

WE ALL RELY ON RURAL FAMILIES.



RURAL RESOURCES

- Homes for > 47 million people
- Diverse energy sources
- Clean water
- Food, fiber, and fuel for American families and export
- Outdoor recreation opportunities

RURAL FAMILIES FACE HARDSHIPS.

Many factors affect the economic, physical, and mental wellbeing of rural Americans.

Rural families also tend to have an impressive capacity for resilience driven by **social capital**—the trust, cohesion, and resources gained from close-knit social networks.

RURAL CHALLENGES

-  Declining population
-  Geographic isolation
-  Limited jobs and lower incomes
-  Insufficient healthcare
-  High rates of opioid addiction
-  Fewer educational opportunities
-  Limited social services

LAND-GRANT UNIVERSITIES HELP RURAL FAMILIES.

Researchers and Extension educators at land-grant universities across the U.S. are working together to address the needs of rural families and enhance their resilience. This group has identified factors that contribute to rural health disparities and revealed the impacts of recent legislation on rural healthcare access.

THE MULTISTATE APPROACH

- Brings together the diverse expertise of geographers, economists, nutritionists, psychologists, social workers, sociologists, educators, and communicators
- Enables researchers to see how different factors affect different areas and tailor resources to specific needs and conditions



RESEARCH HIGHLIGHTS



ASSESSING RURAL RESILIENCE

Scientists developed standard data collection tools and interview procedures, including Spanish translations, to learn about enablers and barriers to health among rural families. Scientists in 17 states worked together to conduct and analyze 444 interviews to dig deeper and identify solutions. These studies showed that some of the biggest barriers include child care, stable employment, and information about where and how to access healthcare benefits.



EDUCATING STUDENTS

Group members developed interactive undergraduate lesson plans that incorporate case studies, videos, and local-level data to teach concepts and theories related to rural family health. Graduate students took part in data collection, analysis, and dissemination. These efforts are preparing future research scientists and family professionals.



INFORMING PROFESSIONALS & INFLUENCING POLICY

Researchers shared data with elected officials, policymakers, program administrators, healthcare workers, scientists, and other professionals through briefs, journal articles, book chapters, presentations, workshops, and more. Researchers also created a template that states used to share data about the health status of their rural residents, their access to healthcare, and the challenges they face with policymakers.

RESEARCH IMPACTS

Comprehensive quantitative and qualitative datasets show the experiences of low-income rural families. These data have informed programs that reduce barriers and enhance the mental, physical, and economic health of rural families, which benefits all families.



PROJECT FUNDING & PARTICIPATION

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