# *Physical Activity and Nutrition*

NO LEISURE TIME PHYSICAL ACTIVITY

Definition: Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

### Prevalence of No Leisure Time Physical Activity

o South Dakota 21%
o *There is no nationwide median for no leisure time physical activity*

Figure 7
Percent of Respondents Who Reported No Leisure Time Physical Activity, 1990-1992, 1994-1996, 1998, and 2000-2010
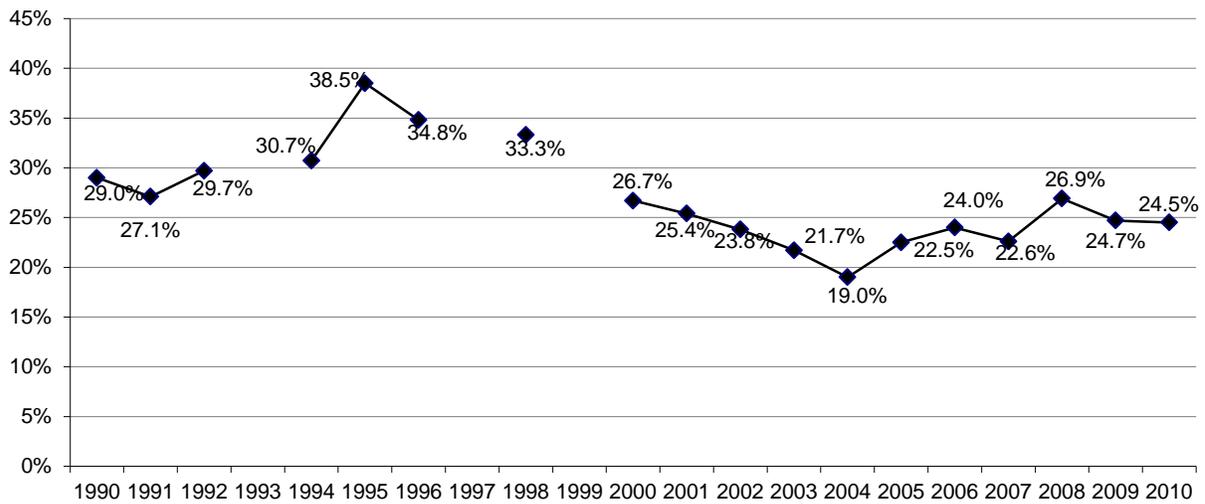
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1992, 1994-1996, 1998 and 2000-2010

Figure 8
Percent of Respondents Who Reported No Leisure Time Physical Activity, 2011-2015
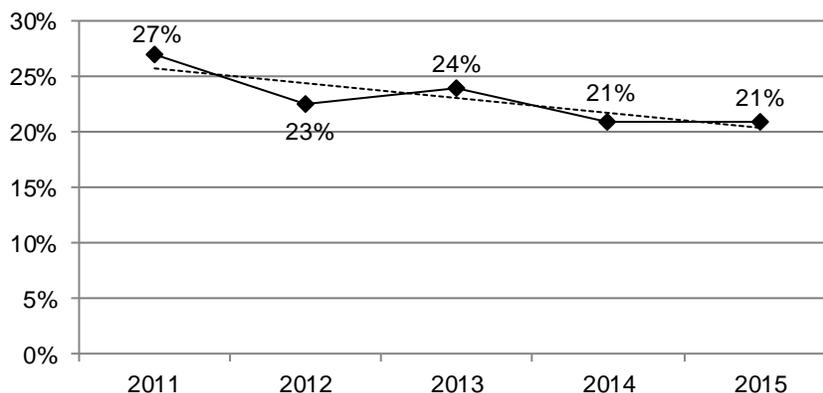
Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

		2011-2015	2011	2012	2013	2014	2015
Table 7 **Respondents Who Reported No Leisure Time Physical Activity, 2011-2015**							
Total		**23%**	**27%**	**23%**	**24%**	**21%**	**21%**
Gender	Male	24%	29%	24%	26%	20%	22%
	Female	22%	25%	21%	22%	23%	21%
Age	18-24	14%	*	*	*	*	*
	25-34	19%	*	*	*	*	*
	35-44	21%	*	*	*	*	*
	45-54	24%	*	*	*	*	*
	55-64	26%	30%	29%	*	22%	23%
	65-74	29%	*	*	*	*	*
	75+	34%	*	*	*	*	*
Race	White	23%	26%	22%	24%	21%	22%
	American Indian	23%	*	*	*	*	*
Ethnicity	Hispanic	20%	*	*	*	*	*
	Non-Hispanic	23%	27%	23%	24%	21%	22%
Household Income	Less than $25,000	29%	33%	31%	*	27%	*
	$25,000-$49,999	25%	31%	24%	26%	24%	22%
	$50,000+	17%	20%	16%	19%	14%	18%
Education	Less than High School, G.E.D.	36%	*	*	*	*	*
	High School, G.E.D.	28%	32%	29%	29%	26%	26%
	Some Post-High School	21%	26%	17%	22%	19%	20%
	College Graduate	14%	18%	13%	14%	12%	14%
Employment Status	Employed for Wages	20%	23%	19%	22%	18%	20%
	Self-employed	29%	*	*	*	*	*
	Unemployed	22%	*	*	*	*	*
	Homemaker	22%	*	*	*	*	*
	Student	9%	*	*	*	*	*
	Retired	27%	30%	31%	25%	25%	26%
	Unable to Work	41%	*	*	*	*	*
Marital Status	Married/Unmarried Couple	22%	27%	21%	23%	20%	21%
	Divorced/Separated	27%	*	*	*	*	*
	Widowed	34%	*	*	*	*	*
	Never Married	20%	*	*	*	*	*
Home Ownership Status	Own Home	23%	27%	23%	24%	19%	22%
	Rent Home	25%	30%	22%	*	26%	*
Children Status	Children in Household (Ages 18-44)	19%	*	15%	*	*	*
	No Children in Household (Ages 18-44)	17%	*	*	*	*	*
Phone Status	Landline	25%	27%	25%	26%	22%	26%
	Cell Phone	20%	*	19%	22%	21%	18%
Pregnancy Status	Pregnant (Ages 18-44)	20%	*	*	*	*	*
	Not Pregnant (Ages 18-44)	17%	*	*	*	*	*
County	Minnehaha	22%	*	*	*	*	*
	Pennington	21%	*	*	*	*	*
	Lincoln	20%	*	*	*	*	*
	Brown	24%	*	*	*	*	*
	Brookings	17%	*	*	*	*	*
	Codington	25%	*	*	*	*	*
	Meade	21%	*	*	*	*	*
	Lawrence	18%	*	*	*	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

PHYSICAL ACTIVITY RECOMMENDATIONS

*Definition: Respondents who report participating in 150 minutes or more of aerobic physical activity per week.*

Prevalence of Meeting the Physical Activity Recommendations

o South Dakota 54%
o Nationwide median 51%

South Dakota Department of Health Strategic Plan

Increase the percent of adults who are physically active on a regular basis to 59 percent by 2020.

Figure 9
Percent of Respondents Who Met Physical Activity Recommendations, 2011-2015
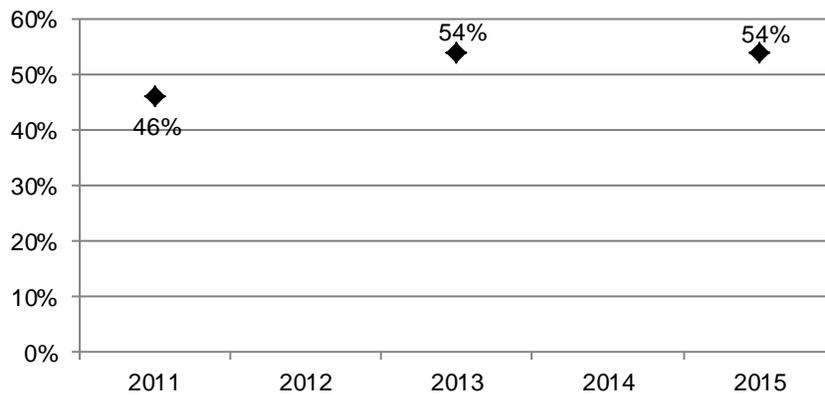
Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

Table 8
Respondents Who Met Physical Activity Recommendations, 2011-2015

		2011-2015	2011	2013	2015
Total		**51%**	**46%**	**54%**	**54%**
Gender	Male	48%	43%	52%	50%
	Female	54%	49%	56%	57%
Age	18-24	52%	*	*	*
	25-34	50%	*	*	*
	35-44	49%	*	*	*
	45-54	50%	*	*	*
	55-64	53%	45%	*	57%
	65-74	52%	*	*	*
	75+	54%	*	*	*
Race	White	51%	46%	53%	53%
	American Indian	54%	*	*	*
Ethnicity	Hispanic	50%	*	*	*
	Non-Hispanic	51%	46%	54%	53%
Household Income	Less than $25,000	48%	42%	*	*
	$25,000-$49,999	49%	43%	52%	53%
	$50,000+	55%	52%	57%	57%
Education	Less than High School, G.E.D.	44%	*	*	*
	High School, G.E.D.	48%	41%	53%	51%
	Some Post-High School	51%	46%	54%	53%
	College Graduate	58%	53%	60%	61%
Employment Status	Employed for Wages	50%	46%	53%	52%
	Self-employed	46%	*	*	*
	Unemployed	54%	*	*	*
	Homemaker	57%	*	*	*
	Student	58%	*	*	*
	Retired	57%	52%	61%	58%
	Unable to Work	37%	*	*	*
Marital Status	Married/Unmarried Couple	53%	47%	55%	55%
	Divorced/Separated	49%	*	*	*
	Widowed	50%	*	*	*
	Never Married	48%	*	*	*
Home Ownership Status	Own Home	52%	47%	55%	55%
	Rent Home	47%	43%	*	*
Children Status	Children in Household (Ages 18-44)	52%	*	*	*
	No Children in Household (Ages 18-44)	47%	*	*	*
Phone Status	Landline	50%	46%	54%	53%
	Cell Phone	53%	*	53%	54%
Pregnancy Status	Pregnant (Ages 18-44)	49%	*	*	*
	Not Pregnant (Ages 18-44)	54%	*	*	*
County	Minnehaha	50%	*	*	*
	Pennington	57%	*	*	*
	Lincoln	47%	*	*	*
	Brown	50%	*	*	*
	Brookings	55%	*	*	*
	Codington	47%	*	*	*
	Meade	51%	*	*	*
	Lawrence	57%	*	*	*

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

EXERCISE TRIPS

Definition: Respondents who report doing seven or more exercise trips per week, for example, walking to the grocery store or riding a bike to work.

Prevalence of Seven or More Exercise Trips Per Week

o South Dakota 7%
o *There is no nationwide median for exercise trips per week*

Table 9 Respondents Who Exercise Less Than Seven Times Per Week, 2015		
		2015
Total		**7%**
Gender	Male	10%
	Female	5%
Age	18-24	14%
	25-34	5%
	35-44	6%
	45-54	6%
	55-64	8%
	65-74	9%
	75+	7%
Race	White	7%
	American Indian	12%
Ethnicity	Hispanic	*
	Non-Hispanic	7%
Household Income	Less than $25,000	12%
	$25,000-$49,999	5%
	$50,000+	6%
Education	Less than High School, G.E.D.	14%
	High School, G.E.D.	8%
	Some Post-High School	7%
	College Graduate	5%
Employment Status	Employed for Wages	4%
	Self-employed	12%
	Unemployed	11%
	Homemaker	10%
	Student	22%
	Retired	8%
	Unable to Work	13%
Marital Status	Married/Unmarried Couple	7%
	Divorced/Separated	6%
	Widowed	7%
	Never Married	11%
Home Ownership Status	Own Home	6%
	Rent Home	10%
Children Status	Children in Household (Ages 18-44)	5%
	No Children in Household (Ages 18-44)	12%
Phone Status	Landline	7%
	Cell Phone	8%
Pregnancy Status	Pregnant (Ages 18-44)	*
	Not Pregnant (Ages 18-44)	5%
County	Minnehaha	4%
	Pennington	5%
	Lincoln	4%
	Brown	5%
	Brookings	7%
	Codington	5%
	Meade	7%
	Lawrence	5%

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015

SEDENTARY LIFESTYLE

Definition: Respondents who report being off their feet 12 or more hours per day. This includes sitting or lying down, but does not include time asleep.

Prevalence of a Sedentary Lifestyle 12 or More Hours Per Day

o South Dakota 6%
o *There is no nationwide median for sedentary lifestyle*

Table 10 Respondents Who are Sedentary 12 or More Hours Per Day, 2015		2015
Total		**6%**
Gender	Male	7%
	Female	5%
Age	18-24	4%
	25-34	7%
	35-44	6%
	45-54	9%
	55-64	5%
	65-74	7%
	75+	5%
Race	White	6%
	American Indian	4%
Ethnicity	Hispanic	*
	Non-Hispanic	6%
Household Income	Less than $25,000	8%
	$25,000-$49,999	6%
	$50,000+	7%
Education	Less than High School, G.E.D.	2%
	High School, G.E.D.	7%
	Some Post-High School	6%
	College Graduate	7%
Employment Status	Employed for Wages	6%
	Self-employed	5%
	Unemployed	3%
	Homemaker	2%
	Student	6%
	Retired	6%
	Unable to Work	20%
Marital Status	Married/Unmarried Couple	5%
	Divorced/Separated	11%
	Widowed	5%
	Never Married	6%
Home Ownership Status	Own Home	5%
	Rent Home	9%
Children Status	Children in Household (Ages 18-44)	5%
	No Children in Household (Ages 18-44)	7%
Phone Status	Landline	6%
	Cell Phone	7%
Pregnancy Status	Pregnant (Ages 18-44)	0%
	Not Pregnant (Ages 18-44)	6%
County	Minnehaha	8%
	Pennington	7%
	Lincoln	6%
	Brown	5%
	Brookings	7%
	Codington	5%
	Meade	7%
	Lawrence	9%

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015
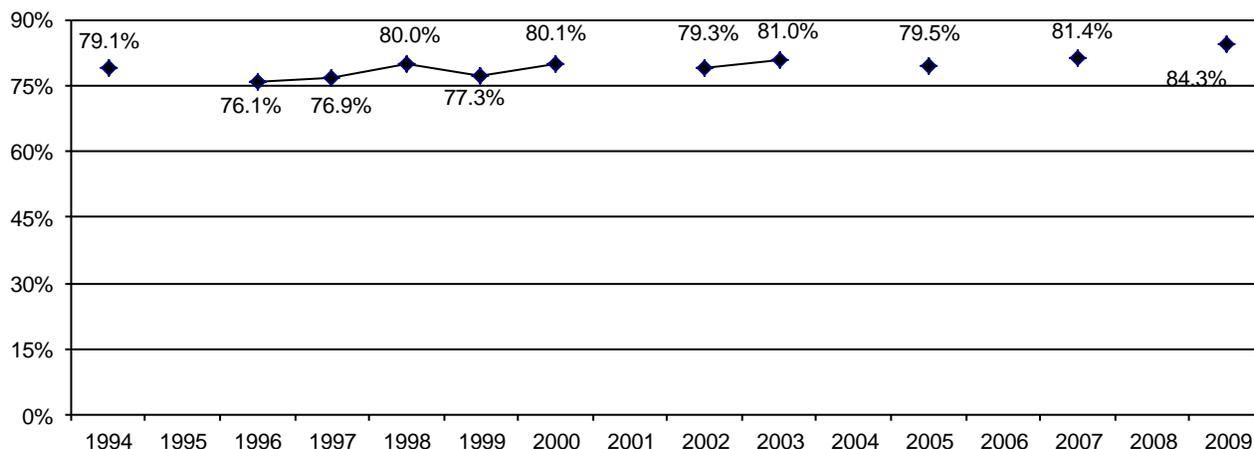
LESS THAN FIVE SERVINGS OF FRUITS AND VEGETABLES

Definition: Respondents who report they consume less than five servings of fruits and vegetables per day.

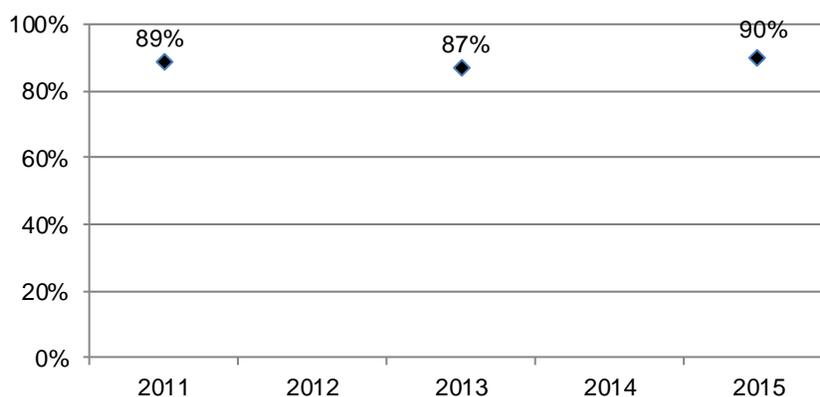## Prevalence of Not Consuming at Least Five Servings of Fruits and Vegetables Per Day

o   South Dakota 90%
o   *There is no nationwide median for less than five fruits and vegetables per day*

Figure 10
Percent of Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 1994, 1996-2000, 2002-2003, 2005, 2007, and 2009

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1994, 1996-2000, 2002-2003, 2005, 2007, and 2009

Figure 11
Percent of Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2011-2015

Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

Table 11 Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2011-2015		2011-2015	2011	2013	2015
Total		**89%**	**89%**	**87%**	**90%**
Gender	Male	92%	94%	91%	93%
	Female	85%	84%	84%	87%
Age	18-24	90%	*	*	*
	25-34	90%	*	*	*
	35-44	90%	*	*	*
	45-54	88%	*	*	*
	55-64	87%	86%	*	89%
	65-74	89%	*	*	*
	75+	89%	*	*	*
Race	White	89%	89%	88%	90%
	American Indian	87%	*	*	*
Ethnicity	Hispanic	86%	*	*	*
	Non-Hispanic	89%	89%	87%	90%
Household Income	Less than $25,000	90%	89%	*	*
	$25,000-$49,999	89%	89%	87%	91%
	$50,000+	87%	88%	85%	89%
Education	Less than High School, G.E.D.	93%	*	*	*
	High School, G.E.D.	92%	92%	92%	93%
	Some Post-High School	87%	87%	85%	90%
	College Graduate	85%	87%	82%	85%
Employment Status	Employed for Wages	89%	90%	87%	90%
	Self-employed	90%	*	*	*
	Unemployed	89%	*	*	*
	Homemaker	84%	*	*	*
	Student	90%	*	*	*
	Retired	89%	88%	89%	89%
	Unable to Work	86%	*	*	*
Marital Status	Married/Unmarried Couple	88%	89%	86%	89%
	Divorced/Separated	89%	*	*	*
	Widowed	88%	*	*	*
	Never Married	90%	*	*	*
Home Ownership Status	Own Home	88%	88%	86%	89%
	Rent Home	90%	90%	*	*
Children Status	Children in Household (Ages 18-44)	88%	*	*	*
	No Children in Household (Ages 18-44)	91%	*	*	*
Phone Status	Landline	89%	89%	87%	90%
	Cell Phone	89%	*	87%	90%
Pregnancy Status	Pregnant (Ages 18-44)	85%	*	*	*
	Not Pregnant (Ages 18-44)	86%	*	*	*
County	Minnehaha	89%	*	*	*
	Pennington	87%	*	*	*
	Lincoln	86%	*	*	*
	Brown	88%	*	*	*
	Brookings	87%	*	*	*
	Codington	89%	*	*	*
	Meade	87%	*	*	*
	Lawrence	90%	*	*	*

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

LESS THAN TWO SERVINGS OF FRUITS PER DAY

Definition: Respondents who report they consume less than two servings of fruits per day.

Prevalence of Not Consuming at Least Two Servings of Fruits Per Day

o South Dakota 77%
o *There is no nationwide median for less than two servings of fruits per day*

Figure 12
Percent of Respondents Who Reported Consuming Less Than Two Servings of Fruit Per Day, 2011-2015
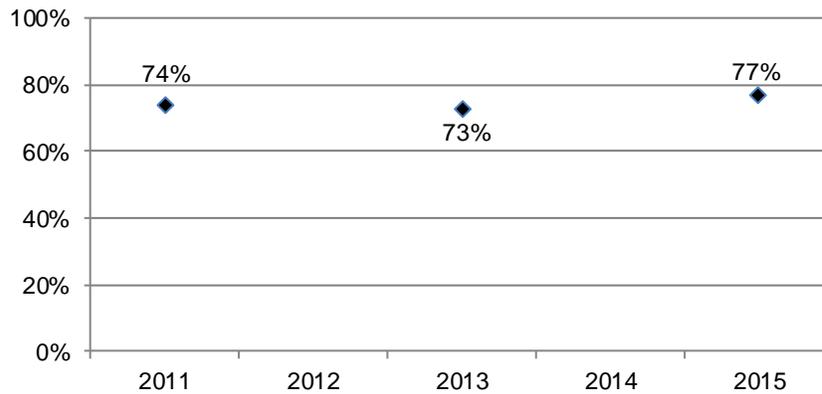
Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

Table 12 Respondents Who Reported Not Consuming at Least 2 Servings of Fruits Per Day, 2011-2015					
		2011-2015	**2011**	**2013**	**2015**
Total		**75%**	**74%**	**73%**	**77%**
Gender	Male	81%	81%	80%	83%
	Female	68%	67%	67%	72%
Age	18-24	80%	*	*	*
	25-34	78%	*	*	*
	35-44	77%	*	*	*
	45-54	76%	*	*	*
	55-64	74%	71%	*	77%
	65-74	74%	*	*	*
	75+	62%	*	*	*
Race	White	75%	73%	73%	78%
	American Indian	73%	*	*	*
Ethnicity	Hispanic	74%	*	*	*
	Non-Hispanic	75%	74%	73%	78%
Household Income	Less than $25,000	76%	75%	*	*
	$25,000-$49999	75%	76%	74%	76%
	$50,000+	74%	72%	72%	78%
Education	Less than High School, G.E.D.	78%	*	*	*
	High School, G.E.D.	79%	77%	77%	83%
	Some Post-High School	74%	73%	73%	77%
	College Graduate	69%	69%	66%	72%
Employment Status	Employed for Wages	76%	75%	75%	79%
	Self-employed	80%	*	*	*
	Unemployed	77%	*	*	*
	Homemaker	64%	*	*	*
	Student	81%	*	*	*
	Retired	68%	67%	67%	71%
	Unable to Work	76%	*	*	*
Marital Status	Married/Unmarried Couple	74%	73%	72%	77%
	Divorced/Separated	79%	*	*	*
	Widowed	63%	*	*	*
	Never Married	78%	*	*	*
Home Ownership Status	Own Home	74%	73%	71%	77%
	Rent Home	78%	76%	*	*
Children Status	Children in Household (Ages 18-44)	76%	*	*	*
	No Children in Household (Ages 18-44)	81%	*	*	*
Phone Status	Landline	73%	73%	71%	75%
	Cell Phone	78%	*	76%	79%
Pregnancy Status	Pregnant (Ages 18-44)	69%	*	*	*
	Not Pregnant (Ages 18-44)	73%	*	*	*
County	Minnehaha	75%	*	*	*
	Pennington	73%	*	*	*
	Lincoln	73%	*	*	*
	Brown	74%	*	*	*
	Brookings	72%	*	*	*
	Codington	77%	*	*	*
	Meade	76%	*	*	*
	Lawrence	76%	*	*	*

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2012 or 2014.
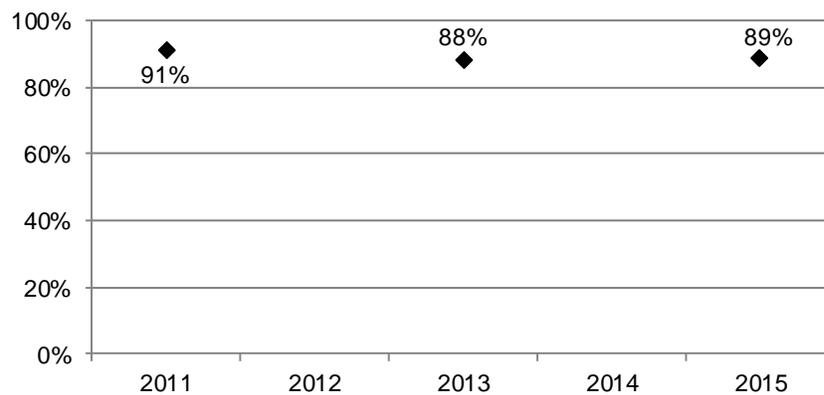Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

LESS THAN THREE SERVINGS OF VEGETABLES PER DAY

Definition: Respondents who report they consume less than three servings of vegetables per day.

Prevalence of Consuming Less Than Three Servings of Vegetables Per Day

o South Dakota 89%
o *There is no nationwide median for less than three servings of vegetables per day*

Figure 13
Percent of Respondents Who Reported Consuming Less Than Three Servings of Vegetables Per Day, 2011-2015

Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

		2011-2015	**2011**	**2013**	**2015**
Total		**89%**	**91%**	**88%**	**89%**
Gender	Male	92%	94%	90%	91%
	Female	87%	88%	86%	87%
Age	18-24	91%	*	*	*
	25-34	89%	*	*	*
	35-44	90%	*	*	*
	45-54	89%	*	*	*
	55-64	88%	90%	*	89%
	65-74	88%	*	*	*
	75+	92%	*	*	*
Race	White	89%	90%	89%	89%
	American Indian	90%	*	*	*
Ethnicity	Hispanic	88%	*	*	*
	Non-Hispanic	89%	91%	88%	89%
Household Income	Less than $25,000	91%	92%	*	*
	$25,000-$49,999	90%	92%	87%	91%
	$50,000+	87%	87%	86%	87%
Education	Less than High School, G.E.D.	94%	*	*	*
	High School, G.E.D.	92%	93%	92%	92%
	Some Post-High School	88%	89%	87%	89%
	College Graduate	85%	87%	83%	85%
Employment Status	Employed for Wages	89%	92%	88%	89%
	Self-employed	89%	*	*	*
	Unemployed	91%	*	*	*
	Homemaker	85%	*	*	*
	Student	92%	*	*	*
	Retired	90%	89%	91%	89%
	Unable to Work	88%	*	*	*
Marital Status	Married/Unmarried Couple	89%	90%	87%	88%
	Divorced/Separated	89%	*	*	*
	Widowed	91%	*	*	*
	Never Married	91%	*	*	*
Home Ownership Status	Own Home	89%	90%	87%	89%
	Rent Home	91%	93%	*	*
Children Status	Children in Household (Ages 18-44)	89%	*	*	*
	No Children in Household (Ages 18-44)	90%	*	*	*
Phone Status	Landline	90%	91%	89%	91%
	Cell Phone	88%	*	88%	88%
Pregnancy Status	Pregnant (Ages 18-44)	89%	*	*	*
	Not Pregnant (Ages 18-44)	87%	*	*	*
County	Minnehaha	89%	*	*	*
	Pennington	88%	*	*	*
	Lincoln	88%	*	*	*
	Brown	90%	*	*	*
	Brookings	89%	*	*	*
	Codington	90%	*	*	*
	Meade	86%	*	*	*
	Lawrence	91%	*	*	*

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2012 or 2014.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015