshop in 2024, 44 participants from 11 states gained hands-on experience with assistive technologies, strengthening their ability to enhance farm safety, productivity and independence. Trainings like this ensure more farmers can continue working despite physical challenges, sustaining their livelihoods and the agricultural economy. *Michigan State University; Smith-Lever (3b&c)*. See [full statement](#).
- **Oregon** Extension professionals launched a helpline, offering 24/7 support tailored to agricultural communities. Additionally, the program provides suicide prevention training, which has equipped over 450 individuals with tools to recognize and respond to mental health emergencies. *Oregon State University; Other USDA Competitive Funds and State Appropriations*. See [full statement](#).
- Women play a significant role in U.S. agriculture, especially in the Northeast, but their farms tend to be smaller and face more risks. An Extension program in **Vermont** focuses on women's physical and mental wellness. Those who participated improved knowledge and confidences, and 94% said they already made or were likely to make a change based on what they learned. *University of Vermont; Other USDA Competitive Funds and Smith-Lever (3b&c)*. See [full statement](#).

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The National Land-grant Impacts Database (NIDB) documents the individual and collective impacts of the national Land-grant University System of joint research, education and Extension. Much of this work is supported by capacity and competitive funds through the USDA's National Institute of Food and Agriculture.

This document was prepared by the NIDB communications team. The Association of Public and Land-grant Universities' Board on Agriculture Assembly manages the NIDB.