

The following table shows the percent of those who consume less than two servings of fruit per day for various health behaviors and conditions. For example, 67 percent of respondents who have had a stroke consume less than two servings of fruit per day, while 75 percent of respondents who have not had a stroke consume less than two servings of fruit per day.

Prevalence of Less than 2 Servings of Fruits per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 2 Servings of Fruit per Day
Underweight (BMI < 18.5)	71%
Recommended (BMI = 18.5-24.9)	72%
Overweight (BMI = 25.0-29.9)	76%
Obese - Class I (BMI = 30.0-34.9)	78%
Obese - Classes II & III (BMI = 35.0+)	77%
Participates in Leisure Time Exercise	73%
Does Not Participate in Leisure Time Exercise	81%
Meets Physical Activity Recommendations	70%
Does Not Meet Physical Activity Recommendations	80%
7+ Exercise Trips Per Week	81%
Less Than 7 Exercise Trips Per Week	77%
12+ Hours Sitting Per Day	83%
< 12 Hours Sitting Per Day	77%
Has 3+ Servings of Vegetables per Day	45%
Has Less Than 3 Servings of Vegetables per Day	78%
Has 5+ Servings of Fruits and Vegetables per Day	11%
Has Less Than 5 Servings of Fruits and Vegetables per Day	83%
Current Smoker	85%
Former Smoker	74%
Never Smoked	71%
Uses Smokeless Tobacco	88%
Does Not Use Smokeless Tobacco	74%
Current E-Cigarette User	87%
Not E-Cigarette User	77%
Heard of "South Dakota Quitline"	76%
Not Heard of "South Dakota Quitline"	76%
Ever Diagnosed with Diabetes	71%
Never Diagnosed with Diabetes	75%
Has High Blood Pressure	74%
Does Not Have High Blood Pressure	75%
Has High Blood Cholesterol	74%
Does Not Have High Blood Cholesterol	72%
Has Health Insurance (18-64)	76%
Does Not Have Health Insurance (18-64)	80%
Employer Based Coverage (18-64)	76%
Private Health Plan (18-64)	77%
Medicare (18-64)	76%
Medicaid or Medical Assistance (18-64)	75%
The military, CHAMPUS, TriCare, or the VA (18-64)	78%
The Indian Health Service (18-64)	82%
Had a Flu Shot in Past 12 Months (65+)	66%
Did Not Have a Flu Shot in Past 12 Months (65+)	73%
Ever Had a Pneumonia Shot (65+)	67%
Never Had a Pneumonia Shot (65+)	72%

Prevalence of Less than 2 Servings of Fruits per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 2 Servings of Fruit per Day
Previously Had Heart Attack	73%
Never Had Heart Attack	75%
Knows Symptoms of Heart Attack	72%
Does Not Know Symptoms of Heart Attack	75%
Has Angina or Coronary Heart Disease	72%
Does Not Have Angina or Coronary Heart Disease	75%
Previously Had a Stroke	67%
Never Had a Stroke	75%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	71%
Never Diagnosed with Cancer	75%
Ever Diagnosed with Skin Cancer	71%
Never Diagnosed with Skin Cancer	75%
Current Asthma	74%
Former Asthma	76%
Never Had Asthma	75%
Ever Diagnosed with Arthritis	72%
Never Diagnosed with Arthritis	76%
Ever Diagnosed with COPD	78%
Never Diagnosed with COPD	75%
Ever Diagnosed with Depression	77%
Never Diagnosed with Depression	75%
Ever Diagnosed with Kidney Disease	69%
Never Diagnosed with Kidney Disease	75%
Has Severe Vision Impairment	70%
Does Not Have Severe Vision Impairment	76%
Recent Increased Confusion/Memory Loss (45+)	79%
No Recent Increased Confusion/Memory Loss (45+)	73%
Always Wears Seat Belt	71%
Does Not Always Wear Seat Belt	82%
Drank Alcohol in Past 30 Days	77%
Did Not Drink Alcohol in Past 30 Days	71%
Binge Drinker	85%
Not a Binge Drinker	72%
Heavy Drinker	85%
Not a Heavy Drinker	74%
Has an Advance Directive	71%
Does Not Have an Advance Directive	81%
Good/Very Good/Excellent Health Status	75%
Fair/Poor Health Status	76%
Physical Health Not Good for 0-29 Days of the Past 30	75%
Physical Health Not Good for 30 Days of the Past 30	71%
Mental Health Not Good for 0-19 Days of the Past 30	75%
Mental Health Not Good for 20-30 Days of the Past 30	78%
Usual Activities Unattainable for 0-9 Days of the Past 30	75%
Usual Activities Unattainable for 10-30 Days of the Past 30	74%
Has Physical, Mental, or Emotional Problems	74%
Does Not Have Physical, Mental, or Emotional Problems	75%
Has a Disability with Special Equipment Needed	67%
Does Not Have a Disability with Special Equipment Needed	76%
Ever Been Tested for HIV	74%
Never Been Tested for HIV	75%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2011-2015