

DIETARY & PHYSICAL ACTIVITY

behaviors

in South Dakota High Schools 2015

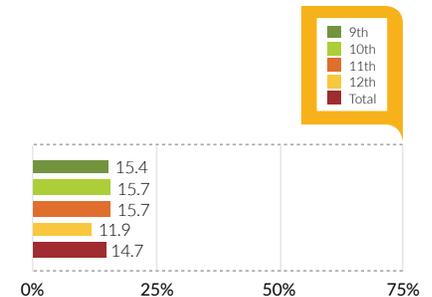
Why is this problematic?

There is strong evidence to show that poor dietary habits and lack of physical activity lead to overweight and obesity in youth and adults, leading to several chronic diseases. Unhealthy eating and lack of physical activity cause 33% of premature deaths¹.

WEIGHT (by grade)



Percentage of students who were obese



DIETARY BEHAVIORS (by grade)



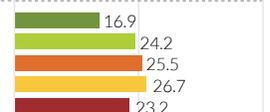
Percentage of students who ate vegetables three or more times per day during the past seven days



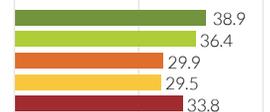
Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage one or more times per day during the past seven days



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



Percentage of students who ate breakfast on all of the past seven days



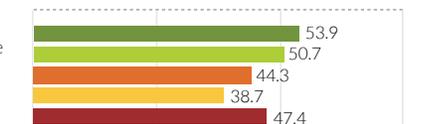
Percentage of students who drank three or more glasses of milk per day during the past seven days



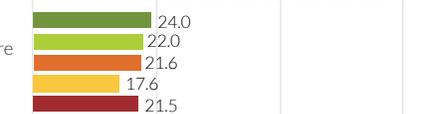
PHYSICAL ACTIVITY (by grade)



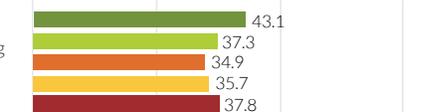
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days



Percentage of students who watched three or more hours per day of TV on an average school day



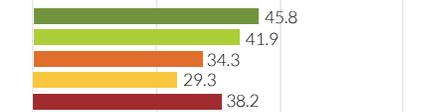
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on average school day



Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school



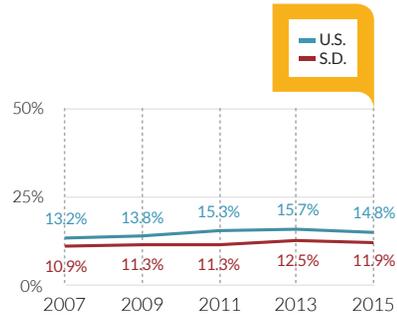
Percentage of students who get at least eight hours of sleep on an average school night



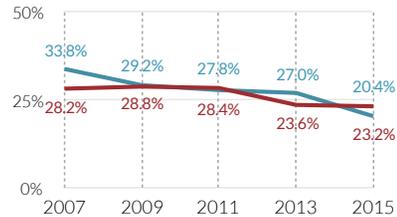
DIETARY BEHAVIOR TRENDS



Percentage of students who ate vegetables three or more times per day during the past seven days



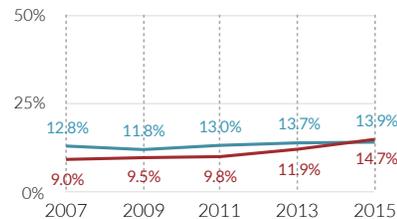
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days



WEIGHT TRENDS



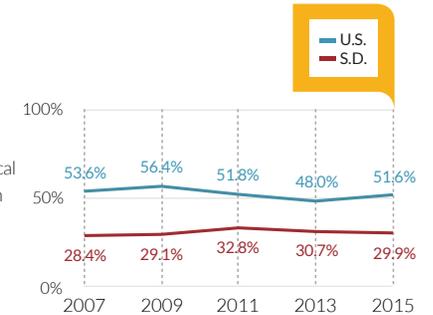
Percentage of students who were obese



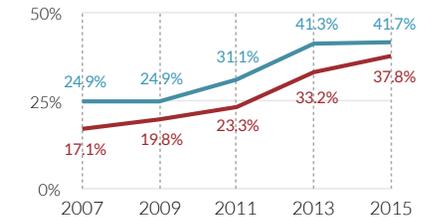
PHYSICAL ACTIVITY TRENDS



Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school



Percentage of students who 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



What works?

To reverse the obesity epidemic, we must change our physical and food environments to provide more opportunities for people to eat healthy foods and to be physically active on a daily basis. This can occur through implementation of evidence-based policy and environmental changes in schools, worksites, communities, and healthcare settings. Furthermore, the dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society. Schools play a particularly critical role by establishing safe and supportive environments with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity.

References
 1. National Alliance for Nutrition and Activity 2008
<https://cspinet.org/national-alliance-nutrition-and-activity>