This project conducted by a UNMC College of Public Health student examined the experiences of U.S. agricultural producers following natural disasters, (tornados and flooding), and compared these experiences to their non-agricultural counterparts who lived through the same disaster.

159 participants who lived out of town or in a town with < 10,000 people
Affected by Tornado, Flood, Wind, or Hail

52% from Arkansas
39% from Nebraska
21% Agricultural work

Disaster stress and recovery might look like this:

**Stress & Recovery Cycle**

Baseline
Resilience

Disaster Event

Stress
Symptoms

Symptoms
Decline

Recovery to
Baseline

Symptoms
Persist

Growth over
Baseline

Resilience is
the ability to
bounce back
from stress.

Growth may
include things like
changing priorities
about what is
important in life or
discovering you are
stronger than you
thought.

Specific post-traumatic stress type symptoms may include...

- **Re-experiencing** the event, such as thinking about it when you didn’t mean to, having strong feelings when reminded of it, or having dreams about it.
- **Avoiding** the event, such as trying to remove it from your memory, not talking about it, or staying away from reminders or it.

Thank you to all the participants who shared a little piece of their lives in this survey and trusted us with their stories!
How people, groups, and activities from inside and outside the community impacted disaster stress:

Many rural residents still experience disaster-related stress symptoms even years after the event. Some experienced more types of symptoms years later than they did immediately following the event. Individuals and decision makers should consider long-term stress effects on relationships and emotional health in the community.

Agricultural residents have similar natural disaster stress and recovery compared to rural, non-agricultural residents. Women in agriculture may experience lower levels of recovery or growth. Communities should include agricultural men and women in recovery plans and efforts.

Many readily-available resources often decreased disaster stress. The highest rated were:

- Group from neighboring community
- Personal faith activities such as prayer, meditation, or readings
- Helping others in my community

Some resources reduced disaster stress but were used less often. Expanded use could have a greater impact on the community:

- Community function (fundraiser, commemoration, school activity, etc.)
- Outside relief group (Red Cross, Farm Rescue, etc.)

Unfortunately, some resources often increased disaster stress. Improvements are needed to reduce their negative impacts on stress:

- FEMA, Farm Service Agency, or other government group
- Repairing, replacing, or rebuilding my own property
- Following news or social media about the event
- Finding stress or recovery information on websites