
Overweight and Obese

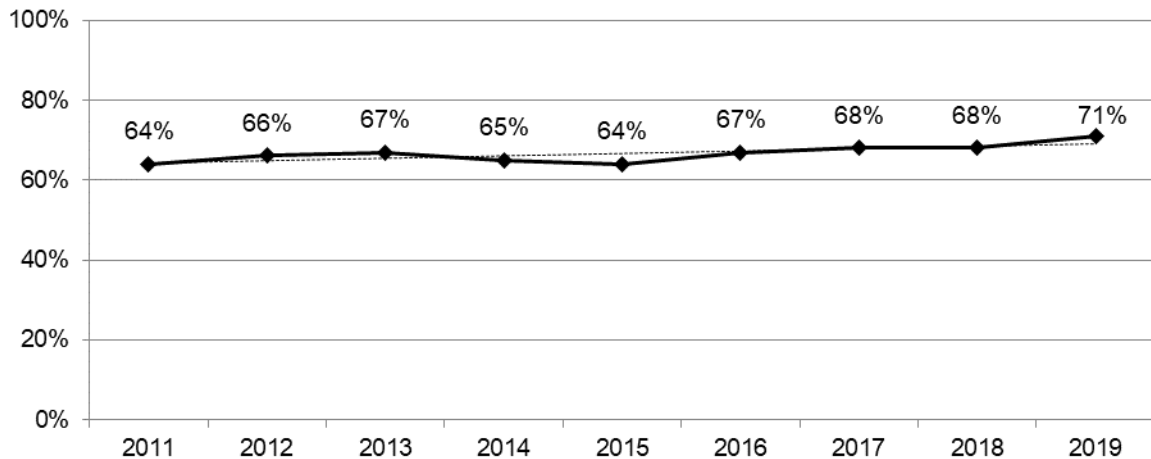
OVERWEIGHT OR OBESE

Definition: Overweight or obese is defined as having a Body Mass Index (BMI) of 25.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds, divided by their height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Overweight or Obese

- South Dakota 71%
- Nationwide median 67%

Figure 1
Percentage of South Dakotans Who Are Overweight or Obese Based on Body Mass Index, 2011-2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

**Table 4
South Dakotans Who Are Overweight or Obese, 2015-2019**

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	74%	72.6%	75.4%
	Female	61%	59.1%	62.0%
Age	18-29	50%	47.4%	53.1%
	30-39	67%	64.1%	69.5%
	40-49	75%	72.3%	77.0%
	50-59	76%	74.1%	77.8%
	60-69	75%	73.7%	77.2%
	70-79	72%	70.0%	74.4%
	80+	60%	56.0%	62.9%
Race/Ethnicity	White, Non-Hispanic	68%	66.5%	68.6%
	American Indian, Non-Hispanic	75%	70.8%	78.0%
	American Indian/White, Non-Hispanic	72%	61.6%	80.5%
	Hispanic	69%	60.1%	76.4%
Household Income	Less than \$35,000	67%	64.7%	68.7%
	\$35,000-\$74,999	71%	69.0%	72.5%
	\$75,000+	69%	67.3%	70.9%
Education	Less than High School, G.E.D.	68%	63.6%	71.8%
	High School, G.E.D.	68%	66.4%	70.1%
	Some Post-High School	67%	65.7%	69.2%
	College Graduate	67%	65.3%	68.5%
Employment Status	Employed for Wages	69%	67.2%	70.0%
	Self-employed	71%	68.6%	74.1%
	Unemployed	66%	60.1%	71.3%
	Homemaker	60%	54.7%	64.8%
	Student	38%	32.9%	43.7%
	Retired	71%	69.5%	72.8%
	Unable to Work	73%	69.0%	77.2%
Marital Status	Married/Unmarried Couple	72%	70.4%	72.8%
	Divorced/Separated	70%	67.5%	72.8%
	Widowed	64%	60.9%	66.8%
	Never Married	57%	54.0%	59.3%
Home Ownership Status	Own Home	71%	69.5%	71.7%
	Rent Home	62%	59.6%	64.4%
Children Status	Children in Household (Ages 18-44)	64%	62.0%	66.5%
	No Children in Household (Ages 18-44)	56%	52.7%	58.5%
Phone Status	Landline	69%	67.9%	70.9%
	Cell Phone	67%	65.5%	68.1%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	55%	51.9%	57.3%
County	Minnehaha	67%	64.4%	69.7%
	Pennington	65%	63.0%	67.9%
	Lincoln	64%	58.6%	68.9%
	Brown	72%	69.2%	75.2%
	Brookings	62%	57.1%	66.6%
	Codington	69%	64.9%	72.3%
	Meade	65%	59.2%	70.4%
	Lawrence	62%	57.8%	66.7%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	Males exhibit a significantly higher prevalence of being overweight than females.
Age	The prevalence of being overweight increases as age increases with a peak in the 50s including significant increases as the 30s and 40s are reached. After that, the prevalence of being overweight decreases as age increases with a significant decrease as the 80s are reached.
Race/ Ethnicity	American Indians demonstrate a very high prevalence of being overweight, while whites show a very low prevalence.
Household Income	The prevalence of being overweight does not seem to change as household income changes.
Education	The prevalence of being overweight does not seem to change as education levels change.
Employment	Those who are employed for wages, self-employed, unemployed, retired, or unable to work demonstrate a very high prevalence of being overweight, while those who are a student show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of being overweight, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home show a significantly higher prevalence of being overweight than those who rent their home.
Children Status	Those adults with children in the household demonstrate a significantly higher prevalence of being overweight than those with no children.
Phone Status	The prevalence of being overweight does not seem to differ based on phone status.
County	Brown county demonstrates a very high prevalence of being overweight, while Pennington, Lincoln, Brookings, and Lawrence counties show a very low prevalence.

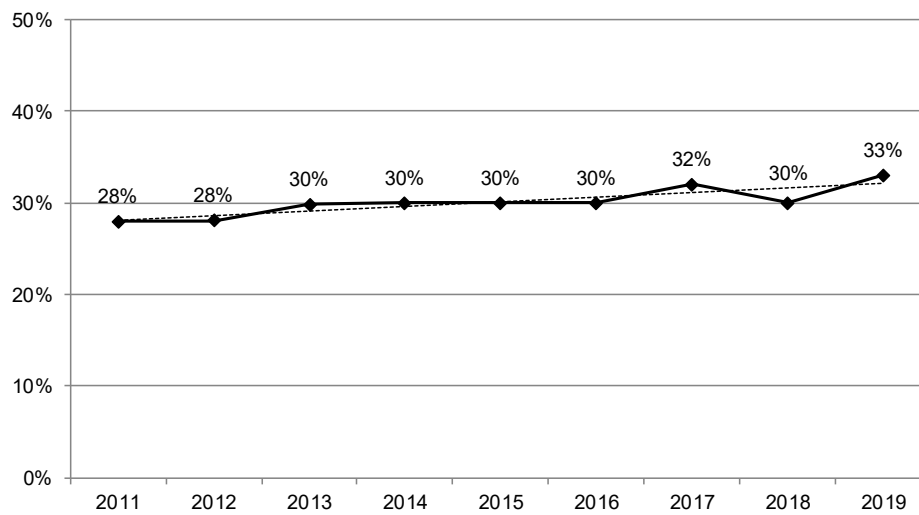
OBESE

Definition: Obese is defined as having a Body Mass Index (BMI) of 30.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Obesity

- South Dakota 33%
- Nationwide median 32%

Figure 2
Percentage of South Dakotans Who Are Obese Based on Body Mass Index, 2011-2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

**Table 5
South Dakotans Who Are Obese, 2015-2019**

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	33%	31.3%	34.1%
	Female	29%	27.9%	30.5%
Age	18-29	19%	17.3%	21.6%
	30-39	33%	30.1%	35.5%
	40-49	37%	34.4%	39.8%
	50-59	38%	35.9%	40.3%
	60-69	36%	33.7%	37.6%
	70-79	30%	28.2%	32.7%
Race/Ethnicity	80+	19%	16.6%	22.0%
	White, Non-Hispanic	30%	29.1%	31.0%
	American Indian, Non-Hispanic	44%	39.6%	47.7%
	American Indian/White, Non-Hispanic	37%	28.5%	47.0%
Household Income	Hispanic	36%	28.1%	44.1%
	Less than \$35,000	34%	31.8%	35.7%
	\$35,000-\$74,999	32%	29.9%	33.3%
Education	\$75,000+	30%	28.2%	31.8%
	Less than High School, G.E.D.	33%	28.7%	36.8%
	High School, G.E.D.	31%	29.4%	32.9%
	Some Post-High School	32%	30.2%	33.5%
Employment Status	College Graduate	29%	27.6%	30.6%
	Employed for Wages	32%	30.7%	33.5%
	Self-employed	31%	27.9%	33.6%
	Unemployed	34%	28.9%	39.6%
	Homemaker	26%	22.1%	31.1%
	Student	14%	11.1%	18.2%
	Retired	30%	28.2%	31.6%
Marital Status	Unable to Work	46%	41.8%	50.4%
	Married/Unmarried Couple	33%	31.4%	33.8%
	Divorced/Separated	34%	31.5%	37.0%
	Widowed	27%	24.3%	29.4%
Home Ownership Status	Never Married	26%	24.1%	28.4%
	Own Home	32%	30.9%	33.1%
Children Status	Rent Home	30%	27.7%	32.0%
	Children in Household (Ages 18-44)	30%	27.6%	31.9%
Phone Status	No Children in Household (Ages 18-44)	24%	21.8%	26.5%
	Landline	32%	30.7%	33.7%
Pregnancy Status	Cell Phone	31%	29.3%	31.7%
	Pregnant (Ages 18-44)	-	-	-
County	Not Pregnant (Ages 18-44)	27%	24.4%	29.2%
	Minnehaha	31%	28.9%	33.9%
	Pennington	29%	26.8%	31.5%
	Lincoln	26%	22.3%	31.1%
	Brown	35%	32.2%	38.7%
	Brookings	24%	21.0%	27.5%
	Codington	32%	29.2%	36.0%
	Meade	26%	22.2%	30.7%
Lawrence	25%	22.0%	29.3%	

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	Males exhibit a significantly higher prevalence obesity than females.
Age	The prevalence of obesity increases as age increases with a peak in the 50s including a significant increase as the 30s are reached. After that, the prevalence of obesity decreases as age increases with significant decreases as the 70s and 80s are reached.
Race/ Ethnicity	American Indians demonstrate a very high prevalence of obesity while whites show a very low prevalence.
Household Income	The prevalence of obesity decreases as household income increases.
Education	The prevalence of obesity does not seem to change as education levels change.
Employment	Those who are unable to work demonstrate a very high prevalence of obesity, while those who are a student show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of obesity, while those who are widowed or have never been married show a very low prevalence.
Home Ownership	The prevalence of obesity does not seem to change based on home ownership.
Children Status	Those who live in a household with children demonstrate a significantly higher prevalence of being obese than those who live in a household with no children.
Phone Status	The prevalence of obesity does not seem to change based on phone status.
County	Minnehaha, Brown, and Codington counties demonstrate a very high prevalence of obesity, while Pennington, Lincoln, Brookings, Meade, and Lawrence counties show a very low prevalence.

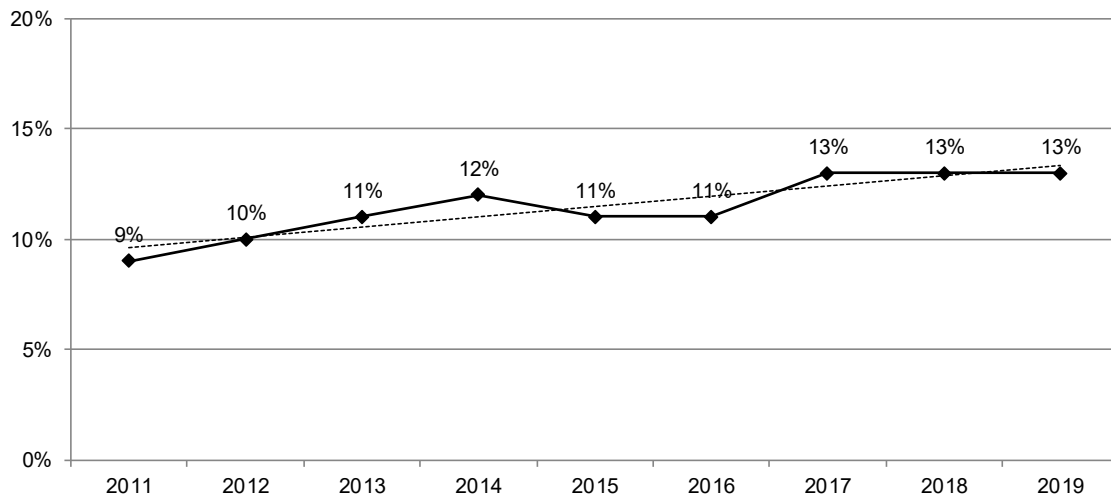
SEVERELY OBESE

Definition: Severely obese is defined as having a Body Mass Index (BMI) of 35.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Severe Obesity

- South Dakota 13%
- There is no nationwide median for severely obese

Figure 3
Percentage of South Dakotans Who Are Severely Obese Based on
Body Mass Index, 2011-2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

Table 6
South Dakotans Who Are Severely Obese, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	12%	11.0%	12.9%
	Female	13%	11.8%	13.6%
Age	18-29	8%	7.1%	10.1%
	30-39	13%	11.5%	15.4%
	40-49	15%	13.2%	17.0%
	50-59	15%	13.5%	16.7%
	60-69	14%	12.5%	15.3%
	70-79	11%	9.2%	12.1%
	80+	6%	4.9%	8.4%
Race/Ethnicity	White, Non-Hispanic	12%	11.2%	12.5%
	American Indian, Non-Hispanic	18%	15.6%	21.4%
	American Indian/White, Non-Hispanic	16%	10.3%	24.6%
	Hispanic	14%	9.4%	20.7%
Household Income	Less than \$35,000	15%	13.9%	16.7%
	\$35,000-\$74,999	13%	11.5%	14.1%
	\$75,000+	10%	8.8%	11.0%
Education	Less than High School, G.E.D.	14%	11.0%	16.7%
	High School, G.E.D.	12%	11.3%	13.8%
	Some Post-High School	13%	11.7%	14.0%
	College Graduate	11%	10.0%	12.0%
Employment Status	Employed for Wages	13%	11.8%	13.8%
	Self-employed	10%	8.7%	12.6%
	Unemployed	16%	12.4%	20.2%
	Homemaker	11%	8.5%	14.7%
	Student	5%	3.5%	8.3%
	Retired	11%	9.8%	12.1%
Unable to Work	25%	21.1%	28.3%	
Marital Status	Married/Unmarried Couple	12%	10.9%	12.6%
	Divorced/Separated	15%	13.5%	17.4%
	Widowed	13%	10.6%	14.8%
	Never Married	12%	10.9%	14.0%
Home Ownership Status	Own Home	12%	11.1%	12.6%
	Rent Home	14%	12.7%	15.7%
Children Status	Children in Household (Ages 18-44)	12%	10.4%	13.6%
	No Children in Household (Ages 18-44)	10%	9.0%	12.2%
Phone Status	Landline	14%	12.6%	14.9%
	Cell Phone	12%	11.0%	12.6%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	12%	10.3%	13.6%
County	Minnehaha	12%	10.0%	13.3%
	Pennington	12%	10.5%	14.2%
	Lincoln	10%	7.6%	13.6%
	Brown	14%	12.2%	16.8%
	Brookings	9%	7.0%	10.9%
	Codington	14%	11.5%	16.5%
	Meade	11%	8.5%	14.7%
	Lawrence	7%	5.7%	9.4%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	The prevalence of severe obesity does not seem to differ based on gender.
Age	The prevalence of being severely obese increases as age increases until it hits a peak in the 40s and 50s including a significant increase as the 30s are reached. After that, the prevalence of being severely obese decreases as age increases with significant decreases as the 70s and 80s are reached.
Race/ Ethnicity	American Indians demonstrate a very high prevalence of being severely obese, while whites show a very low prevalence.
Household Income	The prevalence of being severely obese decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
Education	The prevalence of being severely obese does not seem to change as education levels change.
Employment	Those who are unable to work demonstrate a very high prevalence of being severely obese, while those who are a student show a very low prevalence.
Marital Status	Those who are divorced exhibit a very high prevalence of being severely obese, while those who are married show a very low prevalence.
Home Ownership	Those who rent their home show a significantly higher prevalence of being severely obese than those who own their home.
Children Status	The prevalence of the adults being severely obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of being severely obese does not seem to change based on phone status.
County	Residents of Minnehaha, Pennington, Brown, and Codington counties demonstrate a very high prevalence of being severely obese, while residents of Brookings and Lawrence counties show a very low prevalence.

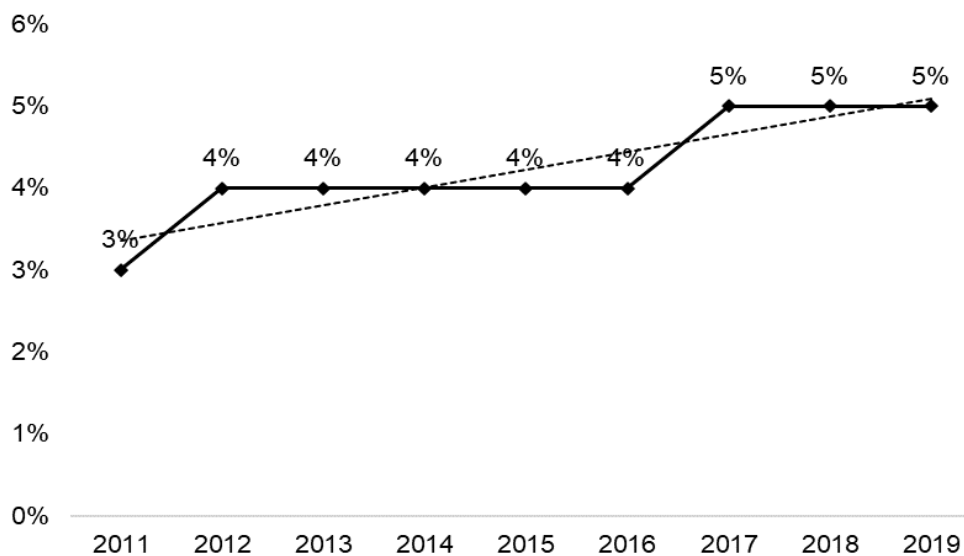
MORBIDLY OBESE

Definition: Morbidly obese is defined as having a Body Mass Index (BMI) of 40.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Morbid Obesity

- South Dakota 5%
- There is no nationwide median for morbid obese

Figure 4
Percentage of South Dakotans Who Are Morbidly Obese, 2011-2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

Table 7
South Dakotans Who Are Morbidly Obese, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	4%	3.3%	4.4%
	Female	5%	4.4%	5.6%
Age	18-29	3%	2.4%	4.3%
	30-39	6%	4.4%	7.1%
	40-49	5%	3.9%	6.1%
	50-59	5%	4.3%	6.2%
	60-69	5%	4.2%	5.9%
	70-79	3%	2.5%	4.1%
	80+	2%	0.9%	2.5%
Race/Ethnicity	White, Non-Hispanic	4%	3.7%	4.6%
	American Indian, Non-Hispanic	6%	4.6%	8.2%
	American Indian/White, Non-Hispanic	8%	3.9%	15.1%
	Hispanic	7%	3.8%	12.1%
Household Income	Less than \$35,000	6%	5.0%	6.8%
	\$35,000-\$74,999	5%	3.8%	5.3%
	\$75,000+	3%	2.3%	3.4%
Education	Less than High School, G.E.D.	4%	3.0%	6.1%
	High School, G.E.D.	5%	3.8%	5.4%
	Some Post-High School	5%	3.9%	5.4%
	College Graduate	4%	3.4%	4.7%
Employment Status	Employed for Wages	4%	3.9%	5.1%
	Self-employed	3%	2.5%	4.8%
	Unemployed	6%	4.0%	9.0%
	Homemaker	4%	2.9%	6.9%
	Student	2%	0.7%	3.6%
	Retired	4%	3.0%	4.3%
	Unable to Work	12%	9.3%	14.3%
Marital Status	Married/Unmarried Couple	4%	3.4%	4.5%
	Divorced/Separated	6%	4.8%	7.3%
	Widowed	5%	4.0%	6.5%
	Never Married	5%	3.8%	5.6%
Home Ownership Status	Own Home	4%	3.6%	4.5%
	Rent Home	6%	4.7%	6.6%
Children Status	Children in Household (Ages 18-44)	4%	3.5%	5.3%
	No Children in Household (Ages 18-44)	4%	3.5%	5.7%
Phone Status	Landline	5%	4.5%	6.0%
	Cell Phone	4%	3.6%	4.6%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	5%	4.1%	6.2%
County	Minnehaha	5%	3.6%	5.8%
	Pennington	4%	3.1%	5.3%
	Lincoln	3%	2.1%	5.8%
	Brown	6%	4.9%	8.3%
	Brookings	3%	2.2%	4.7%
	Codington	5%	3.6%	6.8%
	Meade	5%	3.2%	7.2%
	Lawrence	2%	1.4%	3.2%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	The prevalence of morbid obesity does not seem to differ based on gender.
Age	The prevalence of morbid obesity seems to significantly increase and peak in the 30s and then decreases as age increases after that. This includes a significant decrease as the 70s are reached.
Race/ Ethnicity	The prevalence of morbid obesity does not seem to differ based on race or ethnicity.
Household Income	The prevalence of morbid obesity decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
Education	The prevalence of morbid obesity does not seem to change as education levels change.
Employment	Those who are unable to work demonstrate a very high prevalence of morbid obesity, while those who are self-employed, a homemaker, a student, or retired show a very low prevalence.
Marital Status	Those who are divorced exhibit a very high prevalence of morbid obesity, while those who are married show a very low prevalence.
Home Ownership	Those who rent their home demonstrate a significantly higher prevalence of morbid obesity than those who own their home.
Children Status	The prevalence of the adults being morbidly obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of morbid obesity does not seem to change based on phone status.
County	Minnehaha, Brown, and Codington counties demonstrate a very high prevalence of morbid obesity, while Brookings and Lawrence counties show a very low prevalence.