

The following table shows the percent of those who report their usual activities are unattainable for 10-30 days of the past 30 days for various health behaviors and conditions. For example, 21 percent of respondents who get less than 6 hours of sleep report their usual activities are unattainable for 10-30 days of the past 30 days, while five percent of respondents who get 6 or more hours of sleep report their usual activities are unattainable for 10-30 days of the past 30 days.

Usual Activities Unattainable for 10-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2014

	Usual Activities Unattainable for 10-30 Days of the Past 30
Underweight (BMI < 18.5)	9%
Recommended Weight (BMI = 18.5-24.9)	6%
Overweight (BMI = 25.0-29.9)	6%
Obese - Class I (BMI = 30.0-34.9)	7%
Obese - Classes II & III (BMI = 35.0+)	12%
Participates in Leisure Time Exercise	5%
Does Not Participate in Leisure Time Exercise	12%
Watching Salt Intake	9%
Not Watching Salt Intake	5%
Current Smoker	11%
Former Smoker	8%
Never Smoked	4%
Uses Smokeless Tobacco	7%
Does Not Use Smokeless Tobacco	7%
Heard of "South Dakota Quitline"	6%
Not Heard of "South Dakota Quitline"	7%
Ever Diagnosed with Diabetes	14%
Never Diagnosed with Diabetes	6%
Has High Blood Pressure	10%
Does Not Have High Blood Pressure	5%
Has Health Insurance (18-64)	6%
Does Not Have Health Insurance (18-64)	6%
Employer Based Coverage (18-64)	4%
Private Health Plan (18-64)	3%
Medicare (18-64)	36%
Medicaid or Medical Assistance (18-64)	23%
The military, CHAMPUS, TriCare, or the VA (18-64)	10%
The Indian Health Service (18-64)	12%
Breast Exam Within Past Two Years	7%
No Breast Exam Within Past Two Years	10%
Mammogram Within Past Two Years (40+)	9%
No Mammogram Within Past Two Years (40+)	11%
Pap Smear Within Past Three Years	7%
No Pap Smear Within Past Three Years	7%
Blood Stool Test Within Past Two Years (50+)	12%
No Blood Stool Test Within Past Two Years (50+)	8%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	8%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	9%
PSA Test Within Past Two Years (40+)	7%
No PSA Test Within Past Two Years (40+)	6%
Had a Flu Shot in Past 12 Months (65+)	8%
Did Not Have a Flu Shot in Past 12 Months (65+)	7%
Ever Had a Pneumonia Shot (65+)	9%
Never Had a Pneumonia Shot (65+)	5%
Ever Had a Shingles Shot (50+)	8%
Never Had a Shingles Shot (50+)	9%

Usual Activities Unattainable for 10-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2014

	Usual Activities Unattainable for 10-30 Days of the Past 30
Previously Had Heart Attack	17%
Never Had Heart Attack	6%
Have Angina or Coronary Heart Disease	18%
Does Not Have Angina or Coronary Heart Disease	6%
Previously Had a Stroke	23%
Never Had a Stroke	6%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	14%
Never Diagnosed with Cancer	6%
Ever Diagnosed with Skin Cancer	10%
Never Diagnosed with Skin Cancer	7%
Uses Sun Block Most of the Time	6%
Does Not Use Sun Block Most of the Time	7%
Current Asthma	17%
Former Asthma	8%
Never Had Asthma	6%
Ever Diagnosed with Arthritis	15%
Never Diagnosed with Arthritis	4%
Ever Diagnosed with COPD	27%
Never Diagnosed with COPD	6%
Ever Diagnosed with Depression	21%
Never Diagnosed with Depression	4%
Ever Diagnosed with Kidney Disease	24%
Never Diagnosed with Kidney Disease	6%
Has Severe Vision Impairment	25%
Does Not Have Severe Vision Impairment	6%
Recent Increased Confusion/Memory Loss	33%
No Recent Increased Confusion/Memory Loss	5%
< 6 hours of sleep	21%
6+ hours of sleep	5%
Been to the Dentist in the Past Year	6%
Hasn't Been to the Dentist in the Past Year	10%
Always/Almost Always Wears Seat Belt	7%
Sometimes/Seldom/Never Wears Seat Belt	7%
Drank Alcohol in Past 30 Days	5%
Did Not Drink Alcohol in Past 30 Days	10%
Binge Drinker	5%
Not a Binge Drinker	7%
Heavy Drinker	7%
Not a Heavy Drinker	7%
Good/Very Good/Excellent Health Status	3%
Fair/Poor Health Status	30%
Physical Health Not Good for 0-29 Days of the Past 30	4%
Physical Health Not Good for 30 Days of the Past 30	54%
Mental Health Not Good for 0-19 Days of the Past 30	5%
Mental Health Not Good for 20-30 Days of the Past 30	39%
Has Physical, Mental, or Emotional Problems	25%
Does Not Have Physical, Mental, or Emotional Problems	2%
Has a Disability with Special Equipment Needed	29%
Does Not Have a Disability with Special Equipment Needed	5%
Injured in a Fall in Past 12 Months (45+)	28%
Not Injured in a Fall in Past 12 Months (45+)	6%
Ever Been Tested for HIV	9%
Never Been Tested for HIV	6%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2011-2014