

---

# Overweight and Obesity

---

## OVERWEIGHT OR OBESE

*Definition: Overweight or obese is defined as respondents who report having a Body Mass Index (BMI) of 25.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by his or her height in inches divided by height in inches (again) times 703 (i.e.,  $((wt/ht)/ht \times 703)$ ).*

## Prevalence of Overweight or Obese

- South Dakota 64.2%
- Nationwide median 61.8%

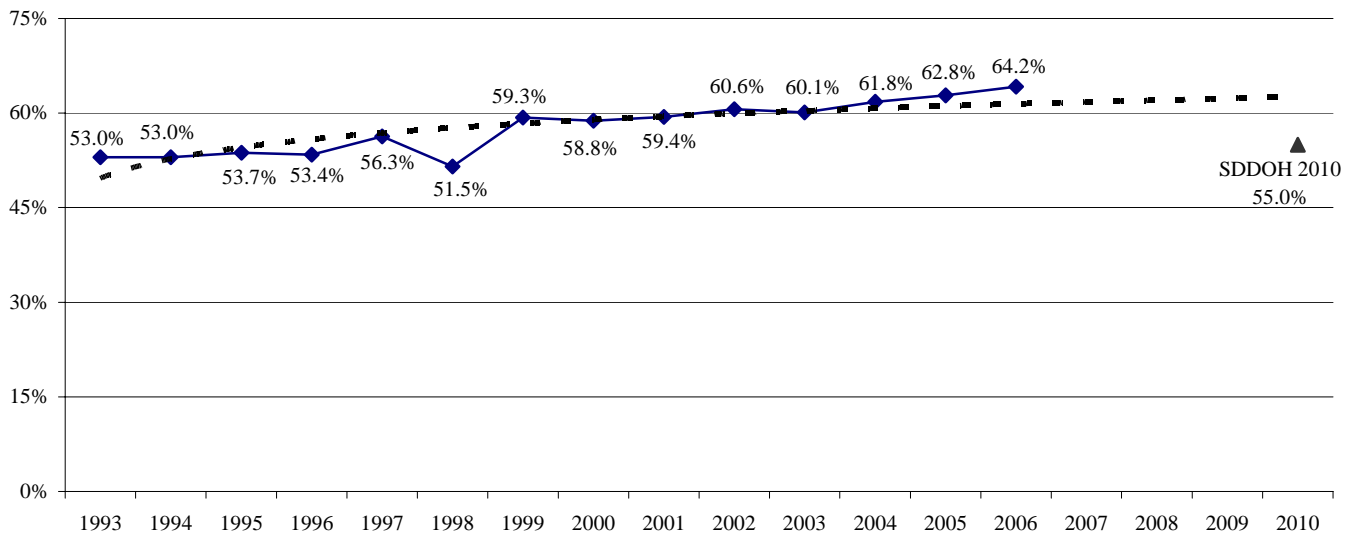
## South Dakota Department of Health 2010 Initiative

*Reduce the percent of adults who are overweight or obese to 55 percent.*

## Trend Analysis

Overall, the percent of respondents who are overweight or obese has been increasing since the question was first asked in 1993. South Dakota has not met the *South Dakota Department of Health 2010 Initiative* of 55 percent.

**Figure 1**  
**Percent of Respondents Who Are Overweight or Obese Based on Body Mass Index, 1993-2006**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2006

## Demographics

**Gender** Males exhibit a significantly higher prevalence of those who are overweight or obese than females. This difference is shown throughout many demographic groups including those with a household income of \$35,000 or more, those with a high school education or higher, and those who are married.

- Age** The prevalence of overweight or obesity increases as age increases until the 55-64 age group is reached, at which time the prevalence decreases as age increases. This includes a significant increase when the 25-34 age group is reached and then a significant decrease with the 75 and older population.
- Race** American Indians exhibit a significantly higher prevalence of those who are overweight or obese than do whites. This racial difference is much more evident in females than males.
- Region** Those in the American Indian counties region demonstrate a significantly higher prevalence of those who are overweight or obese than all four other regions. This regional difference is much more evident in females.
- Household Income** The prevalence of those overweight or obese does not seem to follow a consistent pattern as household income increases. However, females in the higher income groups do seem to show a lower prevalence than those in the lower income groups.
- Education** The prevalence of females who are overweight or obese decreases as education increases. Conversely, the prevalence of males who are overweight or obese generally increases as education increases.
- Employment Status** Those who are a homemaker exhibit a significantly lower prevalence of overweight or obesity than all other types of employment.
- Marital Status** Those who are widowed or have never been married demonstrate a very low prevalence of those who are overweight or obese, while those who are married or divorced show a very high prevalence. These differences are much more evident with males than females. In fact, females who are married show a very low prevalence.

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>6,309</b>	<b>64.2</b>	<b>(62.4-65.8)</b>	<b>2,564</b>	<b>73.3</b>	<b>(70.6-75.8)</b>	<b>3,745</b>	<b>54.7</b>	<b>(52.6-56.9)</b>
<b>Age</b>									
18-24	257	48.7	(41.5-55.9)	111	53.2	(42.2-63.8)	146	43.6	(34.6-53.1)
25-34	717	60.9	(56.6-65.0)	280	69.8	(63.3-75.6)	437	51.2	(45.9-56.5)
35-44	982	66.6	(63.1-69.9)	418	80.4	(75.7-84.3)	564	51.2	(46.4-56.0)
45-54	1,338	70.9	(68.0-73.6)	583	80.3	(76.3-83.8)	755	60.8	(56.8-64.7)
55-64	1,113	74.3	(71.4-77.1)	491	81.3	(77.1-84.8)	622	66.5	(62.2-70.6)
65-74	892	69.2	(65.6-72.5)	362	79.8	(74.6-84.1)	530	59.1	(54.1-63.8)
75+	969	58.9	(55.3-62.5)	302	66.6	(60.3-72.3)	667	53.8	(49.4-58.2)
<b>Race</b>									
White	5,610	63.5	(61.7-65.2)	2,296	73.4	(70.6-76.1)	3,314	53.2	(50.9-55.4)
American Indian	503	75.4	(69.0-80.8)	185	73.7	(62.9-82.2)	318	77.1	(69.8-83.0)
<b>Region</b>									
Southeast	1,395	64.6	(61.4-67.8)	574	72.1	(67.2-76.6)	821	56.6	(52.3-60.7)
Northeast	1,521	62.8	(59.2-66.3)	596	73.6	(67.2-79.0)	925	52.6	(48.5-56.7)
Central	1,294	64.3	(60.9-67.7)	528	70.3	(64.8-75.4)	766	58.1	(53.9-62.1)
West	1,449	62.5	(59.2-65.7)	595	75.2	(70.3-79.5)	854	49.4	(45.2-53.6)
American Indian Counties	650	74.8	(69.2-79.6)	271	77.9	(68.7-85.1)	379	71.1	(64.7-76.8)

**Table 4 (continued)  
Respondents Who Are Overweight or Obese, 2006**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Household Income</b>									
Less than \$10,000	301	62.4	(53.7-70.3)	*	*	*	*	*	*
\$10,000-\$14,999	380	64.0	(55.8-71.5)	110	69.3	(55.8-80.2)	270	61.2	(50.9-70.6)
\$15,000-\$19,999	485	61.9	(52.7-70.3)	161	57.2	(41.1-71.9)	324	66.1	(58.3-73.2)
\$20,000-\$24,999	539	67.9	(62.0-73.2)	205	76.0	(66.5-83.5)	334	60.1	(52.7-67.2)
\$25,000-\$34,999	864	67.2	(62.3-71.8)	380	71.4	(64.2-77.6)	484	62.4	(55.6-68.8)
\$35,000-\$49,999	1,093	66.2	(62.7-69.6)	489	74.5	(69.7-78.8)	604	57.0	(52.0-61.9)
\$50,000-\$74,999	985	67.1	(63.2-70.7)	480	78.5	(73.0-83.1)	505	52.0	(46.5-57.4)
\$75,000+	891	63.9	(59.9-67.6)	457	77.9	(72.7-82.4)	434	43.9	(38.3-49.6)
<b>Education</b>									
8th Grade or Less	266	61.1	(47.4-73.2)	123	58.0	(37.2-76.3)	143	65.3	(54.8-74.6)
Some High School	328	61.3	(52.6-69.4)	131	62.3	(49.7-73.4)	197	60.3	(48.0-71.5)
High School or G.E.D.	2,029	65.7	(62.5-68.7)	857	72.5	(67.8-76.8)	1,172	57.9	(53.8-61.9)
Some Post-High School	1,748	65.6	(62.4-68.7)	649	76.5	(71.3-81.1)	1,099	55.7	(51.7-59.6)
College Graduate	1,927	62.2	(59.4-64.9)	795	75.2	(71.2-78.8)	1,132	48.9	(45.2-52.5)
<b>Employment Status</b>									
Employed for Wages	3,059	64.3	(61.8-66.6)	1,205	73.5	(69.7-76.9)	1,854	54.4	(51.4-57.5)
Self-employed	881	70.4	(66.2-74.2)	591	75.7	(70.5-80.2)	290	55.3	(48.2-62.1)
Unemployed	174	69.7	(57.0-79.9)	*	*	*	*	*	*
Homemaker	372	44.5	(38.5-50.6)	*	*	*	*	*	*
Retired	1,480	65.9	(63.1-68.6)	551	76.2	(72.1-79.9)	929	57.2	(53.5-60.8)
Unable to Work	248	72.1	(61.7-80.5)	*	*	*	*	*	*
<b>Marital Status</b>									
Married/Unmarried Couple	3,748	66.7	(64.8-68.5)	1,680	79.0	(76.5-81.3)	2,068	53.0	(50.4-55.6)
Divorced/Separated	846	67.2	(63.1-71.0)	339	73.3	(67.1-78.6)	507	62.1	(56.7-67.3)
Widowed	968	59.7	(56.1-63.2)	152	65.2	(55.9-73.5)	816	58.4	(54.5-62.3)
Never Married	731	55.1	(49.1-60.9)	385	55.0	(46.9-63.0)	346	55.1	(46.6-63.3)

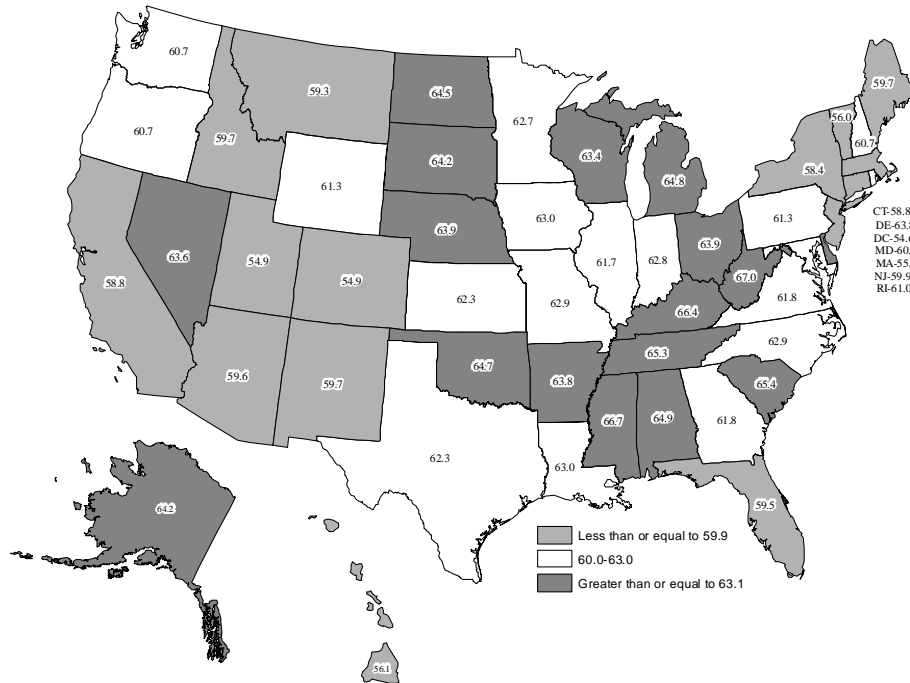
Note: \*Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

### **National Statistics**

The national median for respondents who are overweight or obese was 61.8 percent. South Dakota had 64.2 percent of respondents who are overweight or obese. The District of Columbia had the lowest percent of respondents who are overweight or obese with 54.6 percent, while West Virginia had the highest percent of respondents who are overweight or obese with 67.0 percent.

**Figure 2**  
**Nationally, Respondents Who Are Overweight or Obese, 2006**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

**Further Analysis**

Following are data illustrating the percent of those who are overweight or obese for various health behaviors and conditions. For example, 85.7 percent of respondents who have diabetes are overweight or obese, while 62.7 percent of respondents who do not have diabetes are overweight or obese.

<b>Table 5</b>			
<b>Overweight or Obese for Selected Health Behaviors and Conditions, 2006</b>			
<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Overweight or Obese</b>	<b>95% CI</b>
No Leisure Time Physical Activity	1,639	67.0	63.0-70.7
Leisure Time Physical Activity	4,664	63.3	61.3-65.1
Not Heard of "Healthy South Dakota" Program	3,714	65.1	62.9-67.3
Heard of "Healthy South Dakota" Program	2,290	63.2	60.4-65.9
Current Smoker	1,211	60.8	56.6-64.8
Former Smoker	1,755	71.0	68.2-73.7
Never Smoked	3,330	62.3	59.8-64.6
Smokeless Tobacco Use	297	73.7	65.7-80.4
No Smokeless Tobacco Use	5,817	63.9	62.2-65.6
Diabetes	573	85.7	81.5-89.0
No Diabetes	5,734	62.7	60.9-64.4
Current Asthma	464	66.2	59.3-72.6
Former Asthma	167	59.0	47.8-69.4
Never Had Asthma	5,646	64.1	62.3-65.9
No Mammogram within Past Two Years (40+)	718	57.4	53.0-61.7
Mammogram within Past Two Years (40+)	2,102	59.8	57.3-62.2

**Table 5 (continued)**  
**Overweight or Obese for Selected Health Behaviors and Conditions, 2006**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Overweight or Obese</b>	<b>95% CI</b>
No Clinical Breast Exam within Past Two Years	801	58.4	53.3-63.3
Clinical Breast Exam within Past Two Years	2,861	54.2	51.7-56.6
No Pap Smear within the Past Three Years	478	56.4	49.4-63.2
Pap Smear within the Past Three Years	2,220	53.1	50.3-55.9
No PSA Test within the Past Two Years (40+)	789	80.1	76.7-83.1
PSA Test within the Past Two Years (40+)	1,055	78.8	75.8-81.5
No Digital Rectal Exam within the Past Two Years (40+)	833	79.2	75.9-82.1
Digital Rectal Exam within the Past Two Years (40+)	1,070	79.7	76.7-82.3
Prostate Cancer (40+)	101	68.2	57.1-77.5
No Prostate Cancer (40+)	1,819	79.8	77.6-81.8
No Blood Stool Test within the Past Two Years (50+)	2,671	68.8	66.8-70.8
Blood Stool Test within the Past Two Years (50+)	826	70.1	66.4-73.5
Never Had a Sigmoidoscopy or Colonoscopy (50+)	1,552	70.1	67.4-72.7
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	1,982	68.5	66.1-70.8
Diagnosed with Cancer in the Past 12 Months	148	62.4	52.9-70.9
Not Diagnosed with Cancer in the Past 12 Months	5,929	64.5	62.8-66.2
Drank Alcohol in Past 30 Days	3,255	63.2	60.8-65.5
No Alcohol in Past 30 Days	3,033	65.6	63.1-67.9
Binge Drinker	849	65.6	60.5-70.3
Not a Binge Drinker	5,293	64.1	62.3-65.9
Heavy Drinker	201	72.4	63.7-79.6
Not a Heavy Drinker	5,934	64.2	62.5-66.0
No Health Insurance (18-64)	397	57.2	49.6-64.4
Health Insurance (18-64)	3,850	66.0	64.0-68.0
Employer Based Health Insurance Coverage (18-64)	2,581	65.5	63.1-67.9
Private Health Insurance Plan (18-64)	543	65.4	60.0-70.5
Medicare (18-64)	120	64.4	50.3-76.3
Medicaid or Medical Assistance (18-64)	161	60.2	47.8-71.5
The Military, CHAMPUS, TriCare, or the VA (18-64)	168	78.1	70.0-84.5
The Indian Health Service (18-64)	223	79.7	71.1-86.3
No Flu Shot (65+)	501	64.4	59.4-69.1
Flu Shot (65+)	1,355	63.5	60.5-66.5
No Pneumonia Shot (65+)	613	62.3	57.7-66.7
Pneumonia Shot (65+)	1,184	64.6	61.4-67.7
Haven't Been to the Dentist in the Past Year	2,011	68.2	65.2-71.0
Been to the Dentist in the Past Year	4,276	62.4	60.3-64.5
Not Taking any Precautions Against West Nile Virus	2,609	63.8	61.0-66.4
Taking Precautions Against West Nile Virus	3,461	65.3	63.1-67.4
Sometimes/Seldom/Never Wear Seat Belt	1,105	68.6	64.3-72.7
Always/Almost Always Wear Seat Belt	5,102	63.6	61.8-65.4
Previously Had a Heart Attack	434	73.1	67.9-77.8
Never Had a Heart Attack	5,853	63.7	61.9-65.4
Have Angina or Coronary Heart Disease	376	72.7	67.2-77.6
Do Not have Angina or Coronary Heart Disease	5,877	63.7	61.9-65.4
Previously Had a Stroke	238	63.2	54.7-71.0
Never Had a Stroke	6,064	64.2	62.4-65.9
Fair or Poor Health Status	949	71.3	67.2-75.0
Excellent, Very Good, or Good Health Status	5,341	63.2	61.4-65.1
Physical Health Not Good for 30 Days of the Past 30	404	72.6	65.6-78.7
Physical Health Not Good for 0-29 Days of the Past 30	5,795	63.7	61.9-65.5

**Table 5 (continued)**  
**Overweight or Obese for Selected Health Behaviors and Conditions, 2006**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Overweight or Obese</b>	<b>95% CI</b>
Mental Health Not Good for 20-30 Days of the Past 30	335	65.0	57.0-72.2
Mental Health Not Good for 0-19 Days of the Past 30	5,885	64.1	62.3-65.9
Usual Activities Unattainable for 10-30 Days of the Past 30	428	73.1	66.5-78.9
Usual Activities Unattainable for 0-9 Days of the Past 30	5,824	63.6	61.9-65.4
Dissatisfied / Very Dissatisfied with Life	223	70.4	62.4-77.3
Satisfied / Very Satisfied with Life	5,900	64.6	62.9-66.3
Physical, Mental, or Emotional Disability	1,448	71.0	67.7-74.2
No Physical, Mental, or Emotional Disability	4,843	62.5	60.5-64.4
Disability with Special Equipment Needed	505	72.7	67.3-77.4
No Disability with Special Equipment Needed	5,800	63.6	61.8-65.4
Injured in a Fall (45+)	219	77.6	70.6-83.3
Not Injured in a Fall (45+)	4,049	68.8	67.1-70.4
Never Been Tested for HIV (18-64)	3,380	66.1	63.8-68.3
Been Tested for HIV (18-64)	870	60.5	56.0-64.7
Military Veteran	990	76.5	72.9-79.8
Not a Military Veteran	5,306	61.9	60.0-63.8

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

## OBESITY

**Definition:** Obesity is defined as respondents who report having a Body Mass Index (BMI) of 30.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by his or her height in inches divided by height in inches (again) times 703 (i.e.,  $((wt/ht)/ht \times 703)$ ).

### Prevalence of Obesity

- South Dakota 25.4%
- Nationwide median 25.1%

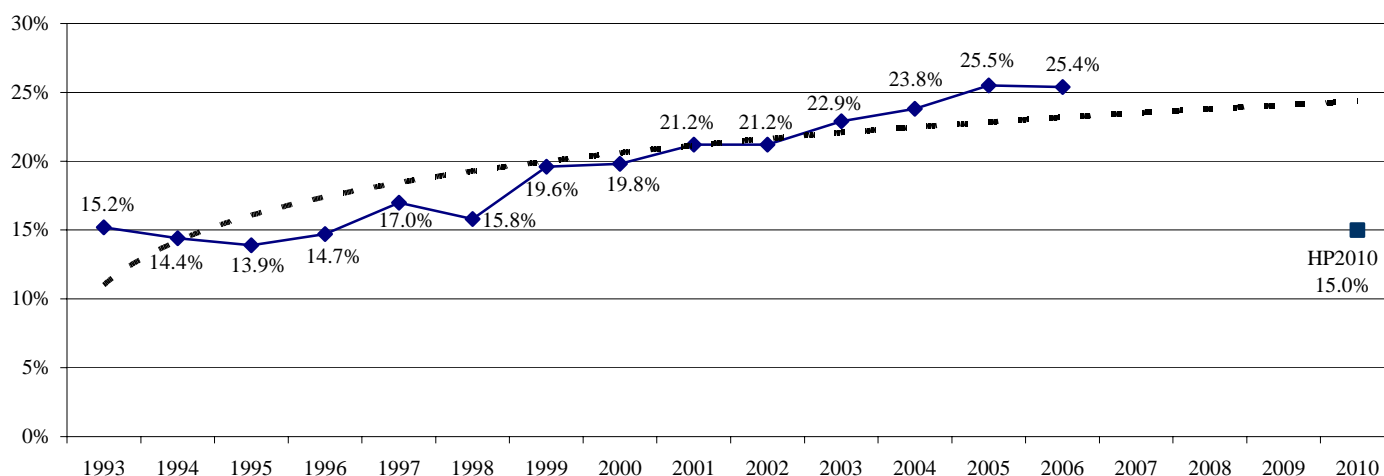
### Healthy People 2010 Objective

Reduce the proportion of adults aged 20 years and older who are obese to 15 percent.

### Trend Analysis

The percent of respondents who are obese was first asked in 1993 and has been increasing since 1998 when 15.8 percent of respondents were obese. There was a slight decrease from 25.5 percent in 2005 to 25.4 percent in 2006. South Dakota did meet the *Healthy People 2010 Objective* of 15 percent from 1994 to 1996. However, in more recent years, South Dakota has been unable to reach the objective.

**Figure 3**  
**Percent of Respondents Who Are Obese Based on Body Mass Index, 1993-2006**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2006

### Demographics

**Gender** There is no significant difference between males and females overall. However, males who are white, in a household with \$75,000 or more for income, or married demonstrate a significantly higher prevalence of obesity than females in the same demographic categories.

**Age** The prevalence of obesity generally increases until the 55-64 age group is attained where it seems to reach a high and then declines from there as age increases. This includes a significant decrease as the 75 and older age group is reached.

- Race** American Indians exhibit a significantly higher prevalence of obesity than do whites. This difference is much more evident in females.
- Region** Those in the American Indian counties region show a very high prevalence of obesity, while those in the southeast, northeast, and west regions demonstrate a very low prevalence. These regional differences are much more evident in females.
- Household Income** Those in the higher income groups demonstrate a lower prevalence of obesity than those in the lower income groups. This difference is much more evident in females.
- Education** The prevalence of obesity generally decreases for females as education increases. Males do not exhibit this same association.
- Employment Status** Those who are unable to work or unemployed exhibit a very high prevalence of obesity, while those who are employed for wages, self-employed, homemakers, or retired show a very low prevalence. These differences among the various types of employment are much more evident in females.
- Marital Status** Females who are divorced show a very high prevalence of obesity while females who are married demonstrate a very low prevalence. Males do not exhibit these same differences.

**Table 6  
Respondents Who Are Obese, 2006**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>6,309</b>	<b>25.4</b>	<b>(24.0-26.9)</b>	<b>2,564</b>	<b>27.2</b>	<b>(25.0-29.5)</b>	<b>3,745</b>	<b>23.6</b>	<b>(22.0-25.4)</b>
<b>Age</b>									
18-24	257	16.8	(12.3-22.4)	111	19.3	(12.6-28.4)	146	13.9	(8.9-21.1)
25-34	717	23.6	(20.2-27.4)	280	23.9	(18.7-29.9)	437	23.3	(19.2-28.0)
35-44	982	29.9	(26.6-33.4)	418	33.3	(28.4-38.7)	564	26.0	(21.9-30.5)
45-54	1,338	29.0	(26.2-32.0)	583	30.1	(25.9-34.6)	755	27.9	(24.3-31.8)
55-64	1,113	32.4	(29.2-35.8)	491	32.6	(27.9-37.7)	622	32.3	(28.1-36.8)
65-74	892	25.9	(22.6-29.4)	362	30.2	(25.0-35.9)	530	21.8	(18.1-26.1)
75+	969	18.8	(16.1-21.9)	302	17.6	(13.3-23.0)	667	19.7	(16.4-23.5)
<b>Race</b>									
White	5,610	24.5	(23.0-26.0)	2,296	26.8	(24.6-29.2)	3,314	22.0	(20.3-23.8)
American Indian	503	42.7	(36.3-49.4)	185	35.8	(26.6-46.3)	318	49.8	(41.9-57.6)
<b>Region</b>									
Southeast	1,395	24.8	(22.2-27.5)	574	25.5	(21.6-29.8)	821	24.0	(20.7-27.5)
Northeast	1,521	26.5	(23.7-29.6)	596	29.9	(25.3-35.1)	925	23.3	(20.1-26.8)
Central	1,294	27.8	(24.9-30.8)	528	31.6	(27.0-36.6)	766	23.8	(20.5-27.4)
West	1,449	22.0	(19.6-24.6)	595	24.1	(20.4-28.3)	854	19.8	(16.9-23.1)
American Indian Counties	650	36.8	(31.3-42.6)	271	31.8	(23.9-41.0)	379	42.5	(35.9-49.3)
<b>Household Income</b>									
Less than \$10,000	301	35.8	(28.2-44.2)	*	*	*	*	*	*
\$10,000-\$14,999	380	26.3	(20.9-32.5)	110	32.1	(21.7-44.7)	270	23.3	(17.7-30.0)
\$15,000-\$19,999	485	30.9	(24.6-38.0)	161	28.2	(18.4-40.5)	324	33.3	(26.2-41.3)
\$20,000-\$24,999	539	25.3	(20.7-30.5)	205	24.8	(17.8-33.5)	334	25.7	(20.2-32.1)
\$25,000-\$34,999	864	27.0	(23.3-31.1)	380	25.5	(20.3-31.5)	484	28.8	(23.7-34.4)
\$35,000-\$49,999	1,093	26.8	(23.7-30.2)	489	28.7	(24.1-33.8)	604	24.8	(20.9-29.1)
\$50,000-\$74,999	985	25.9	(22.7-29.4)	480	28.8	(24.2-34.0)	505	22.0	(18.0-26.6)
\$75,000+	891	20.9	(17.9-24.2)	457	24.7	(20.3-29.6)	434	15.5	(11.9-19.9)

**Table 6 (continued)  
Respondents Who Are Obese, 2006**

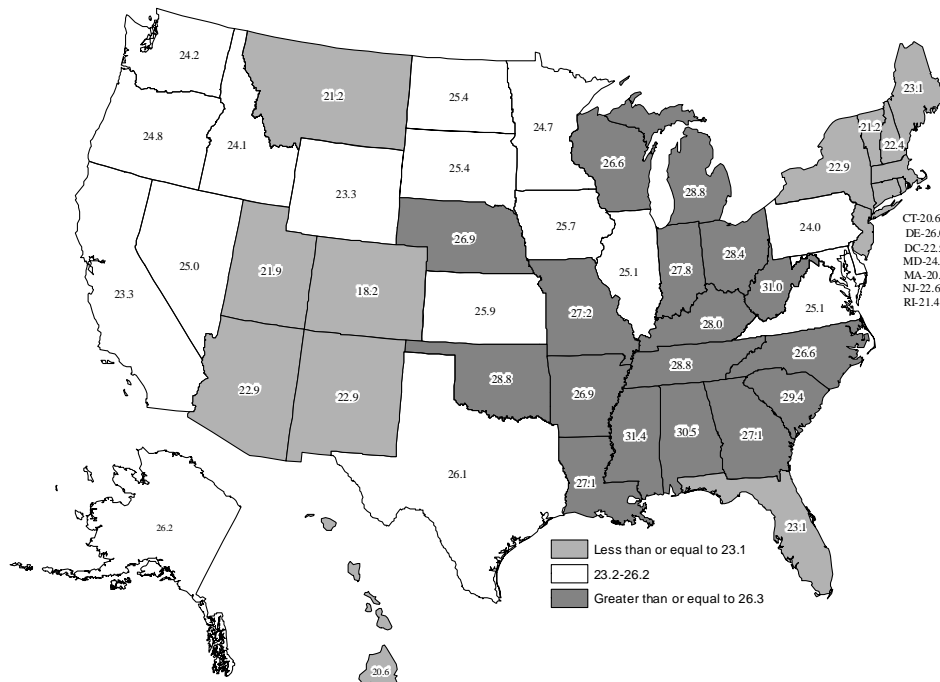
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Education</b>									
8th Grade or Less	266	28.3	(20.6-37.5)	123	28.7	(17.4-43.4)	143	27.8	(19.7-37.7)
Some High School	328	31.5	(24.6-39.2)	131	33.3	(23.6-44.7)	197	29.7	(20.8-40.5)
High School or G.E.D.	2,029	24.6	(22.3-27.1)	857	24.1	(20.7-27.9)	1,172	25.2	(22.1-28.5)
Some Post-High School	1,748	27.5	(24.7-30.5)	649	31.0	(26.3-36.0)	1,099	24.4	(21.3-27.7)
College Graduate	1,927	23.0	(20.8-25.5)	795	25.9	(22.3-29.8)	1,132	20.1	(17.4-23.0)
<b>Employment Status</b>									
Employed for Wages	3,059	25.5	(23.5-27.6)	1,205	27.0	(23.9-30.3)	1,854	23.9	(21.5-26.4)
Self-employed	881	26.4	(22.8-30.3)	591	28.2	(23.8-32.9)	290	21.3	(15.9-28.0)
Unemployed	174	34.3	(25.7-44.1)	*	*	*	*	*	*
Homemaker	372	18.9	(14.9-23.6)	*	*	*	*	*	*
Retired	1,480	23.1	(20.6-25.7)	551	24.4	(20.5-28.8)	929	21.9	(18.9-25.3)
Unable to Work	248	41.3	(32.9-50.3)	*	*	*	*	*	*
<b>Marital Status</b>									
Married/Unmarried Couple	3,748	25.5	(23.9-27.2)	1,680	28.7	(26.2-31.3)	2,068	22.0	(20.0-24.1)
Divorced/Separated	846	29.5	(25.6-33.7)	339	28.4	(22.7-35.0)	507	30.4	(25.4-36.0)
Widowed	968	24.8	(21.7-28.2)	152	21.2	(14.7-29.6)	816	25.7	(22.2-29.4)
Never Married	731	23.6	(19.5-28.3)	385	22.5	(17.0-29.1)	346	25.4	(19.5-32.3)

Note: \*Results based on sample sizes less than 100 have been suppressed.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

**National Statistics**

The national median for respondents who are obese was 25.1 percent. South Dakota had 25.4 percent of respondents who are obese. Colorado had the lowest percent of respondents who are obese with 18.2 percent, while Mississippi had the highest percent of respondents who are obese with 31.4 percent.

**Figure 4  
Nationally, Respondents Who Are Obese, 2006**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

## Further Analysis

Following are data illustrating the percent of those who are obese for various health behaviors and conditions. For example, 43.9 percent of respondents who were injured in a fall are obese, while 26.5 percent of respondents who were not injured in fall are obese.

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Obese</b>	<b>95% CI</b>
No Leisure Time Physical Activity	1,639	31.1	28.2-34.2
Leisure Time Physical Activity	4,664	23.6	22.0-25.3
Current Smoker	1,211	23.7	20.6-27.0
Former Smoker	1,755	29.6	26.9-32.4
Never Smoked	3,330	24.3	22.4-26.2
Smokeless Tobacco Use	297	34.5	27.8-41.9
No Smokeless Tobacco Use	5,817	25.3	23.8-26.8
Diabetes	573	54.9	49.8-59.9
No Diabetes	5,734	23.4	22.0-24.9
Current Asthma	464	35.2	29.7-41.1
Former Asthma	167	29.2	19.9-40.6
Never Had Asthma	5,646	24.3	22.9-25.8
No Mammogram within Past Two Years (40+)	718	25.4	21.6-29.7
Mammogram within Past Two Years (40+)	2,102	26.2	24.0-28.5
No Clinical Breast Exam within Past Two Years	801	23.3	19.5-27.6
Clinical Breast Exam within Past Two Years	2,861	23.9	22.0-25.9
No Pap Smear within the Past Three Years	478	23.6	18.4-29.7
Pap Smear within the Past Three Years	2,220	22.9	20.8-25.2
No PSA Test within the Past Two Years (40+)	789	29.8	26.1-33.8
PSA Test within the Past Two Years (40+)	1,055	29.7	26.6-33.0
No Digital Rectal Exam within the Past Two Years (40+)	833	31.7	28.1-35.6
Digital Rectal Exam within the Past Two Years (40+)	1,070	28.0	25.0-31.3
Prostate Cancer (40+)	101	25.8	17.1-36.9
No Prostate Cancer (40+)	1,819	29.6	27.2-32.2
No Blood Stool Test within the Past Two Years (50+)	2,671	26.9	24.9-29.0
Blood Stool Test within the Past Two Years (50+)	826	26.4	23.0-30.0
Never Had a Sigmoidoscopy or Colonoscopy (50+)	1,552	27.9	25.2-30.7
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	1,982	26.1	23.9-28.4
Diagnosed with Cancer in the Past 12 Months	148	25.1	17.7-34.4
Not Diagnosed with Cancer in the Past 12 Months	5,929	25.9	24.4-27.4
Drank Alcohol in Past 30 Days	3,255	22.8	21.0-24.7
No Alcohol in Past 30 Days	3,033	28.8	26.7-31.1
Binge Drinker	849	22.6	19.3-26.2
Not a Binge Drinker	5,293	26.5	24.9-28.1
Heavy Drinker	201	28.7	21.1-37.7
Not a Heavy Drinker	5,934	25.7	24.3-27.2
No Health Insurance (18-64)	397	26.0	20.6-32.2
Health Insurance (18-64)	3,850	26.9	25.2-28.8
Employer Based Health Insurance Coverage (18-64)	2,581	26.4	24.3-28.6
Private Health Insurance Plan (18-64)	543	22.8	18.8-27.4
Medicare (18-64)	120	41.2	30.0-53.3
Medicaid or Medical Assistance (18-64)	161	25.6	17.8-35.2
The Military, CHAMPUS, TriCare, or the VA (18-64)	168	24.5	17.9-32.6
The Indian Health Service (18-64)	223	50.2	40.5-59.9

**Table 7 (continued)**  
**Obese Status for Selected Health Behaviors and Conditions, 2006**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Obese</b>	<b>95% CI</b>
No Flu Shot (65+)	501	20.5	16.8-24.9
Flu Shot (65+)	1,355	22.7	20.2-25.4
No Pneumonia Shot (65+)	613	21.4	17.8-25.5
Pneumonia Shot (65+)	1,184	22.4	19.8-25.4
Haven't Been to the Dentist in the Past Year	2,011	29.9	27.3-32.7
Been to the Dentist in the Past Year	4,276	23.4	21.8-25.1
Not Taking any Precautions Against West Nile Virus	2,609	24.5	22.3-26.8
Taking Precautions Against West Nile Virus	3,461	27.0	25.1-29.0
Sometimes/Seldom/Never Wear Seat Belt	1,105	30.1	26.6-33.7
Always/Almost Always Wear Seat Belt	5,102	24.6	23.0-26.2
Previously Had a Heart Attack	434	31.9	26.9-37.3
Never Had a Heart Attack	5,853	25.0	23.6-26.5
Have Angina or Coronary Heart Disease	376	31.0	25.7-36.8
Do Not have Angina or Coronary Heart Disease	5,877	25.1	23.6-26.6
Previously Had a Stroke	238	24.5	18.3-32.0
Never Had a Stroke	6,064	25.5	24.0-26.9
Fair or Poor Health Status	949	37.9	34.0-42.1
Excellent, Very Good, or Good Health Status	5,341	23.8	22.3-25.4
Physical Health Not Good for 30 Days of the Past 30	404	33.9	28.1-40.2
Physical Health Not Good for 0-29 Days of the Past 30	5,795	25.0	23.6-26.5
Mental Health Not Good for 20-30 Days of the Past 30	335	33.8	27.4-40.9
Mental Health Not Good for 0-19 Days of the Past 30	5,885	25.1	23.6-26.6
Usual Activities Unattainable for 10-30 Days of the Past 30	428	36.7	30.9-43.1
Usual Activities Unattainable for 0-9 Days of the Past 30	5,824	24.8	23.4-26.3
Dissatisfied / Very Dissatisfied with Life	223	39.4	31.5-47.9
Satisfied / Very Satisfied with Life	5,900	25.4	23.9-26.9
Physical, Mental, or Emotional Disability	1,448	35.4	32.3-38.6
No Physical, Mental, or Emotional Disability	4,843	23.1	21.5-24.7
Disability with Special Equipment Needed	505	37.9	32.7-43.4
No Disability with Special Equipment Needed	5,800	24.7	23.2-26.2
Not Heard of "Healthy South Dakota" Program	3,714	26.3	24.5-28.3
Heard of "Healthy South Dakota" Program	2,290	25.1	22.8-27.5
Injured in a Fall (45+)	219	43.9	36.0-52.1
Not Injured in a Fall (45+)	4,049	26.5	24.9-28.1
Never Been Tested for HIV (18-64)	3,380	27.2	25.2-29.2
Been Tested for HIV (18-64)	870	25.3	22.0-28.8
Military Veteran	990	25.1	22.1-28.5
Not a Military Veteran	5,306	25.5	23.9-27.1

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006