

# Use Physical Activity As A Vital Sign

**BROOKINGS** — Think back to your last healthcare visit. Were you asked about your current physical activity habits or counseled on how to start or maintain a physically active lifestyle? For at least two-thirds of patients, the answer will be no, said Nikki Prosch, SDSU Extension Health and Physical Activity Field Specialist.

"Although not typically assessed as a vital sign, physical activity levels can be a strong indicator of an individual's current health status," Prosch said.

There may be many reasons as to why physical activity isn't assessed or discussed during a typical doctor's appointment, Prosch said. "One of those reasons may be the lack of an objective tool to measure physical activity at your visit," she said.

If multiple days are not available for assessment, then physical activity levels are usually accessed via self-report or by other subjective forms of measurement, Prosch explained.

"This type of assessment has its own bias; however, despite the challenges of self-reported physical activity, it is one of the easiest and most convenient ways to assess an individual's regular physical activity levels. Thus, a few major healthcare systems in the nation have adopted a physical activity measurement known as the physical activity vital sign (PAVS) to record some physical activity data on their patients," she said.

Like a blood pressure reading, Prosch explained that the PAVS minutes/week can tell providers if individuals are meeting the current physical activity guidelines of 150 minutes of aerobic moderate or vigorous physical activity each week.

"This would allow placing the individuals in the appropriate classification for weekly activity levels," she said. "Like other vital sign data, this information would give the provider valuable information on the patients' health status. Additionally, it would provide information on whether or not the patient should start increasing their current physical activity levels and whether an exercise prescription is needed for the optimal health benefit."

The PAVS includes the following



METRO GRAPHICS

questions assessed at a normal patient visit:

1. On average, how many days a week do you perform moderate intensity physical activity or exercise, where your heart is beating faster and your breathing is harder than normal (such as a brisk walk)?

2. On average, how many total minutes of physical activity or exercise do you perform on those days?

Based on those questions, Prosch said the information is put into the following equation to show total physical activity minutes per week: Days/Week X Minutes/Day=min/week (PAVS).

## VALUE OF PHYSICAL ACTIVITY

Physical activity in the healthcare sector is strongly supported in the National Physical Activity Plan and by the

Exercise is Medicine initiative. "The Exercise is Medicine initiative has a strong presence in the health care sector," she said. "One primary goal of this initiative is to establish physical activity as a vital sign considered by all health care providers, similar to measures of blood pressure and heart rate vital signs."

Currently, a few major healthcare systems are assessing physical activity. These healthcare systems include Mayo Clinic Health System, Kaiser Permanente and Intermountain Medical Group.

"Next time you visit your provider, I encourage you to discuss your current physical activity habits and ask questions about becoming more active," Prosch said.

To learn more, visit iGrow.org.

## USD

# Ridgway Named Gutch Chair In Medicine By Sanford School Of Medicine

**VERMILLION** — Dr. Tim Ridgway of Brandon, Dean of Clinical Faculty and Associate Professor in the Department of Internal Medicine at the University of South Dakota Sanford School of Medicine, has been named that school of medicine's inaugural Dr. Charley F. and Elizabeth Gutch Chair in Medicine.

The three-year appointment recognizes Ridgway's skillful leadership and commitment to the school of medicine, including students, faculty and staff.

Ridgway is a graduate of the University of South Dakota Sanford School of Medicine. He received his undergraduate degree from Augustana College in Sioux Falls. He has been associated with the USD Sanford School of Medicine since 1991, and also serves as the Director of the Gastrointestinal Unit at the Veterans Administration Hospital in Sioux Falls.

Dr. Charley Gutch and his wife, Elizabeth (Riggs), settled in Sioux Falls in 1976. Gutch, an Internal Medicine specialist with a subspecialty in nephrology, devoted much of his distinguished professional career to academic medicine. The Iowa native served and taught at the University of South Dakota Sanford School of Medicine from 1976 to 1988, when he retired. He was named Professor Emeritus, and continued to aid the school until he passed away in July 2009 at age 89. Elizabeth Gutch grew up in rural Pierre, and graduated from the University of Iowa. She died in August 2014 in Sioux Falls.

Dr. Mary Nettleman, dean of the medical school, said, "Dr. and Mrs. Gutch were strong supporters and friends of the medical school. Charley was an outstanding leader who stepped up during times of upheaval and change, such as when the medical school became a four-year school. Betty was an interesting, lively individual. Dr. Ridgway embodies many of the characteristics of Dr. and Mrs. Gutch from his transparent approach as a leader to his unwavering commitment to excellence."

It is through the generosity of Dr. Charley and Elizabeth Gutch that this chair has been endowed.



Ridgway

# Attorney General Warns Of Influx In Yellow Page Directory Scams

**PIERRE** — Attorney General Marty Jackley confirms that the Consumer Protection Division has received complaints from several small businesses and schools across South Dakota who have received solicitations that appear to be invoices from the local Yellow Page Directory. The invoices typically contain the "walking fingers" logo and the name "Yellow Pages," but these are likely not the directory that most have grown accustomed to.

"Some independent companies produce alternative business directories which itself is not illegal. However, the practice of sending an invoice to a business hoping to receive payment for something that was not a legitimate transaction is a deceptive trade practice," said Jackley.

The solicitations are very deceptive. They often include an account representative's name that tricks the consumer into thinking there is an established relationship. The words "THIS IS NOT A BILL" may appear on the invoice, but returning it may commit the consumer to

a future bill. Read the invoice carefully, including the terms and conditions.

If it is a solicitation, the consumer has no obligation to pay the invoice amount. The United States Postal Service requires the following disclaimer to be on all solicitations, so consumers should look for it on the "invoice": THIS IS NOT A BILL. THIS IS A SOLICITATION. YOU ARE UNDER NO OBLIGATION TO PAY THE AMOUNT STATED ABOVE UNLESS YOU ACCEPT THIS OFFER.

It is important to read the invoice carefully, including the terms and conditions and do not hesitate to ask where the directories will be distributed and who will be receiving copies. If you still question the legitimacy of the ad, contact the local Yellow Pages to determine if they are associated with the company sending the invoice.

If you believe you have been a victim of this scam, contact the Consumer Protection Division at 1-800-300-1986 or by email at consumerhelp@state.sd.us.

# Area High School Students Sought For USD Summer Accounting Institute

**VERMILLION** — High school sophomores and juniors interested in an accounting career or those who are interested in majoring in business can register now for the ninth annual 2015 University of South Dakota Summer Accounting Institute.

Students from the region are encouraged to attend the five-day Institute, which is July 12-16. Under the direction of Erin Cornelsen, M.P.A., an accounting instructor at USD, the Accounting Institute will address educational, career exploration and professional opportunities in accounting. Activities include field trip to a nationally-recognized public accounting firm and various regional businesses.

Additional activities include faculty presentations, educational videos and fun events such as bowling, swimming, movies and more. Participants will also have an opportunity to meet national, regional and local employers who hire USD accounting graduates. Students attending the Institute are also eligible for scholarships to attend the accounting program at the Beacom School of Business.

The Institute allows students the opportunity to explore USD's AACSB accredited business school. The school is one of only five percent of business schools worldwide to achieve AACSB accreditation, the highest distinction business schools can receive. USD's account-

ing graduate placement rate is approximately 96 percent (within 3 months of graduation).

Past sponsors of the Summer Accounting Institute are Deloitte; Eide Bailly, KPMG, McGladrey & Pullen Certified Public Accountants, The South Dakota CPA Society, Ernst & Young, Daniel Meyer, Casey Peterson & Associates, Ltd., Jones, Kramer & Haber, LLP, USD Beacom Opportunity Fund, Ketel Thorstenson, LLP, Daktronics, South Dakota Investment Council, Williams and Company, PC, Brandt, Solomon, and Anderson LLP, and Steven Sikorski.

For more information about the 2015 Summer Accounting Institute or to download a registration

form, go to [www.usd.edu/business/accounting/summer-institute.cfm/](http://www.usd.edu/business/accounting/summer-institute.cfm/).

There is a cost to register; however, the registration fee is waived for students who are ranked in the top 10 percent of their class. These students need to include a letter from their high school principal or guidance counselor to verify their class ranking. Students can also earn one college credit upon successful completion of the Institute.

The deadline to register is May 15.

For more, contact Cornelsen at [Erin.Cornelsen@usd.edu](mailto:Erin.Cornelsen@usd.edu), (605) 677-5499 or Lynne Roach, [lroach@usd.edu](mailto:lroach@usd.edu), (605) 677-5559.

## SCHOLASTICS

### MINNESOTA STATE MANKATO

MANKATO, Minn. — The Academic High Honor and Honor lists (Dean's lists) for the past fall semester at Minnesota State University, Mankato have been announced by Provost and Senior Vice President for Academic Affairs Dr. Marilyn Wells.

Among 3,046 students, a total of 735 students qualified for the High Honor List by achieving a 4.0 straight "A" average, while 2,311 students earned a 3.5 to 3.99 average to qualify for the Honor List.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

Minnesota State Mankato, a comprehensive university with 15,376 students, is part of the Minnesota State Col-

leges & Universities system, which comprises 31 state institutions.

Area students include • Dakota Dunes — Caitlin Foley, JR, High Honor List

### UNIVERSITY OF SIOUX FALLS

SIOUX FALLS — The University of Sioux Falls has released its Dean's List for fall semester 2014. To qualify for the Dean's List, a student must achieve a semester grade point average of 3.5 or greater on a 4.0 scale.

The following local students made the Fall 2014 USF Dean's List:


• Tierney Scoblic (freshman), Yankton — Criminal Justice, Spanish Double Major  
• Terry Huber (senior), Mission Hill — History, Secondary Education Double Major

• Samantha Wampol (senior), Yankton — Exercise Science Major  
• Sara Whitley (senior), Yankton — Social Work Major

The University of Sioux Falls is a transformative university committed to academic excellence and celebration of the Christian faith. The University of Sioux Falls offers more than 80 undergraduate programs and adult and graduate offerings in business, degree completion, education and nursing, as well as the Center for Professional Development.

## MORNING COFFEE

**WEDNESDAY, February 18**  
7:40 am Beadle School (Carey Mitzel)  
8:20 am Hy-Vee Foods (Chef Staci)  
8:45 am Mount Marty College (Kristi Tacke)  
**THURSDAY, February 19**  
7:40 am Yankton Chamber (Carmen Schramm)  
8:20 am Yankton Conv/Vis (Stephanie Moser)  
8:45 am USD Athletics (Joe Tuente)



“... Under your wings I shall last a lifetime  
Your impression on my spirit forever.” -  
Khrista

Khrista wrote this in a letter to us, which not only expresses the love of a daughter for her parents but truly transcends the bonds of family to include Yankton and the surrounding communities.

We realize there are no words of consolation as we face a life without Khrista. We listen for her voice. We long for her smile. We miss her smile. We expect her to pop into the room or call the phone and then we are slammed into the reality of her permanent absence.

We humbly thank you for your generosity to the "In Khrista's Memory" memorial fund. We will embrace her animated and concrete spirit of giving to those who share her passion for music, art and nature by designing opportunities to allow those who have a passion to also have the means.


We cannot begin to express how grateful we are for the hundreds of prayers, texts, cards, outpouring of love, hugs and generosity of food, help and quiet servitude of kindness shown to us since we received the tragic news.

And in her spirit, we encourage everyone to do a "Kindness for Khrista." Do something unexpected and thoughtful for someone else. Rescue a dog. Pick up litter. Walk someone home so they do not have to walk home alone. Wear a flower in your hair. Twirl in the sunshine. Thank God for this awesome world He gave us.

Our lives are forever changed but we are lifted up in gratitude and prayer by all of you who laid down your cross to help us carry ours. Hug your children like it is going to be the last time...

We simply say 'God Bless and Know "your impression (is) on our spirit forever..."

Wayne & Lori Ibarolle • Jerod, Ashley & Paisley Ibarolle  
Shanna & Joshua Koenig • Leslie, Jesse & Dominic Mead



## HAPPY BIRTHDAY!



Card shower requested honoring **Larry Heine's 70th Birthday**  
Greetings may be sent to **88220 545 Ave. Bloomfield, NE 68718**