
Physical Activity and Nutrition

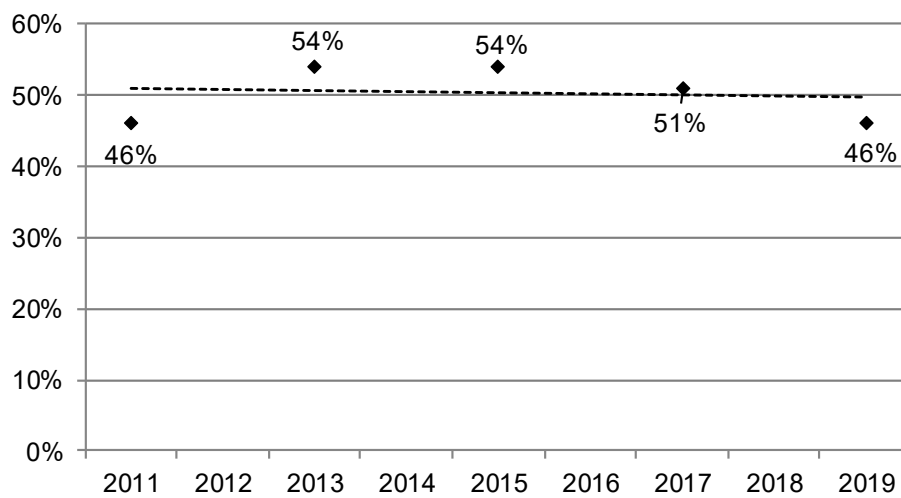
PHYSICAL ACTIVITY RECOMMENDATIONS

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

Prevalence of Meeting the Physical Activity Recommendations

- South Dakota 46%
- Nationwide median 50%

Figure 5
Percentage of South Dakotans Who Met Physical Activity Recommendations, 2011-2019



Note: This question was not asked in 2014, 2016, or 2018.

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

Table 8
South Dakotans Who Met Physical Activity Recommendations, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	48%	46.3%	50.3%
	Female	52%	49.9%	53.6%
Age	18-29	51%	47.1%	54.5%
	30-39	49%	45.7%	53.0%
	40-49	46%	42.3%	49.5%
	50-59	49%	46.3%	52.0%
	60-69	52%	49.5%	54.9%
	70-79	54%	50.3%	57.0%
	80+	50%	45.1%	54.5%
Race/Ethnicity	White, Non-Hispanic	51%	49.3%	52.1%
	American Indian, Non-Hispanic	50%	44.6%	54.8%
	American Indian/White, Non-Hispanic	55%	42.6%	67.0%
	Hispanic	41%	30.8%	51.4%
Household Income	Less than \$25,000	47%	44.1%	49.5%
	\$25,000-\$74,999	50%	47.9%	52.8%
	\$75,000+	55%	52.8%	57.9%
Education	Less than High School, G.E.D.	42%	36.2%	47.7%
	High School, G.E.D.	48%	45.5%	50.5%
	Some Post-High School	50%	47.8%	52.6%
	College Graduate	55%	53.0%	57.3%
Employment Status	Employed for Wages	49%	46.8%	50.7%
	Self-employed	49%	44.6%	52.9%
	Unemployed	51%	42.7%	59.1%
	Homemaker	59%	51.8%	65.2%
	Student	52%	45.2%	59.7%
	Retired	55%	53.0%	57.9%
	Unable to Work	35%	29.6%	40.2%
Marital Status	Married/Unmarried Couple	51%	49.7%	53.2%
	Divorced/Separated	47%	43.4%	50.7%
	Widowed	51%	47.1%	54.8%
	Never Married	48%	44.4%	51.3%
Home Ownership Status	Own Home	51%	49.7%	52.8%
	Rent Home	46%	43.2%	49.6%
Children Status	Children in Household (Ages 18-44)	51%	47.7%	53.9%
	No Children in Household (Ages 18-44)	48%	43.9%	51.4%
Phone Status	Landline	50%	48.1%	52.3%
	Cell Phone	50%	48.2%	51.7%
Pregnancy Status	Pregnant (Ages 18-44)	44%	28.3%	60.5%
	Not Pregnant (Ages 18-44)	54%	50.2%	57.2%
County	Minnehaha	49%	45.2%	52.3%
	Pennington	53%	49.6%	56.3%
	Lincoln	53%	46.4%	59.5%
	Brown	50%	46.1%	54.4%
	Brookings	47%	41.6%	52.8%
	Codington	46%	41.2%	50.6%
	Meade	51%	44.8%	57.2%
	Lawrence	61%	54.8%	67.1%

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	The prevalence of being physically active does not seem to differ by gender.
Age	The prevalence of being physically active does not seem to change as age changes.
Race/ Ethnicity	The prevalence of being physically active does not seem to differ by race/ethnicity.
Household Income	The prevalence of being physically active increases as household income increases.
Education	The prevalence of being physically active increases as education levels increase. This includes a significant increase as the college graduate level is reached.
Employment	Those who are unemployed, a homemaker, a student, or retired demonstrate a very high prevalence of being physically active, while those who are unable to work show a very low prevalence.
Marital Status	The prevalence of being physically active does not seem to differ by marital status.
Home Ownership	Those who own their home show a significantly higher prevalence of being physically active than those who rent their home.
Children Status	The prevalence of being physically active does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of being physically active does not seem to change based on phone status.
County	Lawrence county demonstrates a very high prevalence of being physically active, while Minnehaha, Brown, Brookings, and Codington counties show a very low prevalence.

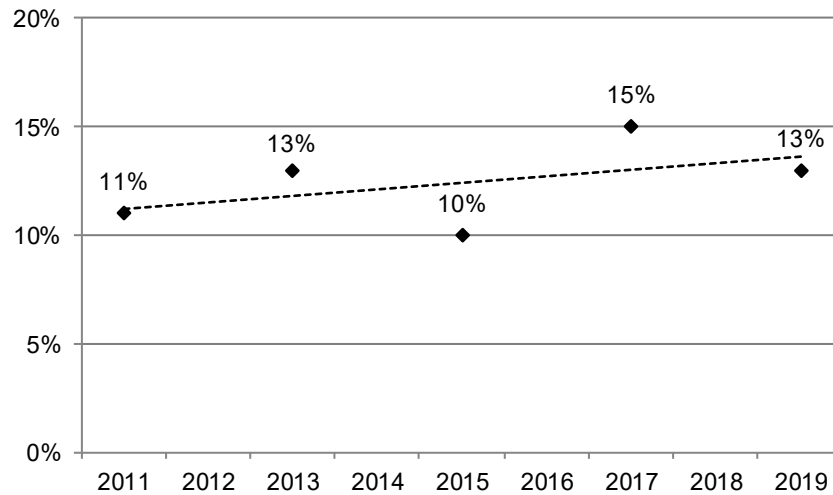
FIVE SERVINGS OF FRUITS AND VEGETABLES

Definition: South Dakotans who report they consume at least five servings of fruits and vegetables per day.

Prevalence of Consuming at Least Five Servings of Fruits and Vegetables Per Day

- South Dakota 13%
- There is no nationwide median for consuming five fruits and vegetables per day

Figure 6
Percentage of South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2011-2019



Note: This question was not asked in 2012, 2014, 2016, or 2018.

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

Table 9
South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	11%	9.3%	12.0%
	Female	15%	13.5%	16.1%
Age	18-29	11%	8.4%	13.2%
	30-39	15%	12.5%	18.1%
	40-49	14%	11.2%	16.2%
	50-59	13%	11.5%	15.4%
	60-69	11%	9.9%	13.0%
	70-79	12%	9.8%	13.8%
	80+	15%	12.0%	18.4%
Race/Ethnicity	White, Non-Hispanic	12%	11.5%	13.3%
	American Indian, Non-Hispanic	14%	10.1%	17.9%
	American Indian/White, Non-Hispanic	16%	7.1%	31.3%
	Hispanic	13%	6.7%	22.2%
Household Income	Less than \$35,000	13%	11.4%	15.4%
	\$35,000-\$74,999	11%	9.8%	12.9%
	\$75,000+	14%	12.4%	16.0%
Education	Less than High School, G.E.D.	15%	10.1%	20.5%
	High School, G.E.D.	10%	8.5%	11.3%
	Some Post-High School	12%	10.5%	13.5%
	College Graduate	16%	14.9%	18.2%
Employment Status	Employed for Wages	12%	11.0%	13.8%
	Self-employed	13%	10.4%	16.3%
	Unemployed	14%	9.6%	20.0%
	Homemaker	16%	12.0%	20.9%
	Student	12%	8.4%	18.0%
	Retired	13%	11.4%	14.6%
	Unable to Work	12%	9.1%	16.4%
Marital Status	Married/Unmarried Couple	13%	11.8%	14.0%
	Divorced/Separated	13%	10.5%	15.7%
	Widowed	14%	11.4%	16.4%
	Never Married	12%	9.6%	14.7%
Home Ownership Status	Own Home	13%	12.1%	14.2%
	Rent Home	12%	9.8%	14.4%
Children Status	Children in Household (Ages 18-44)	14%	11.9%	16.2%
	No Children in Household (Ages 18-44)	11%	8.8%	14.0%
Phone Status	Landline	12%	10.8%	13.3%
	Cell Phone	13%	11.8%	14.3%
Pregnancy Status	Pregnant (Ages 18-44)	14%	7.4%	25.6%
	Not Pregnant (Ages 18-44)	15%	12.3%	17.2%
County	Minnehaha	11%	8.7%	13.7%
	Pennington	14%	12.3%	17.0%
	Lincoln	11%	7.5%	15.7%
	Brown	13%	10.0%	15.7%
	Brookings	12%	8.8%	15.4%
	Codington	13%	10.4%	16.5%
	Meade	15%	9.6%	22.3%
	Lawrence	12%	7.9%	17.7%

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	Females exhibit a significantly higher prevalence of eating five or more fruits and vegetables a day than males.
Age	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day as age changes.
Race/ Ethnicity	There seems to be no racial/ethnicity difference in the prevalence of eating five or more fruits and vegetables a day.
Household Income	The prevalence of eating five or more fruits and vegetables a day does not seem to change as household income changes.
Education	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding education level.
Employment	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding employment status.
Marital Status	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding marital status.
Home Ownership	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding home ownership.
Children Status	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding the presence of children in the household.
Phone Status	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding phone status.
County	There seems to be no difference in the prevalence of eating five or more fruits and vegetables a day regarding the eight available counties.

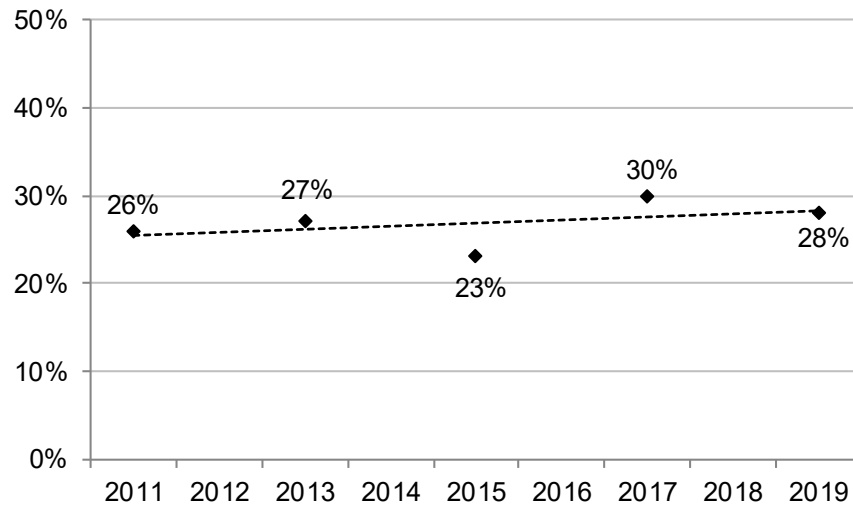
TWO SERVINGS OF FRUITS PER DAY

Definition: South Dakotans who report they consume at least two servings of fruits per day.

Prevalence of Consuming at Least Two Servings of Fruits Per Day

- South Dakota 28%
- There is no nationwide median for two servings of fruits per day

Figure 7
Percentage of South Dakotans Who Reported Consuming at Least Two Servings of Fruit Per Day, 2011-2019



Note: This question was not asked in 2012, 2014, 2016 or 2018.

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

Table 10
South Dakotans Who Reported Consuming at Least Two Servings of Fruits Per Day,
2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	23%	21.5%	25.0%
	Female	31%	29.1%	32.4%
Age	18-29	24%	20.8%	27.5%
	30-39	27%	24.2%	30.8%
	40-49	24%	21.2%	27.3%
	50-59	26%	23.7%	28.7%
	60-69	26%	24.3%	28.7%
	70-79	32%	29.3%	35.2%
	80+	40%	35.4%	44.2%
Race/Ethnicity	White, Non-Hispanic	27%	25.8%	28.2%
	American Indian, Non-Hispanic	27%	22.8%	30.7%
	American Indian/White, Non-Hispanic	20%	11.2%	33.6%
	Hispanic	33%	22.6%	44.9%
Household Income	Less than \$35,000	29%	26.3%	31.4%
	\$35,000-\$74,999	25%	22.9%	27.0%
	\$75,000+	28%	25.3%	29.9%
Education	Less than High School, G.E.D.	25%	20.0%	31.3%
	High School, G.E.D.	23%	20.9%	24.8%
	Some Post-High School	27%	25.3%	29.5%
	College Graduate	32%	30.2%	34.2%
Employment Status	Employed for Wages	25%	22.9%	26.3%
	Self-employed	27%	23.5%	31.5%
	Unemployed	29%	21.7%	37.2%
	Homemaker	33%	27.3%	38.9%
	Student	25%	19.4%	32.0%
	Retired	33%	30.6%	34.9%
	Unable to Work	27%	22.5%	32.3%
Marital Status	Married/Unmarried Couple	27%	25.8%	28.8%
	Divorced/Separated	24%	21.5%	27.7%
	Widowed	36%	32.9%	40.1%
	Never Married	25%	22.0%	28.1%
Home Ownership Status	Own Home	28%	26.2%	28.9%
	Rent Home	26%	23.1%	28.9%
Children Status	Children in Household (Ages 18-44)	27%	24.0%	29.4%
	No Children in Household (Ages 18-44)	24%	20.7%	27.5%
Phone Status	Landline	29%	27.0%	30.7%
	Cell Phone	26%	24.7%	27.7%
Pregnancy Status	Pregnant (Ages 18-44)	26%	16.0%	39.5%
	Not Pregnant (Ages 18-44)	28%	25.2%	31.2%
County	Minnehaha	26%	23.2%	29.4%
	Pennington	27%	24.4%	30.0%
	Lincoln	26%	21.0%	32.6%
	Brown	27%	23.6%	30.9%
	Brookings	28%	22.9%	32.9%
	Codington	29%	24.7%	33.2%
	Meade	28%	22.3%	35.3%
	Lawrence	23%	17.8%	28.5%

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.

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

Demographics

Gender	Females exhibit a significantly higher prevalence of eating at least two servings of fruit per day than males.
Age	The prevalence of eating at least two servings of fruit per day generally increases as age increases. This includes significant increases as the 70s and 80s are reached.
Race/ Ethnicity	The prevalence of eating at least two servings of fruit per day does not seem to differ based on race/ethnicity.
Household Income	The prevalence of eating at least two servings of fruit per day does not seem to differ based on household income.
Education	The prevalence of eating at least two servings of fruit per day does not seem to differ based on education.
Employment	Those who are a homemaker or retired demonstrate a very high prevalence of eating at least two servings of fruit per day, while those who are employed for wages show a very low prevalence.
Marital Status	Those who are widowed exhibit a significantly higher prevalence of eating at least two servings of fruit per day than all other types of marital status.
Home Ownership	The prevalence of eating at least two servings of fruit per day does not seem to differ based on home ownership.
Children Status	The prevalence of eating at least two servings of fruit per day does not seem to differ based on the presence of children in the household.
Phone Status	The prevalence of eating at least two servings of fruit per day does not seem to differ based on phone status.
Pregnancy Status	The prevalence of eating at least two servings of fruit per day does not seem to differ based on pregnancy status.
County	There seems to be no difference among the eight available counties regarding eating at least two servings of fruit per day.

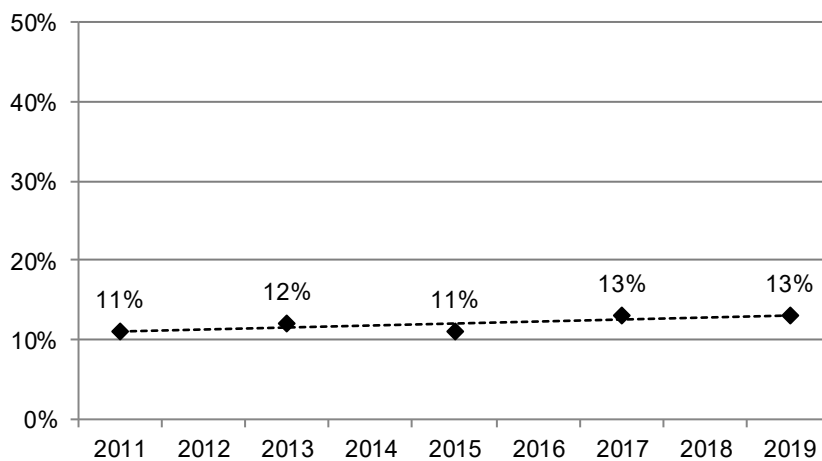
THREE SERVINGS OF VEGETABLES PER DAY

Definition: South Dakotans who report they consume at least three servings of vegetables per day.

Prevalence of Consuming at Least Three Servings of Vegetables Per Day

- South Dakota 13%
- There is no nationwide median for consuming three servings of vegetables per day

Figure 8
Percentage of South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day, 2011-2019



Note: This question was not asked in 2012, 2014, 2016, or 2018.

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

**Table 11
South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day,
2015-2019**

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	11%	9.7%	12.5%
	Female	14%	12.6%	15.2%
Age	18-29	11%	8.6%	13.3%
	30-39	15%	12.1%	17.9%
	40-49	15%	12.9%	18.4%
	50-59	13%	10.7%	14.7%
	60-69	11%	9.3%	12.4%
	70-79	10%	8.4%	13.0%
	80+	12%	8.9%	14.9%
Race/Ethnicity	White, Non-Hispanic	12%	11.1%	12.9%
	American Indian, Non-Hispanic	15%	10.4%	20.6%
	American Indian/White, Non-Hispanic	20%	10.4%	35.3%
	Hispanic	11%	5.7%	20.6%
Household Income	Less than \$35,000	12%	10.3%	14.3%
	\$35,000-\$74,999	10%	9.0%	11.9%
	\$75,000+	15%	13.2%	17.1%
Education	Less than High School, G.E.D.	14%	10.0%	19.9%
	High School, G.E.D.	11%	9.5%	12.7%
	Some Post-High School	11%	10.0%	13.0%
	College Graduate	15%	13.3%	16.5%
Employment Status	Employed for Wages	12%	10.9%	13.6%
	Self-employed	13%	10.4%	16.4%
	Unemployed	13%	9.3%	19.1%
	Homemaker	18%	13.0%	23.3%
	Student	12%	8.6%	17.7%
	Retired	11%	9.7%	13.0%
	Unable to Work	13%	9.1%	18.7%
Marital Status	Married/Unmarried Couple	13%	11.9%	14.3%
	Divorced/Separated	11%	8.9%	13.5%
	Widowed	12%	9.4%	14.4%
	Never Married	12%	9.5%	14.5%
Home Ownership Status	Own Home	13%	11.8%	13.9%
	Rent Home	12%	9.6%	14.1%
Children Status	Children in Household (Ages 18-44)	13%	11.1%	15.3%
	No Children in Household (Ages 18-44)	13%	10.0%	15.5%
Phone Status	Landline	12%	10.3%	13.0%
	Cell Phone	13%	11.6%	14.1%
Pregnancy Status	Pregnant (Ages 18-44)	8%	3.3%	18.1%
	Not Pregnant (Ages 18-44)	14%	12.1%	17.0%
County	Minnehaha	11%	9.0%	14.0%
	Pennington	13%	11.1%	15.7%
	Lincoln	10%	6.6%	14.0%
	Brown	11%	8.7%	14.1%
	Brookings	10%	7.5%	14.5%
	Codington	13%	9.7%	16.4%
	Meade	16%	10.7%	23.3%
	Lawrence	11%	7.7%	14.8%

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	Females exhibit a significantly higher prevalence of eating at least three servings of vegetables per day than males.
Age	The prevalence of eating at least three servings of vegetables per day does not seem to change as age changes.
Race/ Ethnicity	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on race/ethnicity.
Household Income	The prevalence of eating at least three servings of vegetables does not seem to change as household income changes.
Education	The prevalence of eating at least three servings of vegetables per day does not seem to change as education changes.
Employment	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on employment.
Marital Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on marital status.
Home Ownership	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on home ownership.
Children Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on the presence of children in the household.
Phone Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on phone status.
Pregnancy Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on pregnancy status.
County	There seems to be no difference regarding eating at least three servings of vegetables per day among the eight counties with sufficient sample size.