

The Health Behaviors of South Dakotans 2020

*A Report of the South Dakota
Behavioral Risk Factor Surveillance System*

South Dakota Department of Health
600 East Capitol Avenue
Pierre, South Dakota 57501

In cooperation with
the Centers for Disease Control and Prevention
Atlanta, Georgia

January 2022

Copies of this report and its distribution were paid for by a grant from
the Centers for Disease Control and Prevention.

Preface

The Health Behaviors of South Dakotans 2020 serves as a way to measure health risks of South Dakotans.

The information used to develop the report came from the Behavioral Risk Factor Surveillance System (BRFSS). The South Dakota Department of Health (DOH) initiated the BRFSS with help from the Centers for Disease Control and Prevention (CDC).

The survey consists of questions aimed at tracking and trending prevalence of health behaviors and conditions over time.

The BRFSS is the world's largest telephone survey. The survey is administered to households with adults age 18 years or older.

The Office of Health Statistics edited and compiled data for this publication. This report contains as much information as practical from the survey.

For questions regarding *The Health Behaviors of South Dakotans 2020*, please contact:

Office of Health Statistics
615 East 4th Street
Pierre, South Dakota 57501-2536
Phone: (605) 773-3361
<http://doh.sd.gov/Statistics/>
National web site: <http://www.cdc.gov/brfss/>

The following people were the main contributors to the development of this report:

Carrie Cushing	Policy Data Analyst
Mark Gildemaster	Coordinator of South Dakota Behavioral Risk Factor Surveillance System
Daniel Bucheli	Communications Director

Table of Contents

Preface	i
List of Tables.....	iv
List of Figures	viii
Overview.....	3
Methodology	11
Health Behavior Topics.....	15
Overweight and Obese	17
Physical Activity	29
Tobacco Use.....	32
Breast and Cervical Cancer Screening.....	47
Colorectal Cancer Screening.....	53
Cancer	57
Prostate Cancer.....	67
Diabetes.....	73
Cardiovascular Disease.....	81
Chronic Obstructive Pulmonary Disease	90
Immunization	93
Arthritis.....	102
Asthma.....	105
Depression.....	108
Kidney Disease.....	111
Vision Impairment.....	114
Alcohol Use.....	117
General Health Status.....	126
Health Insurance.....	141
Oral Health.....	152
Children’s Oral Health.....	155
Hearing Difficulty.....	159
Seatbelt Use	162
HIV/AIDS.....	165
Sleep.....	168
Sunblock Use.....	171
Adverse Childhood Experiences.....	174
Prescription Pain Medication	180
Falls	183
Hepatitis C	186
Appendix A: Demographics.....	191
Appendix B: BRFSS Questionnaire	197

List of Tables

1.	Estimated Percentage and Number of Persons at Risk Due to Selected Factors (Ages 18 and Older Unless Otherwise Specified): South Dakota BRFSS, 2020	5
2.	Topics Covered on the South Dakota BRFSS, 2011-2020	6-7
3.	Disposition of All Telephone Numbers in the Sample, 2020	13
4.	South Dakotans Who Are Overweight, 2016-2020	18
5.	South Dakotans Who Are Obese, 2016-2020	21
6.	South Dakotans Who Are Severely Obese, 2016-2020	24
7.	South Dakotans Who Are Morbidly Obese, 2016-2020	27
8.	South Dakotans Who Reported Leisure Time Physical Activity, 2016-2020	30
9.	South Dakotans Who Currently Smoke Cigarettes, 2016-2020	33
10.	South Dakotans Who Tried to Stop Smoking, Within the Past 12 Months, for One Day or Longer, Because They Were Trying to Quit Smoking, 2011-2020	35
11.	South Dakotans, Ages 18-64, Cigarette Smoking Status by Type of Health Insurance, 2011-2020	37
12.	Who Use Smokeless Tobacco, 2016-2020	39
13.	South Dakotans Who Currently Smoke E-Cigarettes, 2016-2020	42
14.	South Dakotans Who Currently Smoke Cigarettes, Use Smokeless Tobacco, or Use E-Cigarettes, 2016-2020	45
15.	Female South Dakotans, Ages 40-74, Who Have Had a Mammogram in the Past Two Years, 2016-2020	48
16.	Female South Dakotans, Ages 21-65, Who Met Cervical Cancer Screening Recommendations Within the Past Three Years, 2016-2020	51
17.	South Dakotans, Ages 50-75, Who Met Colorectal Cancer Screening Recommendations, 2016-2020	54
18.	South Dakotans, Ages 50-75, and Whether They Had Met the Colorectal Cancer Screening Recommendations, 2016-2020	56
19.	South Dakotans Who Have Ever Been Diagnosed With Cancer (Excluding Skin Cancer), 2016-2020	58
20.	Number of Cancers That South Dakotans Have Had, 2015-2020	59

21.	Type of Cancer South Dakotans Have Been Diagnosed With, 2015-2020.....	60
22.	South Dakotans' Treatment for Cancer, 2020	60
23.	Type of Doctor Providing a Majority of Health Care for South Dakotans With Cancer, 2016-2020	60
24.	South Dakotans Who Have Ever Been Diagnosed With Skin Cancer, 2016-2020...	65
25.	Male South Dakotans, Ages 40 and Older, Who Have Had a PSA Test Within the Past Two Years, 2016-2020	68
26.	South Dakotans Who Were Told They Have Diabetes, 2016-2020.....	74
27.	South Dakotans Who Previously Had a Heart Attack, 2016-2020	82
28.	South Dakotans Who Have Angina or Coronary Heart Disease, 2016-2020.....	85
29.	South Dakotans Who Previously Had a Stroke, 2016-2020	88
30.	South Dakotans Who Have Been Told They Have COPD, 2016-2020	91
31.	South Dakotans, Ages 65 and Older, Who Have Had a Flu Shot Within the Past 12 Months, 2016-2020	94
32.	South Dakotans, Ages 65 and Older, Who Have Had a Pneumonia Shot, 2016-2020.....	97
33.	South Dakotans, Ages 50 and Older, Who Have Had a Shingles Shot, 2016-2020.....	100
34.	South Dakotans Who Were Told They Have Arthritis, 2016-2020.....	103
35.	South Dakotans Who Were Told They Have Asthma, 2016-2020.....	106
36.	South Dakotans Who Have Been Told They Have Depression, 2016-2020.....	109
37.	South Dakotans Who Have Been Told They Have Kidney Disease, 2016-2020....	112
38.	South Dakotans Who Have a Vision Impairment, 2016-2020.....	115
39.	South Dakotans Who Drank Alcohol in Past 30 Days, 2016-2020	118
40.	South Dakotans Who Engage in Binge Drinking, 2016-2020	121
41.	South Dakotans Who Engage in Heavy Drinking, 2016-2020	124
42.	South Dakotans Reporting Fair or Poor Health Status, 2016-2020	127
43.	South Dakotans Who Reported Physical Health Not Good for 30 Days of the Past 30, 2016-2020	130

44.	South Dakotans Who Stated Mental Health Not Good for 20-30 Days of the Past 30, 2016-2020	134
45.	South Dakotans Who Stated Usual Activities Unattainable Due to Poor Physical or Mental Health for 10-30 Days of the Past 30, 2016-2020.....	138
46.	South Dakotans, Ages 18-64, Who Do Not Have Health Insurance, 2016-2020	142
47.	Type of Health Insurance, Ages 18-64, 2011-2020	144
48.	How Long Since South Dakotans Last Visited a Doctor for a Routine Checkup, 2014-2020	144
49.	South Dakota Children, Ages 0-17, Who Do Not Have Health Insurance, 2016-2020.....	147
50.	Different Types of Health Coverage for South Dakota Children, Ages 17 and Under, 2011-2020	148
51.	South Dakotans Who Have Had a Routine Checkup Within the Past Two Years, 2016-2020	150
52.	South Dakotans Who Have Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2016-2020.....	153
53.	South Dakota Children, Ages 6-17, Who Have Visited a Dentist or a Dental Clinic for Any Reason Within the Past Year, 2016-2020	156
54.	South Dakotans Who Are Deaf or Have Serious Difficulty Hearing, 2016-2020	160
55.	South Dakotans Who Always or Nearly Always Wear a Seatbelt, 2016-2020.....	163
56.	South Dakotans Who Have Ever Been Tested for HIV, 2016-2020.....	166
57.	South Dakotans Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2016-2020	169
58.	South Dakotans Who Use Sunblock Most of the Time, 2016-2020.....	172
59.	South Dakotans Who Had One or More Adverse Childhood Experiences, 2017-2020	175
60.	South Dakotans Who Had Five or More Adverse Childhood Experiences, 2017-2020	178
61.	South Dakotans Who Have Taken Prescription Pain Medication in the Last 12 Months, 2017-2020	181
62.	South Dakotans, Ages 45 and Older, Who Were Injured in a Fall in the Past 12 Months, 2016-2020	184

63. South Dakotans Who Have Ever Been Tested for Hepatitis C, 2020186

64. Demographics of Survey Respondents, 2020191

65. Surveys Completed by Resident County, 2020 192-193

List of Figures

1.	Percentage of South Dakotans Who Are Overweight or Obese Based on Body Mass Index, 2011-2020	17
2.	Percentage of South Dakotans Who Are Obese Based on Body Mass Index, 2011-2020	20
3.	Percentage of South Dakotans Who Are Severely Obese Based on Body Mass Index, 2011-2020.....	23
4.	Percentage of South Dakotans Who Are Morbidly Obese, 2011-2020.....	26
5.	Percentage of South Dakotans Who Reported Leisure Time Physical Activity, 2011-2020	29
6.	Percentage of South Dakotans Who Currently Smoke Cigarettes, 2011-2020	32
7.	Percentage of Smokers Who Have Been Advised by a Doctor, Nurse, or Other Health Professional to Quit Smoking in the Past 12 Months, 2011-2020	35
8.	South Dakotans' Place of Work Smoking Policy, 2016-2020	36
9.	South Dakotans' Rules About Smoking Inside the Home, 2016-2020.....	36
10.	Percentage of South Dakotans Who Had a CT or CAT Scan in the Past 12 Months, 2018-2020.....	37
11.	Percentage of South Dakotans Who Use Smokeless Tobacco, 2011-2020	38
12.	Percentage of South Dakotans Who Currently Smoke E-Cigarettes, 2016-2020	41
13.	Percentage of South Dakotans Who Currently Smoke Cigarettes, Use Smokeless Tobacco, or Use E-Cigarettes, 2016-2020	44
14.	Percentage of Female South Dakotans, Ages 40-74, Who Have Had a Mammogram in the Past Two Years, 2012-2020	47
15.	Percentage of Female South Dakotans, Ages 21-65, Who Met Cervical Cancer Screening Recommendations Within the Past Three Years, 2016-2020.....	50
16.	Percentage of South Dakotans, Ages 50-75, Who Met Colorectal Cancer Screening Recommendations, 2016-2020.....	53
17.	Percent of South Dakotans, Ages 50-75, Recommended by a Doctor, Nurse, or Other Health Professional to be Tested for Colorectal or Colon Cancer, 2014-2020	56
18.	Percentage of South Dakotans Who Have Ever Been Diagnosed With Cancer (Excluding Skin Cancer), 2011-2020	57

19.	South Dakotans Who Received a Written Summary of All Cancer Treatments, 2016-2020	61
20.	South Dakotans Who Received Instructions for Routine Cancer Check-ups, 2016-2020	61
21.	South Dakotans Who Received Instructions on Paper for Routine Cancer Check-ups, 2016-2020	62
22.	South Dakotans Whose Health Insurance Paid for Some or All of Cancer Treatments, 2016-2020	62
23.	South Dakotans Denied Health Insurance or Life Insurance Due to Cancer Diagnosis, 2016-2020.....	63
24.	South Dakotans Who Participated in a Clinical Trial as Part of Their Cancer Treatment, 2016-2020	64
25.	Percentage of South Dakotans Who Have Ever Been Diagnosed With Skin Cancer, 2011-2020	97
26.	Percentage of Male South Dakotans, Ages 40 and Older, Who Have Had a PSA Test Within the Past Two Years, 2012-2020	67
27.	Percentage of Male South Dakotans, Ages 40 and Older, Who Stated That a Doctor, Nurse, or Other Health Professional Talked With Them About the Advantages of the PSA Test, 2012-2020	70
28.	Percentage of Male South Dakotans, Ages 40 and Older, Who Stated That a Doctor, Nurse, or Other Health Professional Talked With Them About the Disadvantages of the PSA Test, 2012-2020	70
29.	Percentage of Male South Dakotans, Ages 40 and Older, Who Were Recommended by a Doctor, Nurse, or Other Health Professional to Have a PSA Test, 2012-2020	71
30.	Male South Dakotans, Ages 40 and Older, Who Had a PSA Test When a Health Professional Recommended It, 2012-2020	71
31.	Male South Dakotans', Ages 40 and Older, Main Reason for Last PSA Test, 2012-2020	72
32.	Percentage of South Dakotans Who Were Told They Have Diabetes, 2011-2020...	73
33.	South Dakotans Who Use Insulin for Diabetes, 2012-2020.....	76
34.	South Dakotans Who Check Their Blood for Glucose or Sugar One or More Times Per Day, 2012-2020	76
35.	South Dakotans Who Check Their Feet for Sores or Irritations One or More Times Per Day, 2012-2020	77

36.	South Dakotans Who Have Seen a Doctor, Nurse, or Other Health Professional for Their Diabetes Two or More Times in the Past 12 Months, 2012-2020.....	77
37.	South Dakotans That Had Hemoglobin A1c Checked by a Doctor, Nurse, or Other Health Professional Two or More Times in the Past 12 Months, 2012-2020	78
38.	South Dakotans Who Had a Health Professional Check Their Feet for Any Sores or Irritations at Least Once in the Past Year, 2012-2020	78
39.	South Dakotans Who Had an Eye Exam in the Past Year in Which the Pupils Were Dilated, 2012-2020	79
40.	South Dakotans Told by A Doctor That Diabetes Has Affected Their Eyes or They Have Retinopathy, 2012-2020	79
41.	South Dakotans Who Have Ever Taken a Course or Class in How to Manage Diabetes, 2012-2020	80
42.	Percentage of South Dakotans Who Previously Had a Heart Attack, 2011-2020.....	81
43.	Percentage of South Dakotans Who Have Angina or Coronary Heart Disease, 2011-2020	84
44.	Percentage of South Dakotans Who Have Previously Had a Stroke, 2011-2020.....	87
45.	Percentage of South Dakotans Who Were Told They Have COPD, 2011-2020	90
46.	Percentage of South Dakotans, Ages 65 and Older, Who Have Had a Flu Shot Within the Past 12 Months, 2011-2020	93
47.	Percentage of South Dakotans, Ages 65 and Older, Who Have Had a Pneumonia Shot, 2011-2020	96
48.	Percentage of South Dakotans, Ages 50 and Older, Who Have Had a Shingles Shot, 2014-2020.....	99
49.	Percentage of South Dakotans Who Were Told They Have Arthritis, 2011-2020...	102
50.	Percentage of South Dakotans Who Were Told They Have Asthma, 2011-2020...	105
51.	Percentage of South Dakotans Who Were Told They Have Depression, 2011-2020	108
52.	Percentage of South Dakotans Who Have Been Told They Have Kidney Disease, 2011-2020	111
53.	Percentage of South Dakotans Who Have a Vision Impairment, 2013-2020	114
54.	Percentage of South Dakotans Who Drank Alcohol in the Past 30 Days, 2011-2020	117

55.	Percentage of South Dakotans Who Engage in Binge Drinking, 2011-2020	120
56.	Percentage of South Dakotans Who Engage in Heavy Drinking, 2011-2020	123
57.	Percentage of South Dakotans Reporting Fair or Poor Health Status, 2011-2020	126
58.	Percentage of South Dakotans Reporting Physical Health Not Good for 30 Days of the Past 30, 2011-2020	129
59.	Average Number of Days South Dakotans' Physical Health Was Not Good in the Past 30 Days, 2011-2020	132
60.	Percentage of South Dakotans Stating Mental Health Not Good for 20-30 Days of the Past 30, 2011-2020	133
61.	Average Number of Days Respondents' Mental Health Was Not Good in the Past 30 Days, 2011-2020	136
62.	Percentage of South Dakotans Reporting Usual Activities Unattainable for 10-30 Days of the Past 30, 2011-2020	137
63.	Average Number of Days Poor Physical or Mental Health Kept South Dakotans From Doing Their Usual Activities in the Past 30 Days, 2011-2020	140
64.	Percentage of South Dakotans, Ages 18-64, Who Do Not Have Health Insurance, 2011-2020	141
65.	Percentage of South Dakotans, Ages 45 and Older, Who Needed to See a Doctor But Could Not Because of the Cost, 2014-2020	145
66.	Percentage of South Dakotan Children, Ages 0-17, Who Do Not Have Health Insurance, 2011-2020.....	146
67.	Percentage of South Dakotans Who Have Had a Routine Checkup Within the Past Two Years, 2011-2020	149
68.	Percentage of South Dakotans Who Have Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2012-2020	152
69.	South Dakota Children, Ages 6-17, Who Have Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2011-2020	155
70.	South Dakotans Who Have Any Kind of Insurance Coverage That Pays for Some or All of This Child's Routine Dental Care, 2011-2020.....	157
71.	South Dakota Children, Ages 6-17, Who Had a Toothache, Not Caused by Injury or Trauma, on More Than One Occasion in the Past 12 Months, 2020.....	157
72.	South Dakota Children, Ages 6-17, Who Had a Toothache and the Number of Times the Toothache Caused the Child to Miss School Within the Past 12 Months, 2020.....	158

73.	South Dakota Children, Ages 6-17, Who Visited a Hospital Emergency Room One or More Times Because of Problems With Their Teeth or Mouth Within the Past 12 Months, 2020.....	158
74.	Percentage of South Dakotans Who Are Deaf or Have Serious Difficulty Hearing, 2016-2020	159
75.	Percentage of South Dakotans Who Always or Nearly Always Wear a Seat Belt, 2011-2020	162
76.	Percentage of South Dakotans Who Have Ever Been Tested for HIV, 2011-2020	165
77.	Percentage of South Dakotans Who Get Less Than Six Hours of Sleep in an Average 24-Hour Period, 2013-2020.....	168
78.	Percentage of South Dakotans Who Use Sunblock Most of the Time, 2011-2020	171
79.	Percentage of South Dakotans Who Had One or More Adverse Childhood Experiences, 2017-2020.....	174
80.	Percentage of South Dakotans Who Had Five or More Adverse Childhood Experiences, 2017-2020.....	177
81.	Percentage of South Dakotans Who Have Taken Prescription Pain Medication in the Last 12 Months, 2017-2020	180
82.	Percentage of South Dakotans, Ages 45 or Older, Who Were Injured in a Fall in the Past 12 Months, 2012-2020.....	183