

The following table shows the percent of respondents who have met physical activity recommendations for various health behaviors and conditions. For example, 34 percent of respondents who sit for 12 or more hours per day have met physical activity recommendations, while 56 percent of respondents who sit for less than 12 hours per day have met physical activity recommendations.

**Prevalence of Meeting Physical Activity Recommendations for Selected Health Behaviors and Conditions, 2011-2015**

	<b>Meets Physical Activity Recommendations</b>
Underweight (BMI < 18.5)	43%
Recommended (BMI = 18.5-24.9)	55%
Overweight (BMI = 25.0-29.9)	54%
Obese - Class I (BMI = 30.0-34.9)	48%
Obese - Classes II & III (BMI = 35.0+)	40%
Participates in Leisure Time Exercise	68%
Does Not Participate in Leisure Time Exercise	0%
7+ Exercise Trips Per Week	63%
Less Than 7 Exercise Trips Per Week	53%
12+ Hours Sitting Per Day	34%
< 12 Hours Sitting Per Day	56%
Has 2+ Servings of Fruit per Day	60%
Has Less Than 2 Servings of Fruit per Day	48%
Has 3+ Servings of Vegetables per Day	67%
Has Less Than 3 Servings of Vegetables per Day	49%
Has 5+ Servings of Fruits and Vegetables per Day	67%
Has Less Than 5 Servings of Fruits and Vegetables per Day	49%
Current Smoker	46%
Former Smoker	54%
Never Smoked	52%
Uses Smokeless Tobacco	44%
Does Not Use Smokeless Tobacco	52%
Current E-Cigarette User	54%
Not E-Cigarette User	54%
Heard of "South Dakota Quitline"	55%
Not Heard of "South Dakota Quitline"	48%
Ever Diagnosed with Diabetes	46%
Never Diagnosed with Diabetes	52%
Has High Blood Pressure	48%
Does Not Have High Blood Pressure	53%
Has High Blood Cholesterol	50%
Does Not Have High Blood Cholesterol	54%
Has Health Insurance (18-64)	52%
Does Not Have Health Insurance (18-64)	49%
Employer Based Coverage (18-64)	52%
Private Health Plan (18-64)	50%
Medicare (18-64)	38%
Medicaid or Medical Assistance (18-64)	54%
The military, CHAMPUS, TriCare, or the VA (18-64)	48%
The Indian Health Service (18-64)	58%
Had a Flu Shot in Past 12 Months (65+)	54%
Did Not Have a Flu Shot in Past 12 Months (65+)	50%
Ever Had a Pneumonia Shot (65+)	53%
Never Had a Pneumonia Shot (65+)	53%
Previously Had Heart Attack	49%
Never Had Heart Attack	51%

**Prevalence of Meeting Physical Activity Recommendations for Selected Health Behaviors and Conditions, 2011-2015**

	<b>Meets Physical Activity Recommendations</b>
Knows Symptoms of Heart Attack	55%
Does Not Know Symptoms of Heart Attack	51%
Has Angina or Coronary Heart Disease	49%
Does Not have Angina or Coronary Heart Disease	51%
Previously Had a Stroke	42%
Never Had a Stroke	51%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	51%
Never Diagnosed with Cancer	51%
Ever Diagnosed with Skin Cancer	57%
Never Diagnosed with Skin Cancer	51%
Current Asthma	47%
Former Asthma	50%
Never Had Asthma	52%
Ever Diagnosed with Arthritis	48%
Never Diagnosed with Arthritis	52%
Ever Diagnosed with COPD	39%
Never Diagnosed with COPD	52%
Ever Diagnosed with Depression	45%
Never Diagnosed with Depression	52%
Ever Diagnosed with Kidney Disease	42%
Never Diagnosed with Kidney Disease	51%
Has Severe Vision Impairment	48%
Does Not Have Severe Vision Impairment	54%
Recent Increased Confusion/Memory Loss (45+)	41%
No Recent Increased Confusion/Memory Loss (45+)	55%
Always Wears Seat Belt	55%
Does Not Always Wear Seat Belt	44%
Drank Alcohol in Past 30 Days	54%
Did Not Drink Alcohol in Past 30 Days	48%
Binge Drinker	49%
Not a Binge Drinker	52%
Heavy Drinker	46%
Not a Heavy Drinker	52%
Has an Advance Directive	60%
Does Not Have an Advance Directive	51%
Good/Very Good/Excellent Health Status	53%
Fair/Poor Health Status	39%
Physical Health Not Good for 0-29 Days of the Past 30	52%
Physical Health Not Good for 30 Days of the Past 30	37%
Mental Health Not Good for 0-19 Days of the Past 30	52%
Mental Health Not Good for 20-30 Days of the Past 30	42%
Usual Activities Unattainable for 0-9 Days of the Past 30	52%
Usual Activities Unattainable for 10-30 Days of the Past 30	37%
Has Physical, Mental, or Emotional Problems	42%
Does Not Have Physical, Mental, or Emotional Problems	53%
Has a Disability with Special Equipment Needed	41%
Does Not Have a Disability with Special Equipment Needed	52%
Ever Been Tested for HIV	53%
Never Been Tested for HIV	50%

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