

New Farm Bill Should Also Protect Farmers' Behavioral Health

BY DR. MIKE ROSMANN

The U.S. Congress went into summer recess without enacting a Farm Bill. There is still time for Congress to make changes in the Farm Bill to do a better job protecting the resources needed to produce food, fiber and biofuels. The most important resource is the people engaged in agriculture.

Our senators and representatives return to Washington after Labor Day and have until the end of September to agree on a revised Farm Bill by compromising on their different versions or to extend the 2008 edition. They can insert important provisions to care for people: producers and consumers.

Let's begin this analysis of what the Farm Bill should do by looking at current mission statements of key stakeholders.

USDA Mission: We provide leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on sound public policy, the best available science and efficient management.

This mission describes functional roles of the USDA but it does not explicitly mention people. The two missions below are those of key producer organizations—I wish I had the space to include more. Although both organizations differ in some of the ways they would accomplish their missions, both advocate for the well-being of agricultural producers and their communities.

American Farm Bureau Federation Mission: AFBF is the unified national voice of agriculture, working through our grassroots organizations to enhance and strengthen the lives of rural Americans and to build strong, prosperous agricultural communities.

National Farmers Union Mission: To advocate for the economic and social well-being, and quality of life of family farmers, fishermen and consumers and their communities through education, cooperation and legislation. NFU advocates for sustainable production of food, fiber, feed and fuel.

These missions are about caring for people. Agriculture is a noble endeavor, because it is a calling to produce essentials people need in order to live.

In their battles for control over the workings of the Farm Bill, many of our legislators seem to have forgotten the mission of caring for people. The people involved in agriculture are the producers AND the consumers.

The 2008 Farm Bill mandates the following expenditures, according to the Congressional Budget Office: food stamps — 51.9 percent, child nutrition — 21.4 percent, commodity programs — 10 percent, conservation — 7 percent, crop insurance — 6.2 percent and other (rural development funds and a host of other USDA programs) — 3.4 percent.

The proposed 2012 Farm Bill makes sure producers have adequate income. Both the U.S. Senate and House versions of the new Farm Bill shift money from commodity price supports

into crop insurance programs.

Though the House and Senate versions differ somewhat in their protections for soil, water, and air, both proposals expand protections for more crops and encourage locally produced foods.

Both current versions of the new Farm Bill cut funds for the Supplemental Nutrition Assistance Program (SNAP), by differing amounts. This provision hurts people needing food assistance and it hurts agricultural producers because it reduces guaranteed markets for food.

The number of people using food stamps and child nutrition assistance has grown by 13 percent each year since 2008, even though eligibility requirements have not changed. The number of consumers who need SNAP has increased because of the recession when unemployment burgeoned, inflation remained in check and income for this segment of the population declined or held steady.

The current Farm Bill does not address stress experienced by farmers. It is well known that farming is among the most stressful occupations and has one of the highest rates of work-related injuries and fatalities.

The behavioral health of agricultural producers is not addressed in the current Farm Bill, even though behavioral health supports were authorized, though not funded, in the 2008 Farm Bill. The agricultural population has a reputation for avoiding behavioral health issues, such as depression, anxiety disorders and suicide.

The fatality rate of farmers who take their own lives is higher than the fatality rate of those injured physically. The suicide rate of male farmers is 60 percent higher than the suicide rate of men in general and over four times higher than the suicide rate of women.

The average economic toll of a farmer suicide is approaching two million dollars. The loss to the family and community is even greater in a psychological and social sense.

Behavioral health supports that are needed include 24/7 hotlines and websites and counseling from providers trained in agricultural behavioral health whose services are paid like an employee assistance plan. Farm people used these services at a rate of 22,000 contacts annually in a seven-state Midwestern region (Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin) when grant funds were available during the preceding decade.

The cost was minuscule, about \$1.2 million yearly, for the seven state programs. To offer similar services throughout all agricultural regions of the U.S. would cost about \$10 million annually.

That's a small investment to reap huge benefits. Contact your senators and representatives to tell them what you think.

Dr. Rosmann is a Harlan, Iowa farm resident and psychologist. Readers can contact him at: www.agbehavioralhealth.com. Sponsored by Lewis & Clark Behavioral Health



Dr. Mike ROSMANN

Visiting Hours

Sodium: What's Too Much?

BY ALICIA HEINRICH, RD, LN
Avera Sacred Heart Hospital

Sodium is an essential nutrient for our bodies. It is needed only in relatively small amounts. In general, Americans consume too much sodium in their diets. To help put this in to some perspective, one teaspoon of salt contains 2,300 mg of sodium. The Dietary Guidelines for Americans 2010 states that the estimated average intake for all Americans ages 2 years and older is approximately 3,400 mg per day. This isn't hard to do when 75 percent of sodium in our diet comes from processed, packaged, and canned foods. Take a moment and think about your typical day. Do you eat processed or packaged foods? If you have time take a look at the nutrition food label, how many milligrams of sodium are in just one serving?

The recommendations set forth for sodium intake by the Dietary Guidelines for Americans 2010 is to limit

sodium intake to less than 2,300 mg. Individuals who have hypertension, diabetes, chronic kidney disease, and people who are 51 years or older should reduce sodium intake to 1,500 mg per day. So, where can I cut back on sodium in my diet to reach the recommended daily intake?

Below are a few tips to help reduce your sodium intake.

- Learn how to read nutrition food labels and look for items that have a Daily Value of 5 percent or less next to sodium.
- Buy fresh, plan frozen, or canned with "no salt added" vegetables.
- Take the salt shaker off of the table.
- Rinse canned foods to remove some sodium.
- Choose lower sodium foods or lower sodium versions of your favorite foods.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.

- Avoid snack foods high in salt content — chips, crackers, and pretzels.
- Use fresh fruit and vegetables as often as possible.

- Be cautious of marinades. One tablespoon of soy sauce has 1,000 mg of sodium.

- Use herbs, spices, and salt-free seasoning blends in cooking.

- Choose unsalted nuts or seeds, dried beans, peas and lentils.

- Select unsalted or low-sodium fast-food broths, bouillions or soups.

- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

- Limit smoked, cured, or processed beef, pork, or poultry.

- Restaurant meals have hidden salt — limit fast food.

Heinrich is a clinical dietitian at Avera Sacred Heart Hospital.



Novice Peggy Venteicher (center) received a copy of the Rule of St. Benedict from Sister Sharon Ann Haas, Novice Director (right), as Prioress Penny Bingham (left) looks on during the reception ceremony into the novitiate at Sacred Heart Monastery during Evening Prayer on Aug. 4.

Monastery Welcomes Novitiate

Peggy Venteicher was received into the novitiate at Sacred Heart Monastery, Yankton, during Evening Praise on Sunday, Aug. 4, 2013.

During her novitiate year, Novice Peggy will spend time in prayer and in study of the Rule of St. Benedict, Benedictine life, community and Benedictine history, Scripture, the meaning of monastic profession, and human development as well as participating in the daily activities of the monastery. Sister Sharon Ann Haas will serve as her director.

Reflecting on this step in her life, Novice Peggy says that she is grateful for God's call, her daily "yes" to life and the growth she has

already experienced as part of Sacred Heart Monastery. "I am also thankful for the prayerful support of my community, as well as the love of my family."

Novice Peggy was born in Norfolk, Neb., in 1982, and raised on a farm southwest of Pierce, Neb. She is the oldest of the nine children of Lyle and Denise Venteicher. Novice Peggy became acquainted with the Yankton Benedictines as a student at Mount Marty College. After graduating with a Bachelor of Science in Nursing in 2005, she was employed by Faith Regional Health Services in Norfolk for seven years.

USD Sanford School Of Medicine Pediatrics Chair Publishes Book On 'Vaccinophobia'

SIoux FALLS — Archana Chatterjee, M.D., Ph.D., chair of the Department of Pediatrics and senior associate dean for faculty development at the University of South Dakota Sanford School of Medicine, has edited a new book on vaccinophobia — the fear of the adverse effects of vaccines and preventive medicine.

Published by Springer, "Vaccinophobia and Vaccine Controversies of the 21st Century" explores the phenomenon in detail and offers a foundation for the development of solutions to dispel the misinformation and myths that surround vaccines.

"With some parents and other caregivers refusing or delaying vaccines for their children/wards, some vaccine-preventable diseases that were well-controlled have staged a comeback," said Chatterjee. "Outbreaks

of these diseases have been reported from countries where they were virtually unknown for many years. This situation is continuing to worsen, despite efforts by public health agencies and others to curb the spread of misinformation about the risks associated with these diseases and vaccine-related adverse events."

The book explains how this state of affairs came into being, why it persists and how health care professionals can best respond. Perspectives representing pediatricians, family practitioners, nurses, parents, pharmacy professionals, the CDC and the public health community help the reader sort out legitimate from irrational concerns. In-depth analyses discuss the possibility of links with asthma, cancer, Guillain-Barre syndrome, SIDS, and, of course, autism.

Chatterjee arrived at the Sanford School of Medicine earlier this year from Creighton University School of Medicine in Omaha, Neb., where she had served as a professor of pediatrics since 2008 and associate dean for academic and faculty affairs since 2011. She received her doctorate from the University of Nebraska Medical Center in 1993, and her M.B.B.S. (equivalent to M.D.) from Pune University, Maharashtra, India, in 1983. She completed her pediatric residency at Creighton University/University of Nebraska Medical Center in 1995, and her fellowship in Pediatric Infectious Diseases through the same program in 1998. "Vaccinophobia and Vaccine Controversies of the 21st Century" is available to order on springer.com in eBook and hardcover formats.

Volunteers For RibFest Sought

Historic Downtown Yankton will host the seventh annual Rockin' RibFest, Saturday, Aug. 31, from 11 a.m.-11 p.m., along Third Street.

Festivities will include an amateur ribber contest, children's activities, food vendors, and music provided by several outstanding bands. The event is free to the public.

The Rockin' RibFest Committee is seeking volunteers to help with the day's events. Areas of duty include set-up, music stage help, information booth, Kid's Playland, among others.

Call 605-665-2263 or email kristy@bollerprinting.com to volunteer.

NECC To Offer New Community Health Worker Course This Fall

NORFOLK — The Allied Health Division at Northeast Community College will offer a new course beginning this fall to train individuals to assist in providing basic health and medical care in their communities.

"Community Health Worker," with course number HLTH 1210/13F and CRN #12629, will be held Thursdays, Aug. 19-Dec. 13 from 6:00-9:00 p.m. in the J. Paul and Eleanor McIntosh College of Nursing, Room 156. The class will also be offered through the Northeast Distance Learning system to other locations in the region. A section of "Community Health Worker," with course number HLTH 1210/13F and CRN #12644, will also be held at the same time through Northeast Community College at the College Center in South Sioux City at 1001 College Way.

"The course is designed for members of the general public who want to be trained as Community Health Workers. They will conduct safe and effective outreach to vulnerable populations for medical personnel or health care organizations," said Heather Claussen, Director of Allied Health at Northeast Community College.

Community Health Workers will implement programs in communities that will promote, maintain, and improve individual and community health. "The course is designed to meet the skills necessary for Community Health Workers in a public health organization, health care facility or other health-related agency," Claussen said.

Instructor of the course is Mirian Aguirre, MD, MPH at the Northeast Nebraska Public Health Department. There is a cost for the course.

To register for the class or for additional information, contact Claussen at (402) 844-7334.

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MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Wednesday, August 14
7:40 am YC Observer (Kathy Church, Kristy Wyland)
8:20 am Hy-Vee Foods (Chef Staci)

Thursday, August 15
7:40 am Yankton Conv/Vis Bureau (Lisa Scheve)
8:20 am Yankton Chamber (Carmen Schramm)

USD Student Wins Top Award At Conference

VERMILLION — Tyler Tordsen, an undergraduate brother from the Alpha-Gamma chapter of Lambda Chi Alpha Fraternity at the University of South Dakota, received the 2013 Cyril F. "Duke" Flad Outstanding Undergraduate Award at the Fraternity's annual Stead Leadership Seminar held in

Memphis, Tenn. last month. The award was created in 1970 to honor Flad and was presented to Tordsen by Jim Schrader, a member of the board of Lambda Chi Alpha. One outstanding undergraduate from among all student members is selected annually to receive this award named for "Duke" Flad, who served as the Fraternity's second

chief executive from 1942-68. Tordsen, of Rapid City, is a political science and business double major and president of USD's Lambda Chi Alpha chapter. He is also former president of Tiospaye at USD, and currently serves as a Senator At-Large for the USD Student Government Association.

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