

Migrant Farmworker Health in Nebraska

Agriculture is one of the most dangerous industries in the United States. Farmworkers face many work-related health and safety hazards; however, there is little information and data about health and safety among migrant farmworkers in Nebraska.

The purpose of the Nebraska Migrant Farmworker Health Study was to establish baseline data on Latino migrant farmworkers in Nebraska related to demographics, physical health, mental health, stress, and alcohol and tobacco use. The Nebraska Migrant Farmworker Health Study was guided by the Nebraska Migrant Health Task Force to explore health issues among this population. It was conducted from May through September 2013, and two hundred migrant farmworkers located in Adams, Clay, Hall, Holt, and York counties participated.

Below are the general results from the study:

General Health

- Only 41% of migrant farmworkers rated their health as excellent or very good.
- Nearly 19% of migrant farmworkers reported being injured on the job, and of those who had been injured about 35% had actually lost work time due to these injuries.
- More than 83% of migrant farmworkers did not have a regular doctor, and one out of three workers was not able to see a doctor during the last year because of cost.

Stress & Mental Health

- Migrant farmworkers are under a lot of stress. In fact, about 31% had stress levels that were high enough to potentially be at higher risk for anxiety, depression, and suicide.
- Almost half (46%) of migrant farmworkers felt depressed, and depression has been found to be a risk factor for farm-related injuries.

Substance Use

- Almost 40% of migrant farmworkers smoked cigarettes, which is much higher than the average smoking rate in Nebraska of 18.5% among adults.
- About 43% of migrant farmworkers could be considered problem drinkers or alcohol dependent.

Tough economic and living conditions such as difficulty finding reliable transportation, finding a place to live, and being socially isolated create a challenging environment for migrant farmworkers.

More needs to be done to improve the health and well-being of migrant farmworkers in Nebraska. Communities can help to create welcoming environments for all newcomers, but serious local, state, and federal policy reforms may be necessary in order to level the playing field for all farmworkers to be able to thrive.

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RESOURCES

Education

Nebraska Migrant Education Program, Nebraska Department of Education

Sue Henry
301 Centennial Mall South | Lincoln, NE 68509
1-402-471-3440
Sue.henry@nebraska.gov

Migrant Education National Hotline

1-800-234-8848 (English/Spanish)

For migrant families provides information and referral for education services and other needs of farmworker families nationwide.
24 hours per day, 7 days per week

Employment & Training

Proteus

1-855-458-3421 (English/Spanish)
3830 VerMaas Place, Suite A | Lincoln, NE 68502
<http://www.proteusinc.net>

Proteus

1-855-770-8387 (English/Spanish)
306 East 6th Street | North Platte, NE 69101

Legal Assistance

Legal Aid of Nebraska

1-877-250-2016
<http://www.legalaidofnebraska.org>

Immigration Legal Assistance Justice for Our Neighbors-Nebraska

1-402-898-1349 (English/Spanish)
2414 E Street | Omaha, NE 68107
www.jfon-ne.org

Nebraska Legal Assistance Hotline (NILAH)

1-855-307-6730 (English/Spanish)

Migrant Health Clinics

Community Action Partnership of Western Nebraska

1-308-635-3089
3350 10th Street | Gering, NE 69341-1724
www.capwn.org

Bridgeport Migrant Health Center

1-308-631-4316
401 N. Main Street | Bridgeport, NE 69336-4050

Alliance Migrant Health Clinic

1-308-762-3696
619 Box Butte Avenue | Alliance, NE 69301-3347

CAPWN Dental Clinic-Chadron

1-308-432-8124
221 Chadron Avenue | Chadron, NE 69337-2347



Information/Assistance Hotlines

Boys Town National Hotline

1-800-448-3000 (English/Spanish)
A 24-hour hotline for kids and parents.

Centers for Disease Control & Prevention (CDC) Hotline

1-800-232-4636 (English/Spanish)
www.cdc.gov

Provides information about a variety of health topics
Monday - Friday | 8 am - 8 pm

Domestic Violence Hotline

1-800-799-7233 (English/Spanish)
Provides crisis counseling 24 hours a day and makes referrals for local counseling and shelter services.

National Alliance for Mental Illness Hotline

1-800-950-6264
Provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.
Monday - Friday | 10 am to 6 pm EST

National Hispanic Prenatal Hotline

1-800-504-7081 (English/Spanish)
Provides information about pregnancy.
Monday - Friday | 9 am - 6 pm

National Pesticide Information Center

1-800-858-7378 (English/Spanish)
Offers pesticide information
Monday - Friday, 8 am - 12 pm PST

National Suicide Prevention Lifeline

1-800-273-8255 (English/Spanish)
Provides free and confidential emotional support to people in suicidal crisis or emotional distress
24 hours a day, 7 days a week