Promotion & Dissemination

Joan M. Mazur, Ph.D. Mira Mirzaian, BS Alexander Sabad, BFA

The University of Kentucky

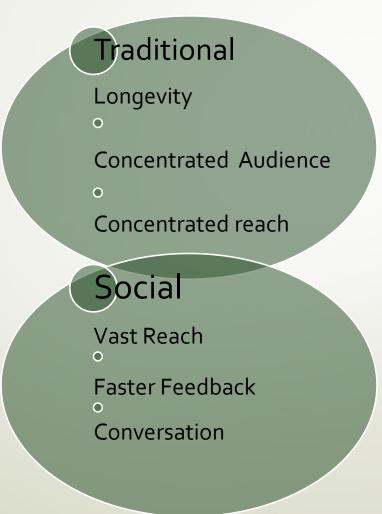


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Delivering Your Message Effectively So Many Choices...



Traditional vs Social



Source: https://www.eyecandyinfographic.com/blog/know-facts-traditional-marketing-vs-digital-marketing/

Objectives

- Discuss traditional media's place in today's media landscape x our missions
- Discuss approaches & importance of media relations
- Discuss using stories & locality in traditional media
- Provide tips on drafting, delivering press releases & stories
 - Include resources going forward

Change brings new opportunities

Number of U.S. newspaper newsroom employees declined 45 percent in the past decade.

Implications:

- Trained journalists seeking employment in other fields (e.g., corporate communications, PR agencies, nonprofits).
- Newsrooms understaffed.
- Increased demand for publication-ready content.
- Media chains getting larger.

Traditional: it's relevant

- 82 % of farmers read an ag publication at least weekly (all age groups)
- 29 % of US farms have no access to internet
- Rural readers utilize local news





Traditional media

- Media companies study their audience, optimize delivery methods
- Multi & cross platforms put traditional media in digital formats
- Multi-media approaches layer & reinforce your message
- Allows space, words, photos, videos for more in-depth and rich stories to relay messages i.e. – more than a snapshot or headline!

What media tell us

"It's hard to deliver a prevention message without a scary accident."

"Safety articles illustrate the publication's interest in the reader as a whole person. ... That is a special relationship between a trade publication and its readers."

Proliferation of social media hasn't obliterated the demand and appreciation of in-depth, well-produced pieces that deliver a relevant, compelling message or story.

Approaches

- Dedicated communication/outreach staff
 - utilize local talent: writers, photographers, video
- Opportunistic monitor media
- Maintain e-list of amplifiers:
 - ag communicators
 - your local "go-to" reporters, communications specialists, broadcasters

Approaches

More amplifiers:

Think outside the box: who else has an interest, can spread /amplify your message?

- Agribusinesses
- Commodity groups
- Your larger organization's communications/media
- Youth groups
 - Insurance groups







COW COUNTRY NEWS

Advertising in Cow Country News

Advertising in Cow Country News

COV

THE WINTER OF MUD HEALTH CONSEQUENCES OF THE WETTEST YEAR ON RECORD

CEATING:

MICHELLE ARNOLD

2019 Auroinant Extension Velectranian, Circlewoldy of Restudy

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Record-setting rainful is post has requirement this year. Cold conditions (near quality hav), lives the small sears. In addition to malnutrition is addit Record rainfall in 2018 has had major are not too difficult for cattle but when of fit normally found on the surface of the

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bay that is adequate for maintenance in normal years in falling far short of the ramen is fall of failing, day forage natural protein.

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analyzed from a large number of cases. have been far below acceptable levels. Copper and selenium are vital nutrients for immune system function and the absence of these nutrients is a major for mathemate an easily deally, attention may be within a short period of specifically (the handle is constructed in a major specifical specifi Selection deficiencies in adult coses will lead to later reproductive problems of

delayed conception, cystic synaples and retained placentas. Additionally, grass-tetany/hypomagnesemia will occur in late February and March in lastating beef cattle consuming only poor quality hay if high magnesium mineral is not madeavailable now

0

Watch later

FACTS TOUR

The best advice for producers is to become expert judges of forage quality by torting hay. Testing is simple, inexpensive and results are easy to interpret. Contact your local cooperative extension service if you need assistance to get this accompliated. If cose are losing weight, consider supplemental feed to help them through the rest of winter until grass is growing and is past the "watery" stage hotast your outritionist to review your eding program. Energy AND protein are both crucial; protein tabe will not be estilicient in most cases to fulfill energy requirements. Adequate nutrition is not just important today but also down the read. Milk production, the return to estua and rebroeding, and overall herd immunity are also impacted over the long term. Continue to offer a trace mineral mix high in magnesiam in order to prevent hypomagnessenia or "grass tetany" at least through the first of May.

It is important to understand that the winter of post-posts has been exceptionally easy temperature-wise but difficult for cartle in Kentucky. Crows of all ages are losing weight now at levels typically seen in late winter. If this problem is not addressed, the supertation is for many stillown and yeak calves that do not survive to be horn this spring. Feeding hay exclusively throughout the winter will not necessarily work this year but supplemental feed can fill the natritional gap. Check out the UK Beef Cow Parage Supplement Tool at http://forage-supplement-tool ca.uky.edu/. Enter the values from your hay test and stage of production of yo cows (postation or lastation) to find a KEN'I

ASSOCIATION

Approaches: Get local

- Utilize local publications & publishers
 - get your message to your target audience
 - Iocals cover school, sports, music, FFA, church & community
 - smalls & county papers are eager for produced content
 - many have online content- digital/social
 - e.g.: KY Press association (<u>http://www.kypress.com/</u>)
 - 200 members: weekly, biweekly, daily local papers & advertisers

Farmer's Pride

Pride THE



What Our Readers Say:

"The Farmer's Pride always gets the message out there. Because of The Farmer's Pride we move our cattle on a steady basis."

John Kuegel

Daviess County Dairy Producer

What Our Readers Say:

"Sharon Burton and her staff provide comprehensive, fact-based news coverage and insightful commentary. Kentucky farmers are blessed to have The Farmer's Pride and its dedicated team working to advance agriculture and our rural communities every day. *Agriculture Commissioner Ryan Quarles*

Approaches: Join up

American Agricultural Editors Association / The Agricultural Communicators Network <u>www.agcommnetwork.com</u>

Members directory

- + freelancers
- Professional development
- Regional workshops
- Ag Media Summit



Approaches: Join up

National Association of Farm Broadcasters (radio + TV) <u>www.nafb.com</u>

- Membership: Allied Industry Council
- Members directory
- NAFB Convention



 NAFB News Service: "Connecting the agriculture industry with 3.1 million U.S. farmers and ranchers everyday... heard on more than 1,300 stations nationwide every day."

Approaches: Use stories

- They can make statistics personal, real
- They stick
- They're memorable, human
- They start conversations, beget more stories
- They impart experience, knowledge, lessons
- They talk across, not down

Approaches: Use stories

- Make them local
- Listen & ask
- "Good stories happen to good storytellers"
- Tell your own when it's relevant
 - Credibility, set the example

The Southeast Center's "Living the Safe Farm Life" – Video Series



Brandon shares his story of pesticide poisoning while tobacco farming in a central Kentucky multigenerational farming operation.

The Southeast Center's "Ag Safety Spotlight" - Video Short Series



Hancock County Extension Agent and Firefighter Evan Tate describes his community based idea for improving First Responder and Farmer Communications using his 'Stick it to Safety' idea

"The Ripple of Impact"

Website visits

Newspaper article

External newsletter

Presentation

Interview

Release

Listserv

Social media

Internal newsletter

FIRSTHAND ACCOUNTS Keeping it safe on the farm

arming isn't just hard work. It also can be dangerous work.

That's not news to America's agricultural producers. But a new website, "Telling the Story," offers worthwhile farm safety information and links. The site, Tellingthestoryproject.org, features firsthand accounts by farmers who have been injured on the job.

"Tell a story, save a life," the website says. It's a common-sense motto. Firsthand descriptions on the site, developed by a variety of farm organizations, describe incidents involving ATVs, equipment upgrades, falls, farming with injuries, fire, foaming manure and ladder safety.

field

AGRINEWS

pportunities s: Kids' Pedal Pull

Carnival, Ride

Kenny Patterson, of Cherokee, Iowa, provides one of the stories, describing what happened when he drove a four-wheeler on a sloped grade with uneven terrain while spot-spraying thistles in one of his pastures.

The vehicle overturned and rolled over him. The accident injured his lower body so badly that he had to crawl home from the accident scene, using just his arms.

"I was instantly mad at myself," Patterson said. "What I did was stupid."

His message to fellow producers: Let's keep it safe down on the farm.

inces, Linder Noon Show Telling the Farm Bureau Hunt, Pig Races sota State Patrol STORY pecial events: Free sweet con feed, Minnesota Farm Bureau PanCate breakfasti bureau pancare program Farm Family of the Year. Website brings together farm stories of safety and survival People sav.

July 21, 2018 / www.lowaFarmerToday.com

Omaha Morld-Herald

REAL. FAIR. ACCURATE.

1,2018

could have

been that

personi

Website aims to

share stories of

BY BRIAN TODD

injury on the farm

btodd@postbulletin.com

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Fevold's story is to read

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veah, l

By Stephanie Leonard

ow'd it happen?" That's often the first question upon tearing of an accident or seeing he result of someone's injury:

hat's the story? Ve asked that question many es as part of the Iowa FACE ram, collecting the "how" "why" about work-related ies to learn information ould help prevent other

Project, a new collaboration among regional Agricultural Safety and Health Centers that includes the University of lowa's Great Plains Center and our

Iowa FarmerToday

partners at the Central States Center (University of Nebraska Medical Center) and the Upper Midwest Center (University of

In their own words, the sto-Minnesota). rytellers give a close-up, honest look at the "how" and "why" of what went wrong and the im-

pact of an incident, even months Their accounts contain inor years later.

sightful lessons others can use to recognize unsafe situations. The storytellers are safety advocates, explaining changes made for safer work.

response exes and coworkated in these a desire that 'tould come body else

we went

howt ive interest of this publication.

Mike Biadasz died after he was exposed to hydrogen sulfac fide (H2S) gas while agitating to manure at an outdoor lagoon in

inju

Wisconsin. Mike's death was the first known case of a H2S fataling occurring in an open pumpin environment. His family's ca they've paign raises awareness a

When you learn their story, the hazard, promotes use you relate to them personally. monitors and increase You might imagine yourself or safety education oppo someone you care about having locally in Wisconsin. Jason and Roxa

their experiences. Their multimedia stories are housed at tell about their trai www.tellingthestoryproject.org turned into a ni The website also has topical Roxanne discov resources with prevention recconscious insid ommendations and a page with building, Jaso

anecdotes in cartoon format, and created by Rick of H2S exp sour storytellers. ence could - mulamult

Approaches: Press release

Aim: Transfer news to journalists so that it can be made public through their respective dissemination channels.

Think of news as "clay" that can be molded across different story angles and media platforms.

Be sensitive to the frames, interests and deadlines of journalists and their news organizations.

Key release elements

- Catchy headline (up to ~60 characters)
- Hook why is this relevant now
- The point event, announcement, resource
 - Who what where why how
- Clear text, simple words, no jargon
- Show, don't tell
- Quote(s)
 - Photos/Graphics
 - Call to action, contact information

Do's and Don'ts

Media Guidelines Resource (Child Ag Safety Network)

MEDIA GUIDELINES

for AGRICULTURAL SAFETY

SPECIFIC TO CHILDREN/YOUTH

Children and teens are often at greater risk of injury than adults. They typically have less physical strength, shorter reach, and lack the coordination and balance of adults. Cognitively, it takes them longer to process information, they have shorter attention spans, and may lack the impulse control that adults have. They are also more likely to do what they see others doing, rather than what they are told.

This makes it vitally important to depict (visually and textually) children and teens in safe situations. If they're doing farm/ranch work, ensure tasks are age and ability appropriate.

Photos and videos are often used as "attention getters," but sometimes "cute" is unsafe, e.g. a cow licking a child's fingers. Other examples to avoid include a child playing in a grain bin, in close proximity to an adult animal, or riding an ATV without a helmet.



Childhood Agricultural Safety Network

Website: www.childagsafety.org

Email: inccrahs@marshfieldresearch.edu

Phone: 1-800-662-6900



the Childhood Agricultural Safety Network has compiled the do's and don'ts provided here as reminders for all of us. Following them can help each of us be confident that we are doing our part for farm safety.

VISUAL MEDIA

unsafe farm practices.

DO show tractors and other farm equipment being maintained and operated safely. That includes rollover protection structures (ROPS) on tractors and proper guards in place on power take off units (PTOs) and other moving parts.

DO show children doing age-appropriate chores under supervision.

DO show working individuals wearing proper fitting personal protective equipment, appropriate for the tasks they are performing. When depicting workers with machinery, make sure they are not wearing loose fitting clothing or anything (jewelry, drawstrings, bandana) that could become entangled.

DO be aware of the background. Is it free of clutter? Do buildings and equipment appear to be well-maintained? A clean, well-ordered background conveys an environment of safety and attention to detail.

DO NOT show individuals riding on wagons, in the backs of pickup trucks or as extra riders on tractors or ATVs.

DO NOT show persons climbing to heights without fall protection, stair or platform quarding.

DO NOT show workers leaning over or feeding materials into machines with moving parts or blades.

DO NOT show children under 14 driving any motorized farm vehicle.

DO NOT show children riding on adults' laps on ATVs or lawn tractors/ riding mowers.

DO NOT show children in proximity to large animals unless appropriate barriers are evident.



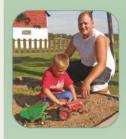
EMPHASIZE ADULT ROLE IN PREVENTION

Adults should:

1) Provide young children with a safe play area instead of allowing them to play in the worksite.

2) Provide sufficient training and personal protective equipment for youth old enough to work.

3) Provide supervision as well, but note that supervision alone is insufficient to prevent injuries,



EMPHASIZE SAFETY RESOURCES

To access resources and learn more about keeping children and adults safe while in the agricultural environment, visit www.CultivateSafety.org



TEXT

DO use the word "incident" rather than "accident." Evidence confirms that injuries are both predictable and preventable. "Accident" implies that the incident was an "act of God" or "bad luck."

DO explain safety violations and/or prevention measures. Grim details of an injury are only part of the story. Make the story a teachable moment. Sometimes an injury can be prevented with a simple, inexpensive step, such as ensuring a power takeoff unit (PTO) shield is in its proper place.

DO follow up on long-term implications of a serious injury. Emphasizing the "courage" of a trauma victim during immediate recovery, and the outpouring of goodwill following an event, can overshadow long-term implications such as economic hardships, post-traumatic stress, and/or multiple followup surgeries.

DO depict production agriculture for what it is: an intense, high risk industry made even more stressful by unpredictable factors such as weather and crop prices.

DO include information on safety resources and programs that are available to readers.

DO NOT say that a child killed in a farm incident, "died doing what he loved," or that she, "loved to help daddy," This implies that it's OK to allow a child into an agricultural worksite.

DO NOT attribute mishaps on the unpredictable nature of animals, the failure of machinery or the existence of other inanimate objects such as a protruding rock or a ditch that gives way.

DO NOT use "freak accident" when describing a traumatic event. Although an adverse event may seem unique, injury data will likely reveal that many similar events have occurred.

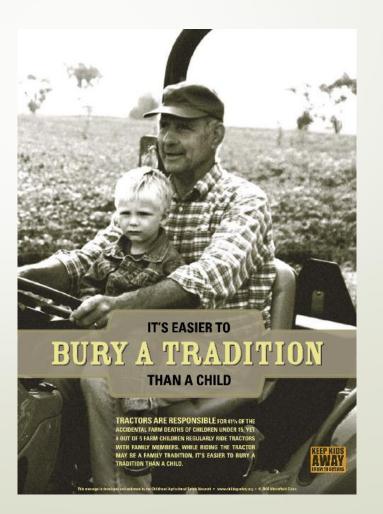
DO NOT suggest that unsafe practices are acceptable just because they are family tradition. Unsafe traditions should always be challenged.



This work is partially supported through a grant from the National Institute for Occupational Safety and Health (NIOSH) grant #U54OH009568-10-02.

"Tale of two releases"

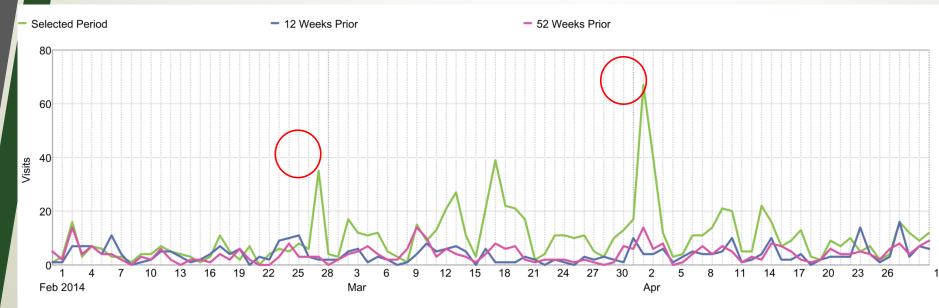
Keep Kids Away from Tractors



Release 1 – "A child dies from injuries on a farm an average of once every 3.5 days. The most common situation involves a tractor."

Release 2 – "Controversial and blunt, the Childhood Agricultural Safety Network's 'Keep Kids Away from Tractors' campaign has rattled traditional thinking."

Release 1 – Feb. 27 Release 2 – March 31



Visits Report | All Visits (No Segment) | Sat. 1 Feb. 2014 - Thu. 1 May 2014 | Graph generated by Adobe Analytics at 10:26 AM CDT, 17 Jun 2015

"The Sleeper"

Reporters sometimes sit on a release until they find timely peg.

-- Janesville (WI) Gazette, June 13, 2015

Tractor safety courses planned

By Catherine W. Idzerda

dderda@gatettextra.com

EL KHORN

Here's something that might make farmers giggle: Under state statutes, no person may "direct or permit a child under the age of 16 years to operate a farm tractor or self-propelled implement of husbandry on the highway unless the child has been certified as successfully completinga tractor and machinery operation safety-training course."

In a profession where kids are considered part of the labor force-and start driving heavy equipment as soon as they can reach the pedals-the state law seems remarkably out of touch with reality.

extensions will offer their tractor safety courses for youth between the ages of 12 and 16. The dates for Walworth County's course, which is being held in conjunction with Racine and Kenosha, will be announced shortly.

In Rock County, the course will run from June 22 to 25 on the county 4-H fairgrounds chinery account for 42 percent of fatalities. in Anesville.

Kristine Ely, Walworth County UW Extension, said the course covers everything from how to safely get in and out of a tractor to how statutes regulating tractor operation were developed.

Students must take 24 hours of classroom instruction and then pass a written exam and a driver's test, Ely said.

choices with their children and on their farms. tractor safety training is part of a national effort to reduce farm injuries.

It seems to have worked.

In 1996, the National Institute for Occurational Safety and Health was charged with making prevention of childhood agricultural injury a priority. That was the year Wisconsin great. You have all this responsibility, and you passed its tractor safety law.

Between 1998 and 2012, the rate of injuries to youth who lived and worked on farms declined 57 percent, according to the National Children's Center for Rum1 and Agricultural Health and Safety in Marshfield.

TO LEARN MORE

Walworth County tractors afety courses were scheduled for mid-Junebutnow will be held at adate later this summer. For more information, callKristineElyWalworth CountyUWExtension. 262-741-4968 kristine elviño es uwexe du.

Rock County cours as will be held from 8 a.m. to 2 p.m. June 22 to 25 at the Rock County 4-H Fair grounds, Janesville, Toregister, call Nick Bak-608757-5698 00 nick baker@cesuwexedu. The \$25 fee covers registration materials and exam fees.

However, farm injuries among children This summer, Walworth and Rock County younger than 10 are increasing. And fatality statistics between youth working in a gproduc tion and nonworking youth show striking differences.

For youth in a gproduction, vehicles and machinery account for 73 percent of fatalities.

For non-working youth, vehicles and ma-Nothing to laugh at there.

Farm safety proponents often find themselves up against tradition. Adult farmers remember driving tractors when they were young. They also remember the fun of riding with a parent or grandparent.

Scott Heiberger, communications specialist with the National Children's Center, saida Keep Kids Away from Tractors campaign has an While farmers might exercise different gered some farmers, who see riding or driving a tractor at a young age as not a big deal.

Heiberger, who spent summers on his grandparents' farm in Illinois, said he understands that tradition.

"We all did things as kids that put us in harm's way," Heiberger said, "To be 13 or 14 years old and out cultivating the corn-it was didn't have to clean out the barn."

Those ideas are changing, and the tractor safety class requirement is helping reduce injuries and change ideas.

"The more we see, the more we realize how dangerous these situations can be," he said.

What we have learned

- Build, maintain contact list
- Determine review/approval
- Determine spokespersons
- Determine talking points
- Write release so it can run as-is, and be easily repurposed

The "B" Attitudes

- Be credible
- Be available
- Be helpful

 Be attuned to your intended audience when you write, speak, shoot, create

The release is <u>NOT</u> dead

"Today's news cycles make the reality of verbatim pickup a very real outcome – that is, if the release is written well."

-- PR News, Writer's Guidebook

Customize your release

Lead-in A: (YOUR NAME, title) represented (NAME of YOUR ORGANIZATION/DEPARTMENT) at the recent Child Agricultural Injury Prevention Workshop in Des Moines, IA.

Lead-in B: (YOUR ORGANIZATION NAME) participated in the recent Child Agricultural Injury Prevention Workshop in Des Moines, IA.

Second paragraph –

(A) YOUR NAME -- or -- (B) YOUR NAME, job title for YOUR ORGANIZATION NAME,) joined safety professionals, FFA advisors, etc.

Sample quote from you

"The workshop showed how we all can make a difference in safeguarding children who live, work and play on farms," said (YOUR NAME). "By working with other organizations we can get the information and resources to farmers and ranchers, enabling them to implement safety strategies."

Scope of the problem

Agriculture is one of the nation's most hazardous industries. Those who work in agriculture are seven times more likely to die on the job than workers in other industries. A youth dies in an agricultural incident about every three days.

Quote from the host

"We hope that everyone who participated in the workshop will use what they learned here to develop and enhance their organization's child agricultural injury prevention efforts," said Workshop Director Marsha Salzwedel, National Children's Center.

About the event

The workshop featured 12 sessions, most with handson activities and group discussion, as well as topic roundtables and learning labs. Participants were given the chance to submit proposals for safety grants up to \$5,000 each, enabling them to continue work started during the workshop.

More about the event

Invited speakers included Dee Jepsen, Ohio State University and Diane Rohlman, University of Iowa.

Sponsors and invitation to action

Sponsors include Westfield Insurance, John Deere, and the National Farm Medicine Center. For more information, visit www.marshfieldresearch.org/CAIP-workshop.

Social Media Objectives

- Realize why social media is so important to your organization
- Understand how to use social media
- Create a plan to disseminate information using various types of social media



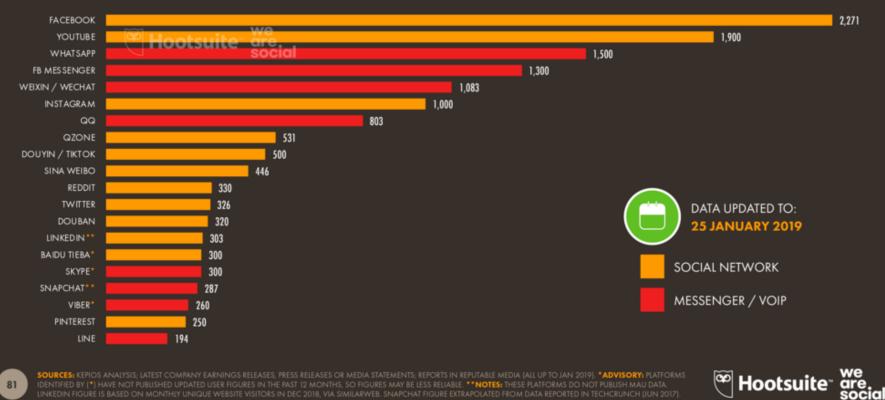
Release your news!

Social Media Channels

JAN 2019

SOCIAL PLATFORMS: ACTIVE USER ACCOUNTS

BASED ON MONTHLY ACTIVE USERS, USER ACCOUNTS, OR UNIQUE VISITORS TO EACH PLATFORM, IN MILLIONS



81

SOURCES: KEPIOS ANALYSIS; LATEST COMPANY EARNINGS RELEASES, PRESS RELEASES OR MEDIA STATEMENTS; REPORTS IN REPUTABLE MEDIA (ALL UP TO JAN 2019). *ADVISORY: PLATFORMS

Facebook Marketing Statistics



2.6% Facebook Pages posts organic reach



5+ billion Businesses using Facebook ads to reach target audiences



94%

Social Media Marketers using Facebook ad platform



#1 Ad channel for both B2C & B2B companies



57%

Consumers say social media influences their shopping, led by Facebook at 44%



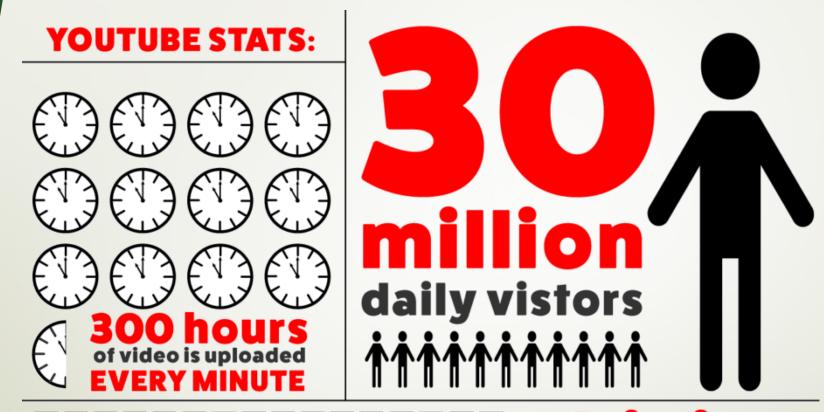
Thursdays & Fridays; 1pm & 3pm Best times to post on Facebook

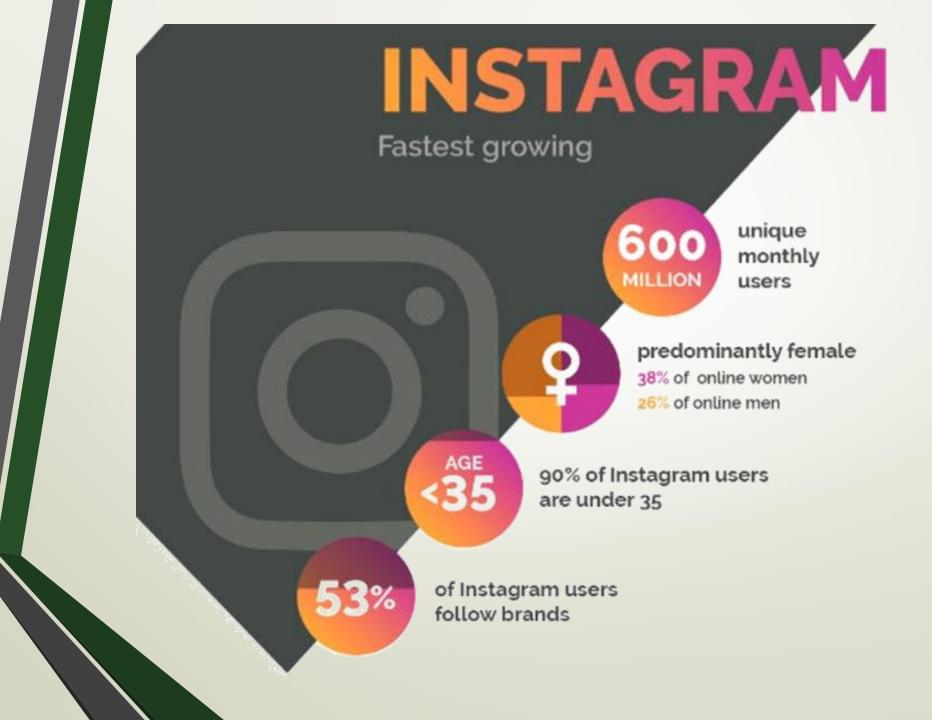


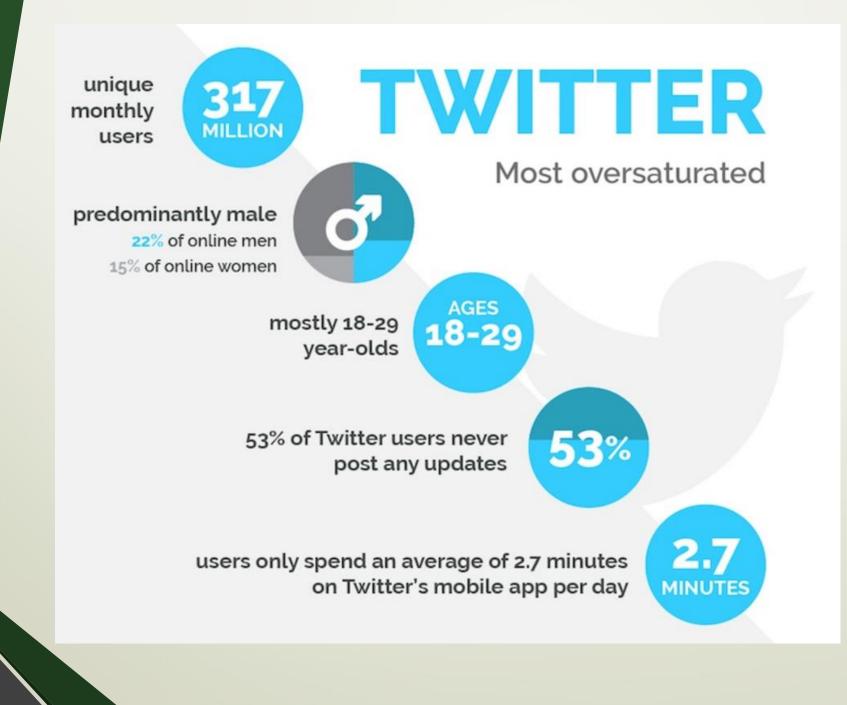
6.9 times Engagement of brand-generated content

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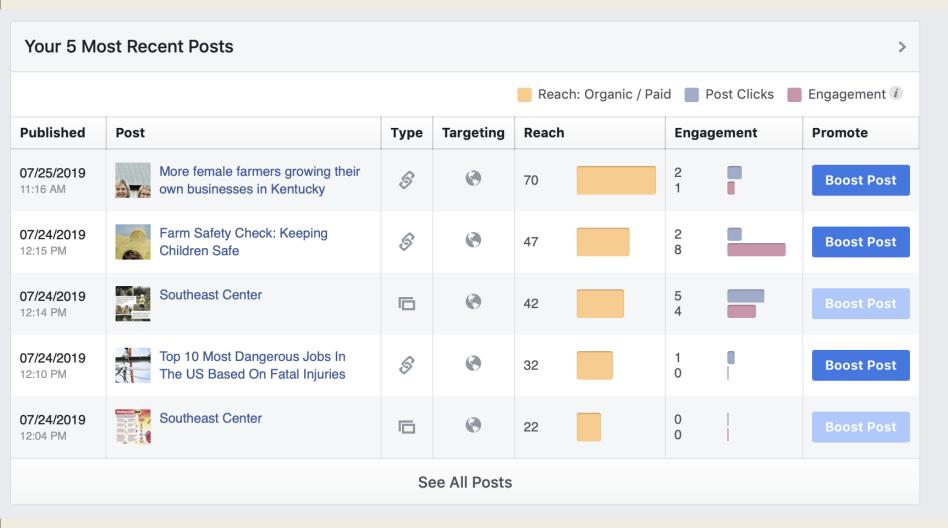
8 times Per day... brands post an average on Facebook







Facebook Page Analytics



Facebook Post Analytics

		Post Details			×
	Video	Post	Shares	See metrics for all	l video:
		12	Performance for Your Post		i
			 Audience and Engagement 	-	
		154	Estimated Reach	2,030	>
			L Unique Viewers	623	>
			Post Engagement	117	>
	:k County, KY	07 🔅 🕄 🕩	X Top Audience	Women, 55-64	>
Southeast Center: Safety Spolight: B	Mar.		S Top Location	Kentucky	>
Evan Tate, part of the Hancock County Coop recipient of the Ag Safety Spotlight. Tate is a Safety" Campaign, which has successfully p 2:20 · Uploaded on 07/09/2019 · View Permalink & · Cop	perative Extension, the originator behin placed safety inform	d the "Stickin' it to	 Know Your Audience Discover the age, gender and interwith audience insights. Go To Insights 	ests of your viewers	5

Insights are recorded in the Pacific Time Zone and may not reflect the most recent data.

Create Post With Video

Social Media Brand

What is a Brand?



Then: A name, term design, symbol or other feature that distinguishes one seller's products from those of others.

What is a Brand?



Your brand is what people say about you when you're not in the room - Jeff Bezos CEO Amazon

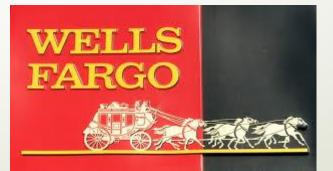
www.GrahamDBrown.com

How do you feel when you see these brands?













What does your brand say?



for Agricultural Health and Safety



Protecting People in Agriculture







Partners for Health and Safety in Agriculture, Forestry and Fisheries

East Carolina University + NC State University + North Carolina A & T State University

Full Logo

SOUTHEAST + CENTER

National Children's Center for Rural and Agricultural Health and Safety

Primary Full Logo formation.

SCAHIP Brand

College of Public Health

my**Te** O

Southeast Center for Agricultural Health and Injury Prevention

WHAT WE DO WHO WE ARE CENTER PROJECTS RESOURCES NEWS EVENTS CAIP WORKSHOP



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The Southeast Center for Agricultural Health & Injury Prevention (SCAHIP) is located at the University of Kentucky College of Public Health in Lexington. Continuously funded by NIOSH since 1992, SCAHIP focuses on health and safety for workers in the Agriculture, Fish & Forestry Industries.



What We Do

PREVENT: Farm Injuries & Fatalities PROVIDE: Training & Education on Safe Farming PARTNERSHIPS: Farmily Farmers, Producers Community Groups & Schools IMPROVE: Farm Productivity through Health & Safety Practices RESEARCH & DEVELOP: New Methods & Technologies for Farm Safety & Health



Full Logo

SOUTHEAST CENTER FOR AGRICULTURAL HEALTH AND INJURY PREVENTION

Primary Full Logo formation.





The Conversation is Happening



Will You Be Part of It?

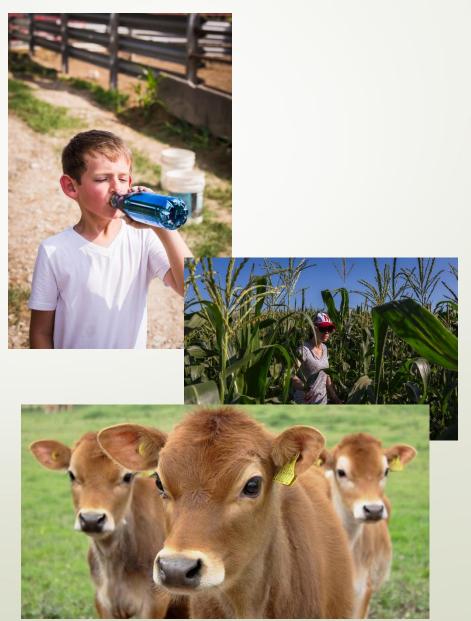
Why Social Media?

Relationship building Develop a community Improve customer service Increase exposure of your brand Boost traffic to your website Free (maybe)

How Social Media?

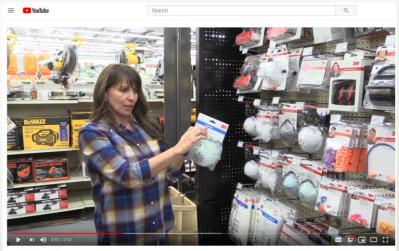
Share-worthy photos

- Keep it simple and interesting
- Capture details
- Focus on subject matter
- Lighting
- Stock images
 - CS-CASH Photo Sharing



Use Video

- Shock and Awe doesn't have to be highly produced
- Tell them something
- Facebook: 1-2 minutes
- YouTube: 2+ Minutes
- Instagram: 30 Seconds



Purchasing a Respirato

Post Length

- Facebook max engagement 40 characters
- Facebook live Get creative and go longer 18-20 minutes
- YouTube optimal length is 3 minutes
- Instagram posts optimal length is 138-150 characters but focus on the visual.
- Tweet optimal lenght 100 characters max is 280

How often should I post?

- Post to Facebook twice a day (Buffer)
- Post on Facebook a minimum of three times per week while keeping your maximum posting frequency to 10 times per week (Constant Contact).
- Facebook algorithm states the more consistent you post, the more they will share on pages of your followers.

How often should I post?

- Major brands share on Instagram 1.5 times a day, (Buffer)
- Post to Instagram a minimum of three times per week. (Dowsocial)
- YouTube is more about great content. Post when you have something good. But remember consistent posts brings people back.

U.S Ag Center YouTube Channel





HOME

U.S. Agricultural Safety and Health Centers 1,022 subscribers VIDEOS PLAYLISTS COMMUNITY CHANNELS

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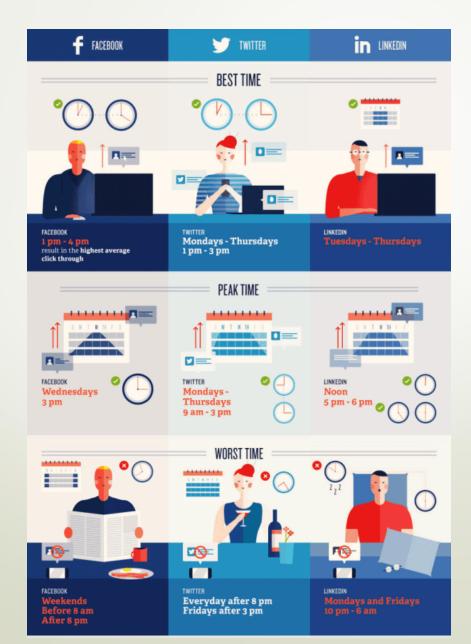
https://www.youtube.com/user/USagCenters

118 Ag Safety and Health Videos – reviewed and ready to share!

How often should I post?

 Twitter, most retweets happen within an hour after tweeting, so a higher daily frequency is best. Start by tweeting 5–20 times every day.

When should I post?



"Before one can do, One must Plan"

Make your plan, your way

	Media	Content Calendar							
Name								-62	
Month Week							National Farm Medicine Center		
Channel	Content Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Facebook	Торіс								
	Content								
	Keywords/ Hashtags								
YouTube	Topic								
	Content								
	Keywords/ Hashtags								
Instagram	Торіс								
	Content								
	Keywords/ Hashtags								
Twitter	Торіс								
	Content								
	Keywords/ Hashtags								

Social Media Campaign Toolkits

U.S. Ag Centers Mental Health Awareness Campaign: Promotional Toolkit



#MentalHealthAwareness #USAgCenters #WhyCare #GreenRibbon #CureStigma



Are you interested in getting weekly reminders in May for updating your social media message content?

Contact Jenna Gibbs at jenna-gibbs@uiowa.edu to sign up [Note: Reminders will only occur during the month of the campaign.]

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Week 1: Science of Stress and Suicide Risk

April 29 – May 5

This week, get ready to share the facts—the goal is to share the science about suicide risk and mental health in agricultural communities. We will also share some findings on how to recognize signs, symptoms, and the most common sources of stress on the farm. You may choose to highlight the "Signs and Stress" fact sheet generated by the UMASH Center, or cobrand it with your organizational logo.

During Week 1, use the following hashtags: #SuicideRisk #MentalHealthAwareness. #WaroingSigns #SymotomsofStress #USAeCenters #WbyCare #GreenRibbon #CureStigma, #Coping #AeTwitter #MentalHealth #MentalHealthMonday (only on Monday) #MentalHealthMatters

Week 1 Social Media Messages:

- ✓ Do you have a loved one who may be experiencing stress on the farm? Check the signs and symptoms here: http://bit.ly/MHAM001 @umashcenter @NAMICommunicate
- Suicide prevention specialists and mental health care providers talk about the importance of suicide prevention among farmers: <u>https://youtu.be/rWDSKCnZWDA</u>
 @gpcab @JACenterAgSafetxHealth @NAMJCommunicate @gpcab
- Pay attention to warning signs. There are many ways to become aware if an agricultural worker may be at risk for suicide. For information, visit <u>http://bit.ly/MHAM002</u>.
 @agrisafe.network
- Change in routine? Reduced care of livestock? Children showing signs of stress? These are all signs of chronic, prolonged stress in farm families. To learn more, go to http://bit.ly/MHAM003 @iowastateupive:sitvextension
- Sean Brotherson, NDSU Extension family life specialist, talks about understanding and managing key stressors in farming and ranching. https://youtu.be/M266Fd1vlfM @NDSUCCV
- Sometimes you NEED help, and sometimes you ARE the help. Learn about signs and symptoms of stress on the farm, here: <u>https://www.youtube.com/watch?v=Jt9Tt3CcJuY&feature=youtu.be</u>@umashcenter @aghealthandsafety@NAMICommunicate
- Ted Matthews, director of rural mental health for Minnesota, says for every one suicide, 25 attempts go unreported. Check out the article in National Hog Farmer;
 http://bit.ly/MHAM004@NationalHogFarmer
- This 2017 The Guardian article shared two powerful stories of farmers in Iowa and Kansas who have been affected by or considered suicide. http://bit.ly/americasfarmerssuicide

Group Activity

- Read the media piece provided to your group
- Using the media guidelines in your workbook, assess the release
 - What is good ("Do's)
 - What isn't good ("Don'ts")
 - What is missing?
 - How would you re-write this article?
- Share your article, assessment and "re-write" with everyone

Additional Activities

- Additional suggestions for activities are included on the following slides for you to do as you have time.
- If you don't know how to do something, reach out to us!
- Remember, you have a whole new network of people who are happy to help.

Press Release

- A sample press release is included in your workbook
- Customize the press release by filling in the missing information and "tweaking the content" as desired
- Send it to your media outlets!

Make it Live

 We know that Facebook shares live videos on more pages than any other type of post.

 When you have a chance, take some time and find a quiet area to "Go Live". Tell the world 3 things you learned at this event in the past day and a half.

Create a new page



- Don't have a page?
- Want to start one?
- When you have a few minutes, pull out your device and do it!

Questions?



Thank You to our Sponsors!





