
Overweight and Obese

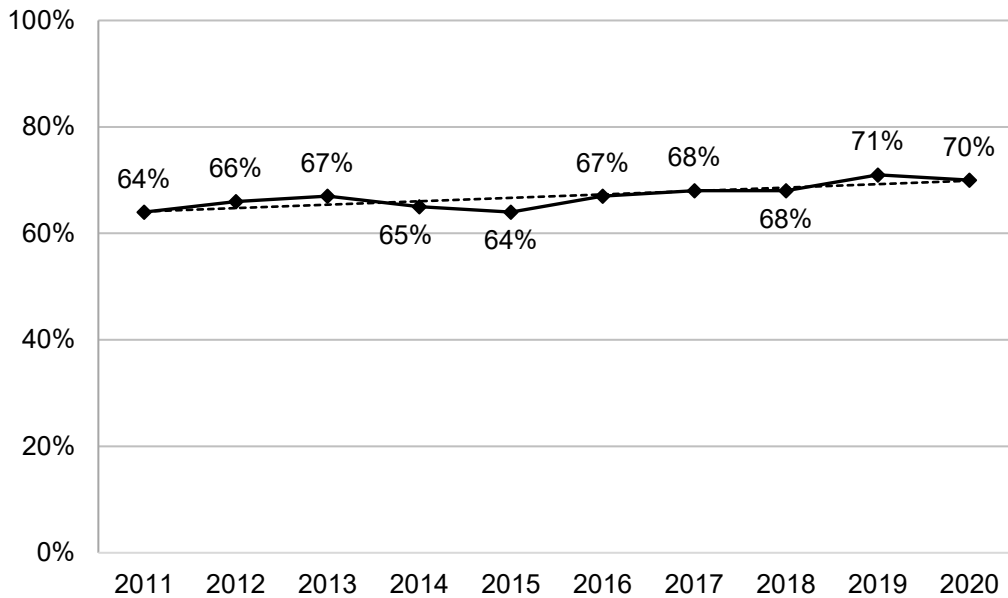
OVERWEIGHT

Definition: Overweight 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

- South Dakota 70%
- Nationwide median 67%

Figure 1
Percentage of South Dakotans Who Are Overweight Based on Body Mass Index, 2011-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2020

Table 4
South Dakotans Who Are Overweight, 2016-2020

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	74%	72.9%	75.7%
	Female	62%	60.8%	63.8%
Age	18-29	51%	48.3%	54.2%
	30-39	69%	66.1%	71.7%
	40-49	75%	72.5%	77.5%
	50-59	77%	74.7%	78.6%
	60-69	76%	74.5%	78.1%
	70-79	73%	71.0%	75.5%
Race/Ethnicity	80+	59%	55.7%	63.1%
	White, Non-Hispanic	69%	67.5%	69.6%
	American Indian, Non-Hispanic	77%	73.1%	79.8%
	American Indian/White, Non-Hispanic	77%	65.9%	85.0%
Household Income	Hispanic	69%	60.0%	76.1%
	Less than \$35,000	67%	65.3%	69.5%
	\$35,000-\$74,999	72%	69.8%	73.5%
Education	\$75,000+	70%	68.2%	71.9%
	Less than High School, G.E.D.	69%	64.8%	73.4%
	High School, G.E.D.	69%	66.9%	70.7%
	Some Post-High School	69%	67.2%	70.8%
Employment Status	College Graduate	68%	65.8%	69.2%
	Employed for Wages	69%	67.8%	70.8%
	Self-employed	73%	70.1%	75.7%
	Unemployed	65%	59.2%	70.9%
	Homemaker	62%	55.9%	67.5%
	Student	39%	33.4%	44.9%
Marital Status	Retired	72%	70.0%	73.3%
	Unable to Work	75%	70.8%	79.0%
	Married/Unmarried Couple	73%	71.4%	73.9%
	Divorced/Separated	73%	70.3%	75.4%
Home Ownership Status	Widowed	64%	61.1%	67.1%
	Never Married	57%	54.5%	60.0%
Children Status	Own Home	72%	70.5%	72.8%
	Rent Home	63%	60.3%	65.2%
Phone Status	Children in Household (Ages 18-44)	67%	64.2%	69.0%
	No Children in Household (Ages 18-44)	56%	52.8%	58.8%
Pregnancy Status	Landline	71%	69.6%	72.6%
	Cell Phone	68%	66.3%	69.0%
County	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	58%	55.1%	60.7%
	Minnehaha	67%	64.5%	69.8%
	Pennington	67%	64.1%	69.2%
	Lincoln	65%	57.3%	71.1%
	Brown	71%	68.1%	74.3%
	Brookings	62%	57.3%	66.5%
	Codington	71%	67.3%	74.2%
Meade	65%	58.9%	70.5%	
Lawrence	62%	55.6%	67.8%	

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

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 50's 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	Those who primarily use a landline phone exhibit a significantly higher prevalence of being overweight than those who primarily use a cell phone.
County	Brown and Codington counties demonstrates a very high prevalence of being overweight, while Brookings and Lawrence counties show a very low prevalence.

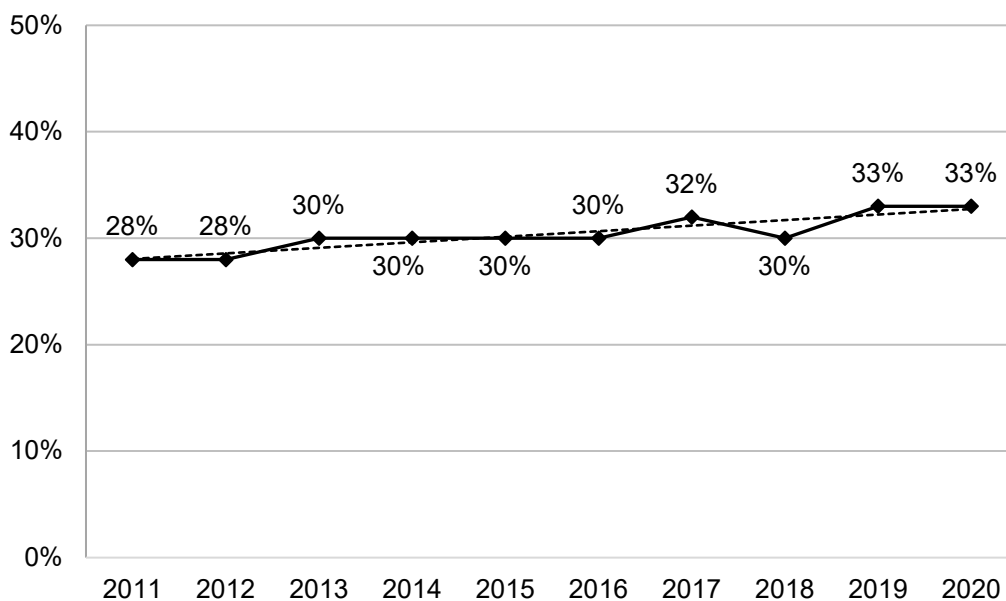
OBESE

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, 2011-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2020

Table 5
South Dakotans Who Are Obese, 2016-2020

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	33%	31.3%	34.1%
	Female	30%	28.9%	31.7%
Age	18-29	20%	18.2%	22.8%
	30-39	33%	30.4%	36.3%
	40-49	37%	34.4%	40.1%
	50-59	38%	35.7%	40.4%
	60-69	36%	34.2%	38.3%
	70-79	31%	28.9%	33.6%
	80+	20%	17.4%	23.7%
Race/Ethnicity	White, Non-Hispanic	31%	29.5%	31.6%
	American Indian, Non-Hispanic	44%	39.8%	48.2%
	American Indian/White, Non-Hispanic	44%	33.3%	55.4%
	Hispanic	37%	29.6%	46.0%
Household Income	Less than \$35,000	34%	31.9%	36.0%
	\$35,000-\$74,999	32%	30.3%	34.0%
	\$75,000+	31%	28.7%	32.4%
Education	Less than High School, G.E.D.	35%	30.6%	39.5%
	High School, G.E.D.	32%	29.8%	33.5%
	Some Post-High School	32%	30.5%	34.0%
	College Graduate	29%	27.7%	30.9%
Employment Status	Employed for Wages	32%	30.6%	33.6%
	Self-employed	32%	29.5%	35.5%
	Unemployed	33%	28.1%	38.9%
	Homemaker	28%	23.1%	33.5%
	Student	15%	11.9%	19.7%
	Retired	30%	28.6%	32.1%
	Unable to Work	48%	43.2%	52.6%
Marital Status	Married/Unmarried Couple	33%	31.9%	34.5%
	Divorced/Separated	35%	32.3%	38.2%
	Widowed	26%	23.4%	28.5%
	Never Married	27%	24.8%	29.3%
Home Ownership Status	Own Home	32%	31.2%	33.5%
	Rent Home	31%	28.6%	33.1%
Children Status	Children in Household (Ages 18-44)	31%	28.8%	33.5%
	No Children in Household (Ages 18-44)	24%	21.5%	26.3%
Phone Status	Landline	33%	31.5%	34.6%
	Cell Phone	31%	29.7%	32.3%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	28%	25.8%	30.8%
County	Minnehaha	31%	28.9%	34.1%
	Pennington	29%	26.9%	31.7%
	Lincoln	26%	20.9%	32.6%
	Brown	35%	32.1%	38.6%
	Brookings	26%	22.8%	29.6%
	Codington	34%	30.2%	37.2%
	Meade	25%	21.2%	29.9%
	Lawrence	25%	20.5%	30.5%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

Demographics

Gender	The prevalence of obesity does not seem to differ by gender.
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 and American Indian/whites 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 decreases as education levels increase.
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	Brown and Codington counties demonstrate a very high prevalence of obesity, while Pennington, Brookings, Meade, and Lawrence counties show a very low prevalence.

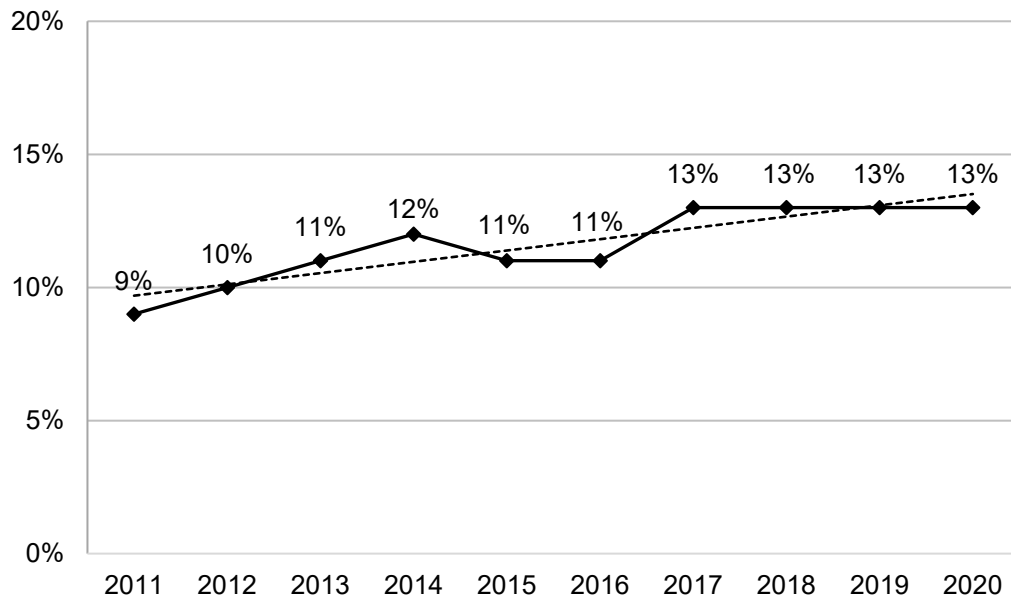
SEVERELY OBESE

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, 2011-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2020

Table 6
South Dakotans Who Are Severely Obese, 2016-2020

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	12%	11.4%	13.4%
	Female	13%	11.9%	13.8%
Age	18-29	9%	7.3%	10.5%
	30-39	14%	11.9%	15.9%
	40-49	15%	13.2%	17.2%
	50-59	15%	13.6%	17.0%
	60-69	14%	12.8%	16.0%
	70-79	11%	9.8%	12.9%
	80+	6%	4.3%	7.8%
Race/Ethnicity	White, Non-Hispanic	12%	11.4%	12.8%
	American Indian, Non-Hispanic	19%	16.1%	21.9%
	American Indian/White, Non-Hispanic	19%	11.2%	31.4%
	Hispanic	14%	9.5%	20.5%
Household Income	Less than \$35,000	15%	13.8%	16.8%
	\$35,000-\$74,999	13%	12.0%	14.7%
	\$75,000+	10%	8.9%	11.2%
Education	Less than High School, G.E.D.	14%	11.4%	17.7%
	High School, G.E.D.	13%	11.5%	14.0%
	Some Post-High School	13%	11.6%	14.0%
	College Graduate	12%	10.5%	12.8%
Employment Status	Employed for Wages	13%	12.0%	14.1%
	Self-employed	11%	9.5%	13.5%
	Unemployed	14%	10.9%	18.5%
	Homemaker	12%	8.8%	16.0%
	Student	6%	4.3%	9.6%
	Retired	11%	9.7%	12.0%
	Unable to Work	26%	22.1%	30.5%
Marital Status	Married/Unmarried Couple	12%	11.3%	13.1%
	Divorced/Separated	16%	13.5%	17.7%
	Widowed	11%	9.5%	13.4%
	Never Married	13%	11.1%	14.3%
Home Ownership Status	Own Home	12%	11.2%	12.8%
	Rent Home	15%	13.2%	16.5%
Children Status	Children in Household (Ages 18-44)	12%	10.8%	14.1%
	No Children in Household (Ages 18-44)	11%	9.0%	12.3%
Phone Status	Landline	14%	13.0%	15.4%
	Cell Phone	12%	11.2%	12.9%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	12%	10.3%	13.7%
County	Minnehaha	11%	9.8%	13.2%
	Pennington	12%	10.5%	14.2%
	Lincoln	10%	6.4%	14.3%
	Brown	14%	11.9%	16.4%
	Brookings	12%	9.4%	14.3%
	Codington	14%	12.1%	17.1%
	Meade	10%	7.7%	13.7%
	Lawrence	8%	5.6%	11.3%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

Demographics

Gender	The prevalence of severe obesity does not seem to differ based on gender.
Age	The prevalence of being severely obese peaks in the 40s and 50s. This includes a significant increase as the 30s are reached. After that, the prevalence of being severely obese decreases as age increases with a significant decrease as the 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 decreases as education levels increase.
Employment	Those who are unable to work demonstrate a very high prevalence of being severely obese, while those who are self-employed, a homemaker, or 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 or widowed 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	Those who primarily use a landline phone demonstrate a significantly higher prevalence of being severely obese than those who primarily use a cell phone.
County	Residents of Brown and Codington counties demonstrate a very high prevalence of being severely obese, while residents of Lawrence county show a very low prevalence.

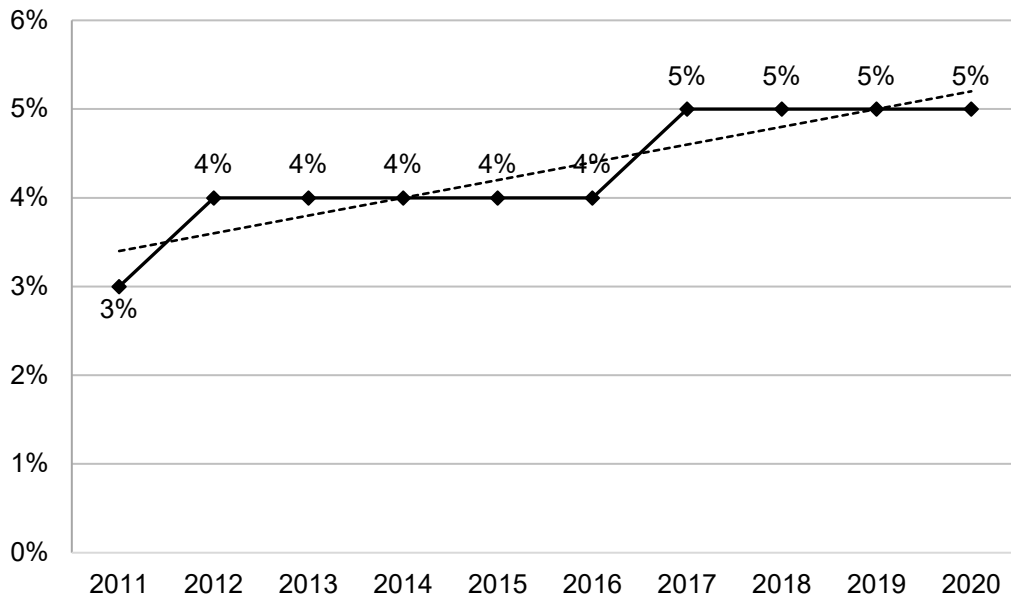
MORBIDLY OBESE

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 obesity

Figure 4
Percent of South Dakotans Who are Morbidly Obese, 2011-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2018-2020

**Table 7
South Dakotans Who Are Morbidly Obese, 2016-2020**

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	4%	3.6%	4.8%
	Female	5%	4.4%	5.7%
Age	18-29	3%	2.4%	4.4%
	30-39	6%	4.8%	7.5%
	40-49	5%	4.2%	6.5%
	50-59	6%	4.6%	6.8%
	60-69	5%	4.2%	6.0%
	70-79	3%	2.5%	4.2%
	80+	1%	0.8%	2.0%
Race/Ethnicity	White, Non-Hispanic	4%	3.9%	4.7%
	American Indian, Non-Hispanic	7%	5.4%	9.2%
	American Indian/White, Non-Hispanic	7%	3.1%	14.4%
	Hispanic	8%	4.3%	13.1%
Household Income	Less than \$35,000	6%	5.0%	6.8%
	\$35,000-\$74,999	5%	4.0%	5.6%
	\$75,000+	3%	2.7%	3.9%
Education	Less than High School, G.E.D.	4%	2.9%	5.9%
	High School, G.E.D.	5%	4.1%	5.8%
	Some Post-High School	5%	3.9%	5.3%
	College Graduate	4%	3.8%	5.2%
Employment Status	Employed for Wages	5%	4.1%	5.4%
	Self-employed	4%	2.7%	5.2%
	Unemployed	6%	3.6%	8.4%
	Homemaker	5%	3.4%	8.4%
	Student	2%	0.8%	4.3%
	Retired	4%	3.0%	4.4%
	Unable to Work	12%	9.5%	15.0%
Marital Status	Married/Unmarried Couple	4%	3.7%	4.9%
	Divorced/Separated	6%	4.7%	7.3%
	Widowed	5%	3.6%	6.0%
	Never Married	5%	3.9%	5.8%
Home Ownership Status	Own Home	4%	3.7%	4.7%
	Rent Home	6%	4.9%	6.9%
Children Status	Children in Household (Ages 18-44)	5%	3.7%	5.6%
	No Children in Household (Ages 18-44)	5%	3.6%	5.7%
Phone Status	Landline	5%	4.7%	6.2%
	Cell Phone	4%	3.8%	4.8%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	5%	4.0%	6.2%
County	Minnehaha	5%	3.7%	6.0%
	Pennington	4%	2.9%	5.0%
	Lincoln	3%	1.3%	6.3%
	Brown	6%	4.6%	8.0%
	Brookings	5%	3.4%	6.6%
	Codington	5%	3.6%	6.5%
	Meade	4%	2.4%	5.9%
	Lawrence	2%	0.8%	2.8%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

Demographics

Gender	The prevalence of morbid obesity does not seem to differ based on gender.
Age	The prevalence of morbid obesity does not seem to consistently change as age changes.
Race/ Ethnicity	American Indians exhibit a very high prevalence of morbid obesity, while whites show a very low prevalence.
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 significantly higher prevalence of morbid obesity than all other types of employment.
Marital Status	The prevalence of morbid obesity does not seem to differ based on marital status.
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, Pennington, Brown, Brookings, and Codington counties demonstrate a very high prevalence of morbid obesity, while Lawrence county shows a very low prevalence.