

# MSU - Social Wellbeing Survey

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Start of Block: CONSENT FORM

## Q1.1 Grazing practices and associated wellbeing outcomes for beef producers

*Below outlines the consent information for participants of this study - bear with us, we know it's long!*

**Lead Researcher and Title:** Jennifer Hodbod, Assistant Professor, Department of Community Sustainability, Michigan State University [jhodbod@msu.edu](mailto:jhodbod@msu.edu)

**Sponsor:** NC SARE

**BRIEF SUMMARY OF WHAT YOU WILL BE ASKED TO DO:** You are being asked to participate in a research study exploring the ecological, social, and economic wellbeing outcomes on pasture-based beef farms. Your participation in this online survey will take 20 minutes - you will be asked to answer questions about your life satisfaction, health, perceptions of financial security, information networks, and values.

**PURPOSE OF RESEARCH:** You have been selected as a participant in this study because you run a grazing-based beef operation in Michigan. From this study, the researchers hope to learn about which grazing methods support holistic wellbeing and the barriers and conduits to scaling up the grazing methods that support the highest levels of wellbeing. In the entire study, 60 people are being asked to participate.

**POTENTIAL RISKS:** The potential risks of participating in this survey are that answering these questions could cause personal distress. However, I am not asking questions aimed to assess your mental health, rather I am interested in how being a farmer impacts your wellness, sense of community, and personal goals. These topics should not cause emotional harm. All information will be de-identified after collection.

**POTENTIAL BENEFITS:** The potential benefits to you for taking part in this survey are increased awareness of the concept of and your own social wellbeing.

**PRIVACY AND CONFIDENTIALITY:** The data for this project will be kept confidential. All data associated with you will be coded and a key kept separately, so there will be no direct identifying information within the data, such as your name. The data will be kept for three years after the study closes and only the Human Research Protection Program and research team will have access – Drs. Hodbod, McKendree, Raven, Ms. Collela, and Mr. Vivas. All data will be encrypted and stored in password-protected file structures. Information about you will be kept confidential to the maximum extent allowable by law. The results of this study may be published

or presented at professional meetings but without direct identifying information.

**YOUR RIGHTS TO PARTICIPATE, SAY NO, OR WITHDRAW:** Participation is voluntary. You have the right to say no. You may change your mind at any time and withdraw. You may choose not to answer specific questions or to stop participating at any time.

**COSTS AND COMPENSATION FOR BEING IN THE STUDY:** You will not receive money or any other form of compensation for participating in this survey.

**RESEARCH RESULTS:** All participants will receive the overall study findings.

**FUTURE RESEARCH:** Information that identifies you will be removed from the wellbeing dataset. After such removal, the wellbeing data could be used for future research studies or distributed to another investigator for future research studies without additional informed consent from you.

**CONTACT INFORMATION:** If you have concerns or questions about this study, such as scientific issues, how to do any part of it, or to report an injury, please contact the researcher (Dr. Jenny Hodbod, [jhodbod@msu.edu](mailto:jhodbod@msu.edu), 480 278 1790, 480 Wilson Rd, Rm 310B, East Lansing MI 48824). If you have questions or concerns about your role and rights as a research participant, would like to obtain information or offer input, or would like to register a complaint about this study, you may contact, anonymously if you wish, the Michigan State University's Human Research Protection Program at 517-355-2180, Fax 517-432-4503, or e-mail [irb@msu.edu](mailto:irb@msu.edu) or regular mail at 4000 Collins Rd, Suite 136, Lansing, MI 48910.

**DOCUMENTATION OF INFORMED CONSENT:** By clicking on the 'Yes' button below, you indicate your voluntary agreement to participate in this online survey.

I voluntarily agree to participate in this research study

Yes, I consent (1)

No, I do not consent (2)

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*Display This Question:*

*If Grazing practices and associated wellbeing outcomes for beef producers Below outlines the consent... = No, I do not consent*

Q1.2 Thank you for your interest, but all participants must provide consent to access the survey.

*Skip To: End of Survey If Thank you for your interest, but all participants must provide consent to access the survey. Displayed*

**End of Block: CONSENT FORM**

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**Start of Block: Purpose and Meaning**

Q2.1 The first four blocks of questions come from a well-used wellbeing assessment tool called PERMA. PERMA explores how emotions and life purpose intersect, both of which are foundational to understanding wellbeing.

**End of Block: Purpose and Meaning**

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**Start of Block: PERMA B1**

Q3.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Never and 10 indicates Always

	0 (Never) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Always) (11)
How much of the time do you feel you are making progress towards accomplishing your goals? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you become absorbed in what you are doing? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel joyful? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel anxious? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you achieve the important goals you have set for yourself? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: PERMA B1

Start of Block: PERMA B5

Q4.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Never and 10 indicates Always

	0 (Never) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Always) (11)
In general, how often do you feel positive? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel angry? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often are you able to handle your responsibilities? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how often do you feel sad? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you lose track of time while doing something you enjoy? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: PERMA B5

Start of Block: PERMA B3

Q1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Not at all and 10 indicates completely

	0 (Not at all) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Completely) (11)
In general, to what extent do you lead a purposeful and meaningful life? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent do you receive help and support from others when you need it? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, to what extent do you feel that what you do in your life is valuable and worthwhile? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, to what extent do you feel excited and interested in things? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How lonely do you feel in your daily life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(6)

End of Block: PERMA B3

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Start of Block: PERMA B7

Q5.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Not at all and 10 indicates completely

	0 (Not at all) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Completely) (11)
To what extent do you feel loved? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent do you generally feel you have a sense of direction in your life? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with your personal relationships? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, to what extent do you feel contented? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taking all things together, how happy would you say you are? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: PERMA B7

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Start of Block: Health overview

Q6.1 We often think about wellbeing as the experience of health, prosperity, and happiness. The next three blocks of questions ask about your health, first framed broadly to include both physical and mental health, and then more specifically about each.

End of Block: Health overview

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Start of Block: General Health + PB4

Q7.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Terrible and 10 indicates Excellent

	0 (Terrible) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Excellent) (11)
In general, how would you say your health is? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compared to others of your same age and sex, how is your health? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q7.2 How often does being sick (from any cause) get in the way of working?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Always (4)

End of Block: General Health + PB4

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Start of Block: Physical Health + PB2

Q8.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Not At All and 10 indicates Completely

	0 (Not at all) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Completely) (11)
How satisfied are you with your current physical health? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q8.2 How easy is it for you...

	Difficult (1)	Not that easy (2)	Somewhat easy (3)	Very easy (4)
...to walk for 1 mile? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...to lift/carry 20 pounds? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...to stoop, crouch, or kneel? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q8.3 During the past month, which statement best describes the kinds of physical activity you usually did on the farm?

- I did not do much physical activity. (1)
- Once or twice a week, I did light activities. (2)
- About three times a week, I did moderate activities. (3)
- Almost daily, that is five or more times a week, I did moderate activities (4)
- About three times a week, I did vigorous activities. (5)
- Almost daily, that is five or more times a week, I did vigorous activities (6)

End of Block: Physical Health + PB2

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Start of Block: Mental Health

Q9.1 Please answer the following questions with a 0 to 10 scale, where 0 indicates Not At All and 10 indicates Completely

	0 (Not at all) (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 (Completely) (11)
How satisfied are you with your current mental health? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q9.2 How much sleep do you get in a typical night?

▼ Less than 3 hours (28) ... More than 12 hours (26)



Q9.3 During the last two weeks, how would you rate your sleep quality overall?

- Poor (4)
- Fair (3)
- Good (2)
- Very good (1)

Q9.4 If you have children or grandchildren, how anxious are you about their future?

- Never anxious (1)
  - Rarely anxious (2)
  - Sometimes anxious (3)
  - Always anxious (4)
  - I don't have children (5)
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Q9.5 How anxious are you about having access to health care?

- Never anxious (1)
- Rarely anxious (2)
- Sometimes anxious (3)
- Always anxious (4)

End of Block: Mental Health

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Start of Block: Intro to prosperity

Q10.1 Given there's a separate team looking at economic wellbeing in this project we won't ask too many questions about finances here, but we are interested in your perspective on prosperity, therefore the next block asks about perceptions of financial security.

End of Block: Intro to prosperity

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Start of Block: Prosperity

Q11.1 How much do you agree with the following statements:

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
Compared to 5 years ago, I am financially better off now (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking at the future, in 5 years I expect my financial situation to improve (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My financial situation is a constant source of worry (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regardless of what happens, I have made choices that will help me be financially secure (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

End of Block: Prosperity

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Start of Block: Intro to life satisfaction

Q12.1 Wellbeing theory teaches us that those who are satisfied with their lives have higher wellbeing. Therefore, the next four blocks build on the earlier purpose questions to assess life satisfaction, then ask about the values and goals that guide you generally in life *and* on the farm. The values are important as we often talk about life satisfaction as living within our values.

End of Block: Intro to life satisfaction

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Start of Block: LIFE SATISFACTION

Q13.1 Below are five statements that you may agree or disagree with. Indicate your agreement with each item by choosing the appropriate option. Please be open and honest in your responding.

	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Neither agree nor disagree (4)	Somewhat disagree (5)	Disagree (6)	Strongly disagree (7)
In most ways my life is close to my ideal (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far, I have gotten the important things I want in life (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live life over, I would change almost nothing (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: LIFE SATISFACTION

Start of Block: Schwartz Values





Q14.1 Please rate the importance of the following values as a life-guiding principle for you. Use the 7-point scale in which indicates that the value is opposed to your principles, through to that the value is of the utmost importance for you.

	Opposed to my principles (1)	Not important (2)	Low importance (3)	Slightly important (4)	Moderately important (5)	Very important (7)	Of supreme importance (23)
Social power, authority, wealth - Power (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Success, capability, ambition, influence on people and events - Achievement (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enjoyment in life, self-indulgence, gratification of desires - Hedonism (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Daring, a varied and challenging life, an exciting life - Stimulation (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creativity, freedom, curiosity, independence, choosing one's own goals - Self-direction (22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broad-mindedness, beauty of nature and arts, social justice, a world at	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

peace,  
equality,  
wisdom, unity  
with nature,  
environmental  
protection -  
Universalism  
(16)

Helpfulness,  
honesty,  
forgiveness,  
loyalty,  
responsibility -  
Benevolence  
(17)

Respect for  
tradition,  
humbleness,  
accepting  
one's portion  
in life,  
devotion,  
modesty -  
Tradition (18)

Obedience,  
honoring  
parents and  
elders, self-  
discipline,  
politeness -  
Conformity  
(19)

National  
security,  
family  
security, social  
order,  
cleanliness,  
reciprocation  
of favors -  
Security (20)



End of Block: Schwartz Values

Start of Block: Farmer Motivations



Q15.1 What do you consider to be the main measure of success on your farm? Please **drag** the following **to order** them from 1 (most important) to 10 (least important).

- \_\_\_\_\_ Improving soil quality (1)
- \_\_\_\_\_ Personal satisfaction (2)
- \_\_\_\_\_ Participating in my community (4)
- \_\_\_\_\_ Maintaining a healthy herd (5)
- \_\_\_\_\_ Profitability of the farm (6)
- \_\_\_\_\_ Making a living (7)
- \_\_\_\_\_ Keeping the farm (8)
- \_\_\_\_\_ Caring for the environment (9)
- \_\_\_\_\_ Family (10)
- \_\_\_\_\_ Appearance of the farm (11)

End of Block: Farmer Motivations

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Start of Block: Systems Thinking

Q16.1 How much do you agree with the following statements?

	Strongly agree (1)	Somewhat agree (2)	Neither agree nor disagree (3)	Somewhat disagree (4)	Strongly disagree (5)
I like to have a well-defined goal for my operation, and make decisions that bring me closer to it (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A successful farmer concentrates on production and is not sidetracked by outside interests or activities (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At a landscape level, decisions are made elsewhere, so my choices don't have a huge effect (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to make management decisions so that my operation can mimic nature as much as possible (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Economic viability overrides all other farming considerations (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A healthy farm is self-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

sustaining and needs few inputs to be profitable (6)

My management decisions have a big impact on the local ecosystem and community (7)

We may not be able to solve every problem yet, but science and technology will eventually offer a solution for every problem (8)

Everything on my operation is connected, and even small decisions can have cascading effects in unpredictable way (9)



### End of Block: Systems Thinking

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### Start of Block: Intro to information and support

Q17.1 We know that our relationships and networks are important for our wellbeing, providing support and information. We call this relational wellbeing. The next block will ask about where you find information and support related to grazing.

Start of Block: Information and Support

Q18.1 During the last twelve months, have you taken any courses or attended any lectures, meetings, or conferences to improve your grazing skills? Select all that apply.

- Beef industry conference (State or US) (1)
  - I attended a conference specific to grazing cattle (2)
  - Participated in a Field Day (visiting other operations as a learning experience) (3)
  - Seminars or resources delivered by farm or commodity organizations (Cattleman's Associations etc.) (4)
  - Seminars or resources delivered by Michigan State University Extension (5)
  - Seminars or resources delivered by other State University Extension (6)
  - Seminars or resources delivered by USDA (7)
  - Seminars or resources delivered by your input suppliers (equipment, feed, seed, etc...) (8)
  - Other (i.e. association meetings, business courses, mentorship program): (9)
- 
- I have not participated in any learning activities in the past 12 months focused on grazing (10)
-

Q18.2 Do you use any of the following online platforms to learn about new grazing methods?  
Select all that apply.

- Facebook (1)
  - Google or similar online searches (2)
  - Instagram (3)
  - Michigan State University Extension (4)
  - Other State University Extension (5)
  - Tik Tok (6)
  - Twitter (7)
  - YouTube (8)
  - Other (i.e. blogs) (9)
-

Q18.3 Do you regularly read any of the following publications to learn about grazing? Select all that apply

- Acres USA (1)
  - American Cattlemen Magazine (2)
  - Beef Magazine (3)
  - Beef Today (4)
  - Drovers Magazine (5)
  - Feedlot Magazine (6)
  - Graze Magazine (7)
  - High Plains Journal (8)
  - Livestock Today/Weekly (9)
  - Michigan Farm News (10)
  - Midwest Livestock (11)
  - Progressive Cattle (12)
  - Working Ranch Magazine (13)
  - Other, please specify: (14)
- 
- I don't read any agriculture publications to learn about new grazing methods (15)
-



Q18.4 Do you regularly talk to people to learn about grazing? Select all that apply.

- Ag Lender (1)
  - Ag Retailer (2)
  - Cattleman's Association (3)
  - Extension Agents (11)
  - Farm Business Advisors (4)
  - Input suppliers (Feed reps, Animal health sales reps) (5)
  - Other Farmers / Peers (6)
  - State USDA Experts (7)
  - Veterinarian (8)
  - Other, please specify: (9)
- 
- I don't regularly speak with people to learn about grazing (10)

**End of Block: Information and Support**

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**Start of Block: Intro to overall WB**

Q19.1 Finally, let's think about these pieces all together. We're going to ask you to think about your past, current, and future levels of wellbeing, taking into account your purpose, physical and mental health, prosperity, life satisfaction, and relationships.

**End of Block: Intro to overall WB**

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**Start of Block: OVERALL WB**

Q20.1 How would you describe your current level of wellbeing?

- Excellent (1)
  - Very good (2)
  - Good (3)
  - Fair (4)
  - Poor (5)
  - Very poor (6)
- 

Q20.2 How would you describe your level of wellbeing 5 years ago?

- Excellent (1)
  - Very good (2)
  - Good (3)
  - Fair (4)
  - Poor (5)
  - Very poor (6)
-

Q20.3 Now think about 5 years from now. Which answer do you think will best describe your wellbeing in 5 years?

- Excellent (1)
  - Very good (2)
  - Good (3)
  - Fair (4)
  - Poor (5)
  - Very poor (6)
- 

Q20.4 Please think about how important each of the domains of well-being are to your personal wellbeing. Please **drag** and **rank** them from most important (1) to least important (6)

- \_\_\_\_\_ Physical Health (1)
- \_\_\_\_\_ Mental Health (2)
- \_\_\_\_\_ Prosperity (3)
- \_\_\_\_\_ Purpose and meaning (4)
- \_\_\_\_\_ Satisfaction with life (5)
- \_\_\_\_\_ Relationships (6)

End of Block: OVERALL WB

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Start of Block: Demographics

Q21.1 As normal in surveys, it helps to have some basic demographic information about you when we analyze the data - as a reminder, everything in this survey remains confidential and will never be associated with your name.

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Q21.2 How old are you?

- Under 18 (1)
  - 18-24 years old (2)
  - 25-34 years old (3)
  - 35-44 years old (4)
  - 45-54 years old (5)
  - 55-64 years old (6)
  - 65+ years old (7)
- 

Q21.3 What is your current marital status?

- Single (1)
  - Married (2)
  - Living with a partner or significant other (3)
  - Widowed (4)
  - Divorced (5)
  - Separated (6)
-

Q21.4 What is the highest level of education you have completed?

- Some high school or less (1)
  - High school diploma or GED (2)
  - Some college, but no degree (3)
  - Associates or technical degree (4)
  - Bachelor's degree (5)
  - Graduate or professional degree (MA, MS, MBA, PhD, JD, MD, DDS etc.) (6)
  - Prefer not to say (7)
- 

Q21.5 Are you of Spanish, Hispanic, or Latino origin?

- Yes (1)
  - No (2)
-

Q21.6 Choose one or more races that you consider yourself to be

- White or Caucasian (1)
  - Black or African American (2)
  - American Indian/Native American or Alaska Native (3)
  - Asian (4)
  - Native Hawaiian or Other Pacific Islander (5)
  - Other (6)
  - Prefer not to say (7)
- 

Q21.7 What was your total household income before taxes during the past 12 months?

- Less than \$25,000 (1)
- \$25,000-\$49,999 (2)
- \$50,000-\$74,999 (3)
- \$75,000-\$99,999 (4)
- \$100,000-\$149,999 (5)
- \$150,000 or more (6)
- Prefer not to say (7)

**End of Block: Demographics**

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