Childhood obesity in South Dakota

BAD NEWS:
Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

GOOD NEWS:
Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

32.2% of children + adolescents aged 5 to 19 years were reported as overweight & obese when combined by South Dakota schools. (HT/WEIGHT RPT)

16.5% were overweight
15.7% were obese

Childhood obesity has increased over the last 30 years

Source: www.cdc.gov/healthyyouth/obesity/facts.htm
HERE’S WHY OBESITY has QUADRUPLED for South Dakota CHILDREN & ADOLESCENTS

LACK OF PHYSICAL ACTIVITY

Less than half were physically active for a total of at least 60 minutes per day on five or more of the past seven days

23.6% watched three or more hours per day of TV on an average school day

1 out of 3 played video or computer games or used a computer for something that was not school work three or more hours per day on average school day

POOR NUTRITION

18.3% ate fruits and vegetables five or more times per day during the past seven days

23.6% drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days

WHAT SCHOOLS CAN DO

Schools play a critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors.

Develop, implement, and evaluate healthy eating and physical activity policies and practices. Refer to the South Dakota School Model Wellness Policy to get started.

Establish school environments that support healthy eating and physical activity.

Provide a quality school meal program and offer healthy food and beverage choices outside of the school meal program.

Implement a comprehensive physical activity program with quality physical education.

Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.

Provide students with services to address healthy eating, physical activity, and related chronic disease prevention.

Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.

Provide a school employee wellness program.

Learn more at HealthySD.gov

Sources:

www.cdc.gov/healthyyouth/npao/strategies.htm
SD Youth Risk Behavior Survey 2013
SD School Height & Weight 2013-2014