

Rural Health Improving, Behavior Needs Work

BY DR. MIKE ROSMANN PH.D.

There is good news about healthcare improving in rural USA, where healthcare has lagged in comparison to metropolitan areas. Several recent news and journal reports indicate progress in healthcare delivery in rural America, particularly in regions where agriculture predominates.

Recent newscasts and newspaper articles report the Affordable Care Act (ACA) enrollment figures indicate rural residents are signing up for healthcare insurance in significant numbers in areas where insurance coverage has been lower than in metropolitan areas.

Furthermore, the USDA announced a \$50 million fund in December to improve rural mental health facilities—another positive step toward improving rural healthcare.

An article in the latest issue (Winter 2014) of The Journal of Rural Health indicated there were no significant differences in the outcomes of treatments for strokes among patients in 18 rural Veterans Administration (VA) hospitals versus 110 urban VA hospitals. The same journal also reported samples of rural and urban Missouri physicians were equally concerned about preventive care, but rural residents were more resistant to undertaking preventive health measures.

Rural areas where agriculture is the main economic force seem to be making more progress in healthcare than many nonfarm rural areas. What explains this?

Not all rural areas are alike. The U.S. Census indicates rural people are poorer and less well educated than residents of most metropolitan areas except in well-to-do farming communities, such as many agricultural communities in the Midwest.

Perhaps the positive upturn in many segments of the farm economy over the past few years until just recently has increased tax receipts and donations available for agricultural communities to improve their health facilities and healthcare workforces. The average education level of 3.2 years of college for beginning farm operators possibly also enhances their thinking about health concerns.

The AgriSafe Network is a positive rural healthcare development. AgriSafe is a national nonprofit organization of rural nurses, doctors, researchers and other professionals who offer specialized health assessments, educational materials, personal protective equipment and follow-up services to persons engaged in agriculture.

AgriSafe trained healthcare providers are available in 20 states in the U.S. and in Australia. AgriSafe offers free webinars about agricultural health topics several times each month to anyone who wishes to subscribe. Information is available on their website: www.agrisafe.org.

Specialized agricultural medicine training has become available to physicians, nurses and allied healthcare providers in seven states and in Australia and Turkey. Healthcare professionals in agricultural regions are encouraged to attend the nearest 40-hour training, which is available on the website: <http://cph.uiowa.edu/icash/education/ag-med-training/index.html>.

Completion of an agricultural medicine course is required to be recognized as

an AgriSafe certified provider, but other professionals are welcome. Feedback from the course attendees is uniformly positive, with many saying it is one of the best educational endeavors they have ever undertaken.

Serving on education, hospital and health boards and committees can become opportunities to establish agricultural health services and to encourage local healthcare

providers to attend specialized training in the field of agricultural occupational health.

There are still too few providers of healthcare services in rural and agricultural regions who are versed in the particular health issues that can occur to farmers, ranchers and agricultural laborers. Lives can be saved if their healthcare providers know more about what to examine for and how to treat unique presenting problems, such as exposures to agricultural chemicals.

Education matters more to health than ever before, says a just-released report from the VCU Center on Society and Health (<http://societyhealth.vcu.edu/Page.aspx?nav=307>). Rural people who are less literate than average face serious health disadvantages.

The Robert Wood Johnson Foundation-funded report says persons with less education experience shorter lives, worse health as reflected by diabetes and heart disease and are more likely to undertake risky health behaviors such as smoking and little exercise.

A nationally representative survey of healthcare avoidance among rural populations, which was undertaken by Pennsylvania State University researchers and also reported in the latest issue of The Journal of Rural Health, agrees. Poor rural residents are more likely to suffer health perils and less likely to undertake preventive measures, partly because they have less awareness of healthy behaviors and are more likely to reject advice.

Incentives to promote healthful behaviors are built into the ACA. The ACA pays for an annual physician visit to assess wellness and undertake basic health tests for persons receiving Medicaid or Medicare-funded healthcare and requires most private insurers to also cover an annual wellness visit.

Education about how to manage our own health gives all of us more control over our own destinies. Leaders in agricultural and other rural communities can have a significant impact on the health of community citizens by serving on local committees and boards where policies can be enacted to advance knowledge of healthy behavior lifestyles.

Dr. Rosmann is a clinical psychologist who lives on a farm near Harlan, Iowa. He can be contacted through his website: www.agbehavioral-health.com. In 2012 the American Psychological Association conferred its state leadership award on Rosmann for his work to improve the behavioral health of rural people.

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Dr. Mike
ROSMANN

Visiting Hours

Celebrate Healthy Weight Week

BY SARA GERMAN

Avera Sacred Heart Hospital Clinical Dietitian

January 19-25 is Healthy Weight Week. Are you at a healthy weight? The answer may depend on how you define it. If you eat a balanced diet, are physically active, and feel good about your body, there's a good chance you are at a healthy weight for you. (You might want to read on to learn what "balanced diet" and "physically active" mean, though.)

Many health professionals use a tool called the Body Mass Index (BMI) to group people into weight categories, including underweight, normal weight, overweight and obese. To calculate your BMI, go to <http://nhlbisupport.com/bmi/>. The BMI is only a starting point, however. Although it can give you some idea of a healthy weight, factors such as diet, physical fitness, lifestyle, health and age should be considered along with the number on the scale.

Here are a few things everyone can do to reach (or maintain) a healthy weight.

1. Balance your plate. The website www.ChooseMyPlate.gov has a ton of great information about healthy eating (and physical activity, too - see #3). A typical lunch or dinner plate should look like this: 1/2 fruits and vegetables, 1/4 starchy vegetables (like potatoes) or grains, and 1/4 lean protein, completed with a glass of low-fat milk.

Sound impossible? Start by substituting chopped veggies for potato chips as your mid-afternoon snack. Eat an apple instead of a candy bar.

2. Eat breakfast. It really is the most important meal of the day! Eating breakfast helps rev up your body to burn more energy later.

3. Move more! For adults, the minimum recommendations are 30 minutes of moderate physical activity 5 times per week.

Sound intimidating? Start by adding movement in small bits and pieces throughout the day. Take the stairs instead of the elevator. Take a brief stroll through the halls after lunch. Wear a pe-

dometer and find ways to get to 10,000 steps.

4. Get enough sleep. Most adults need 7-9 hours per night. A good night's sleep isn't just a luxury - it's something your body needs to function properly.

5. Keep track of your efforts. Recording what you eat and how much you exercise - whether in a notebook or a smart phone app - has been shown to be a winning strategy for people trying to lose weight, and successful weight "losers" weigh themselves regularly so they aren't surprised by weight gain.

Finally, savor the moments. Weight loss (even weight maintenance) is hard work and doesn't happen overnight, but taking the above steps can help you feel better today. Don't obsess over a number; do appreciate the benefits. (Example: I ate more slowly, enjoyed my food and didn't eat too much. Now I feel good about myself and don't feel overstuffed.) Celebrate your accomplishments! It's the little changes every day that add up to big health benefits.

SCHOLASTICS

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Merit Roll of Excellence
(GPA is 4.0 and Above)

8th Grade — Austin Ahlers, Brenna Becker, Jennica Delvaux, Amanda Haas, Cameron Krejci, Casey Krejci, McKenzi Kruger, Victoria Lammers, Nicole Langdon, Adam Lange, Javier Lopez, Brooklyn Maldonado, Madison McClure, Piper Mikkelsen, Ryan Moderegger, Tate O'Hara, Alexander Palecek, Trevor Rafferty, Lauren Schild, Mary Schmidt, Bailey Sejnoha, Jackson Somsen, Leah Waid, Riley Zimmerman

7th Grade — Halie Adam, Hunter Antrobus, Dakota Barnes, Madison Eggen, Owen Feser, Michael Frick, Brooklyn Haki, Megan Haselhorst, Price Jensen, Nicholas Kurtenbach, Dean Magnussen, Cole Miller, Peyton Mueller, Ashley Muller, Jacob Paulson, Elizabeth Riley, Rex Ryken, Levi Wiersma, Ethan Wishon, Cole Withrow, Nathan Zimmermann

6th Grade — Jaiden Boomsma, Skyler Brockmoller, Lauren Bruening, Victor Duarte, Kelsie Faulk, Alysandra Fedde, Sadie Fedders, Brooke Goeden, Nicholas Gregoire, Karlie Haas, Elise Heiman, Saige Henderson, Samuel Herrboldt, Paige Hoising, Bradley Howe, Erin Knight, Kelby Kruse, Thomas LaFave, Kyler Lillie, Joshua Loest, Emerson McClure, Ashlyn McGhee, Lauren Moon, Hannah Muth, Isaac Nedved, Katrine Newland, Bailey Nielsen, Kelsey Oswald, Gabrielle Pietila, Kylie Roth, Jaden Rouse, Cole Rumsey, Alexandra Rust, Keith Schenkel, Luke Schulz, Faith Sparks, Morgan Strahl, Olivia Tennant, Peyton Tramp, Samuel Van Osdel, Mason Welker, Sean Westerman, Bailey Wieseler

Roll Of Excellence
(GPA is 3.5 to 3.99)

8th Grade — Kristyn Albrecht, Treyton Bakke, Kobe Bowker, Tecla Braxton, Lucas Brinkerhoff, Cole Brummer, Abigail Cuka, Makenzie DeLozier, Hanna Erde, Destiny Fejfar, Ethel Flores, Jazmyn Gunderson, Lance Haak, Nicholas Harris, Danielle Herflein, Devan Hohbach, Brady Jaquith, Gabrielle Keiser, Ryan Knight, Taylor Kotschegarow, Ryan Kraft, Cooper Kuchta, Haley Larson, Heriberto Magana, Kendall Megard, Sky Nockels, Emily Novak, Emily Oswald, Oakley Palmer, Aurora Papstein, Emily Paulsen, Destiny Pesek, Alex Peterka, Bailey Peterka, Lillian Purzol, Eleanor Rhoades, Kylie Rodig, Addison Ryken, Jack Sasek, Anna Savoy, Guthrie Scoblie, Aaron Smurthwaite, Garrett Tennant, Hannah Vetter, Kaylyn Wagner, Raymond Wermers, Robert Williamson, Austin Wootton, Joseph Zoeller

7th Grade — Dharian Ahrens, Noah Anderson, Donovan Bain, Jaycie Biel, Jazmyn Brazil, Layne Bunnis, Justin Cap, Miles Carda, Perla Chavez, Cody Crisman, Steven Dempsey, Michael Drotzmann, Kasey Erickson, Leola Felton, Sydney Goeden, Katie Hammond, Paxton Heinz, Lauren Hill, Jacqueline Holman, Jade Houck, Arion Huntley, Jackson Husman, Caleb Johnson, Elijah Jones, Lauren Kafka, Baylee Kenney, Isaac Klimisch, Reagan Kolberg, Tyler Kozak, Tyler Kraft, Grayson Lange, Anna Lyman, Zoie Marcotte, Elsie Marquardt, Samuel Mooney, John Neu, Owen Phillips, Morgan Rodig, Zachary Rohde, Jackson Roose, Case Roth, Cole Sawatzke, Nathan Sawtell, Brianna Sejnoha, Gentry Talcott, Max Tramp, Tia Vlasman, Blake Wieseler, Kyle Withrow

6th Grade — Autumn Ament, Kara Antrobus, Kendra Antrobus, Kiani Banta, Elijah Berry, Reid Binde, Aaron Blackwell, Christian Brager, Haley Brandt, Kylynn Briest, Sarah Brinkerhoff, Reginald Bruder, Chase Bunnis, Brett Busskohl, Rhavyn Cale, Cody Carr, Cooper Cornemann, Jordan Dahl, Liliana Dannenbring, Jenna Diede, Reid Dutrow, Lauren Eidsness, Allison

Eskins, Kaleb Frick, Paxton Grate, Brynlyn Hamberger, Wyatt Hauger, Hunter Hagge, Matthew Hein, Sara Henning, Megan Highland, Dylan Horn, Nathan Huff, Alexandre Irwin, Chaleb Jensen, Jenna Jones, Allison Lange, Shaylin Lathrop, Brianna Lemberg, Alyssa Lofshult, Juan Luna-Meza, Katelyn Lyman, Larkyn Mason, Jakob McBride, Wil Pease, Cayden Peterson, Brennan Pipes, Gavin Raabe, Austin Radack, Hailey Reisner, Caleb Roy, Weston Schwartz, Stacia Sherman, Kole Simonsen, Mitchell Slowey, Hayley Stark, Christopher Sternhagen, Sarah Stoddard, Conner Sudbeck, Abigale Weber, Victoria Weiland, Klob Worm, Jennica Young

8th Grade — Eli Bos, James Bouska, Joshua Carr, Alexander Cutter, Britney Davis, Cole Diedrichsen, Wyatt Duncan, Gerrit Dykstra, Jaxson Erickson, Tessa Folkers, Kellen Franzen, Joshua Galvan-Hofer, Morgan Gandee, Sean Garcia, Taylor E. Hamilton, Khalid Hussein, Benjamin Jurens, Andrew LeBarge, Lily Lammers, Lanna Lane, Calvin Marsh, Tanner McQuinn, Tanner McKinney, Alexa McNatt, Giang Nguyen, Tyler Odens, Sara Ordaz, Carmen Padron, Jesse Riding, Shelby Schaefer, Robyn Schramm, Ashlynn Schwarz, Caige Strub, Katrina Thomas, Peter Upton, Abigail Van Osdel, Sylvester Wagner, Cassidy Weinandt, Benjamin Wold, Isiah Woods, Levi Zimmerman, Tess Zoss

7th Grade — Dylan Alver, Rylie Andrus, Tamiah Barnett, Courtney Bell, Rhett Beltran, Weston Beltz, Laila Bowker, Braden Boyd, Conner Brown, Saige Canady, Rory Comstock, Jady Cooke, Connor Davenport, Cole Dolejsi, Trinity Fitch, David Friedenbach, Brianna Haki, Rachel Hamburg, Taylor M. Hamilton, Joshua Hofer, Jane Hoffman, Calida Jefferson, McKenzie Johannsen, Jerah Johns, Caid Koletzky, Chloe Koletzky, Caleb List, Dalton Maibaum, Megan McCorkell, Devon McLeod, Isaac Muehlbeier, Cole Neumann, Bridget Nolz, Daniel Pacheco, Gabriel Plath, Austin Prior, Jackson Raab, Jason Rock, Addison Roubideaux, Jarett Rueb, Madison Schaefer, Ty Schultz, Matthew Shepherd, Kaycee Smith, Phillip Snoozy, Kaitlyn Steffen, Calissa Steinberg, Grace Tolliver, Aydon Tramp, Noah Tramp, Payton Vellek, Erica Wurtz, Tina Zoss

6th Grade — Dalton Aldridge, Madison Anstine, Kylie Auch, Taryn Bailey, Colten Ballert, Kailey Banks, Michael Bender, Jasmine Brandt, Konner Cardoza, Bryana Castaneda, Ellie Clark, Ian Cox, Galen Crowe, Quintyn Dickson-Blake, Trevor Ellis, Ronald Erickson, Jordan Flying Hawk, Karlle Freng, Aaron Friedenbach, Savanna Geuther, Grant Gill, Daniela Gonzalez, Emily Harvey, Daniel Hauck, Mackenzie Havranek, Trenton Hawkins, Kendra Huber, Kiana Irvin, Cassidy Johnson, Bree Jones, Paul Koenigs, Harlee Kostroun, Ethan

Langley, Cody Larson, Evony Lopez, Joseph Losing, Alexander Mitchell, Christopher Moten, Austen Naber, Gavin Nickerson, Justin Pavel, Sarah Pavel, Angelina Pennington, Brooke Prior, Trey Redman, Zachary Roesler, Mitch Roth, DaSha Roubideaux, Ethan Russaw, Olivia Schmidt, Andrea Sloan, Ben Snoozy, Zachery Swaney, Abigail Tally, Devan Tanner, Ethan Thompson, Hunter Thorell, Princeton Vollmer, Taylor Weber

2nd NINE WEEKS 2013-14
PERFECT ATTENDANCE

8th Grade — Jennica Delvaux, Destiny Fejfar, Ethel Flores, Jazmyn Gunderson, Noah Haag, Lance Haak, Brady Jaquith, Ryan Kraft, Heriberto Magana, Madison McClure, Giang Nguyen, Tate O'Hara, Tyler Odens, Alexander Palecek, Alix Peterka, Bailey Peterka, Darin Pinkelman, Lauren Schild, Robyn Schramm, Ashlynn Schwarz, Garrett Tennant, Katrina Thomas, Dalton VanBuren, Ben Wold, Tess Zoss

7th Grade — Halie Adam, Noah Anderson, Rylie Andrus, Tate Bahm, Braden Boyd, Haylee Breen, Conner Brown, Justin Cap, Rory Comstock, Cody Crisman, Leola Felton, Rachel Hamburg, Megan Haselhorst, Paxton Heinz, Lauren Hill, Dawson Irwin, Price Jensen, Caleb Johnson, Elijah Jones, Jace Kapla, Chloe Koletzky, Tyler Kraft, Nick Kurtenbach, Dean Magnuson, Dalton Maibaum, Cole Miller, Peyton Mueller, Owen Phillips, Logan Pinkelman, Austin Prior, Morgan Rodig, Addison Roubideaux, Nathan Sawtell, Lucas Schoenfelder, Matthew Shepherd, Grace Tolliver, Katie Hammond, Ethan Wishon, Cole Withrow, Kyle Withrow

6th Grade — Kyle Auch, Logan Bell, Elijah Berry, Kylynn Briest, Konner Cardoza, Victor Duarte, Reid Dutrow, Jordan Flying Hawk, Karlle Freng, Brooke Goeden, Nicholas Gregoire, Bradley Howe, Alexandre Irwin, Bree Jones, Jenna Jones, Erin Knight, Kelby Kruse, Allison Lange, Kyler Lillie, Joshua Loest, Alyssa Lofshult, Larkyn Mason, Ashlyn McGhee, Hannah Muth, Bailey Nielsen, Wil Pease, Cayden Peterson, Austin Radack, Caleb Roy, Luke Schulz, Weston Schwartz, Faith Sparks, Princeton Vollmer, Sean Westerman

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2nd Quarter "A" Honor Roll
(Grade point average of 3.50 or better with no grade below a "B")

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JUNIORS — Allyson Gartner, Heather Hauger, Skyler Heirigs, Taylor Lyso, Lauren Sokolowski

SOPHOMORES — Tessa Buchanan, Benjamin Gustad, Erin Hansen, Taylor Lee, Andrea Sokolowski, Ashley Steffen, Maria VanDriel

FRESHMEN — Nate Eli, Brady Logue, Dylan Ludke, Cody Neerings, Ileana Trissel, Levi VanBeek

8th GRADE — Alfonso Erickson, Mary Johnson, Colton Larson, Kaden Mork, Tyra Murphy, Clayton Trissel

7th GRADE — Shannon Sokolowski

PRESS&DAKOTAN

2014 Beautiful Baby Contest

We will be featuring our annual "Beautiful Baby Contest" in print and online on **Wednesday, February 26, 2014**. If you or someone you know has a child we would love to include them in our feature!

To enter, simply submit your photo and entry form with a \$10 submission fee by **Monday, February 17**.

First place winners in the following categories will receive a framed winners print and prize.

- 1) Newborn-6 Months 4) 25 Months-4 Years
2) 7-12 Months 5) Multiple Births
3) 13-24 Months

Beautiful Baby Contest

Submit Entry To:
Yankton Daily Press & Dakotan
319 Walnut Street, Yankton, SD 57078

Entry Deadline:
Mon., Feb. 17, 2014

Category #	Age:	Date of Birth
Child's Name		
Parents Name		
Address	Phone	

Winners will be selected by the staff of Yankton Media Inc. Employees and family members of Yankton Media Inc. are ineligible to win.

*Submission of this form authorizes the publication of child's photo in this contest in print and online at www.yankton.net.

Submission fee (\$10) must accompany entry form to be valid.



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