

## Access to Preventive Care

Increase the percent of South Dakota adults who have visited a doctor for a routine check-up within the past 2 years from 80.1% in 2014 to 90% by 2020

| South Dakota Percent | South Dakota 2020 Target | U.S. Percent    |
|----------------------|--------------------------|-----------------|
| 79.8%<br>(2016)      | 84%                      | 83.6%<br>(2016) |

### Significance:

Regular health exams and tests can help find problems before they start. They may also help identify problems early, when the chances for treatment and cure are better. By receiving the right health services, screenings, and treatments, individuals are taking steps that improve their chances for living a longer, healthier life. Age, health, family history, lifestyle choices (i.e., diet, physical activity, smoking), and other important factors impact what and how often an individual needs healthcare. In general, males are less likely to access preventive care, particularly young adult males 18-39 years. Males age 40-49 years and 50-59 years exhibit a very similar behavior.

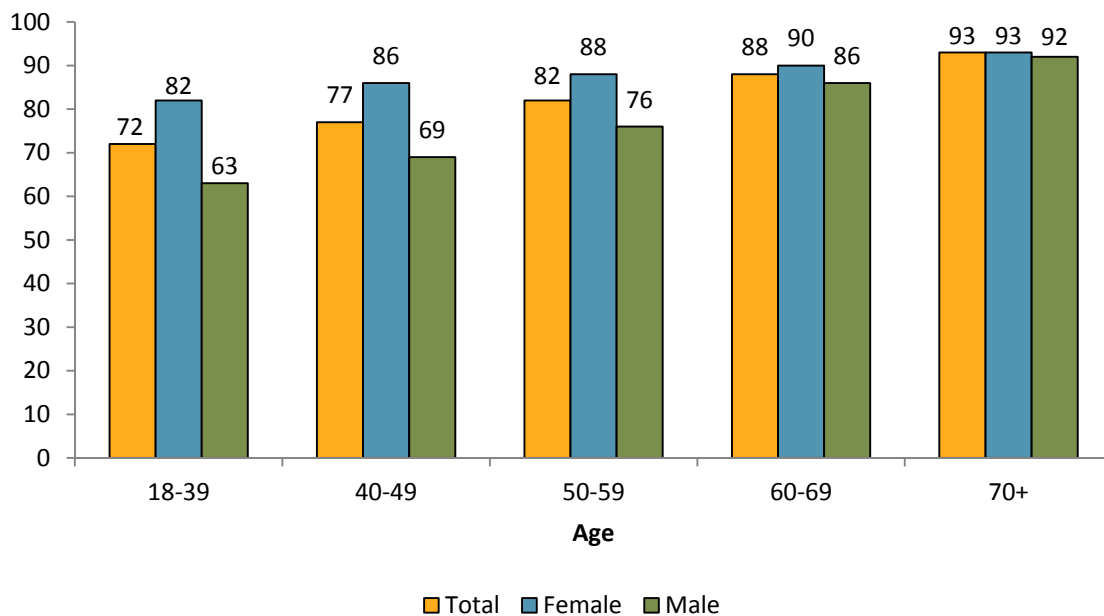
A routine check-up is a good step to staying healthy and developing a relationship with a healthcare provider. It is important to have a regular healthcare provider who can recommend and encourage patients to receive preventive health screenings such as mammograms, clinical breast exams, colorectal cancer screening, and pap smears. Routine check-ups also help establish a line of communication and that in turn helps to build trust with the healthcare providers who are typically the gatekeepers to healthcare services for their patients.

**Definition:** Percent of adults who visited a doctor for a routine check-up in the past 2 years

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)

**Statistical Trend:**

### Percent of Adults Who Visited a Doctor for a Routine Check-up in the Past 2 Years, 2012-2016



Date Last Updated: 06/29/2018