

The Health Behaviors of South Dakotans 2017

*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

April 2019

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 2017 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 2017*, 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
Derrick Haskins	Communications Director
Virginia Peterson	Management Analyst

Table of Contents

Preface	v
List of Tables.....	viii
List of Figures	xii
Overview.....	3
Methodology	11
Health Behavior Topics.....	15
Overweight and Obese	17
Physical Activity and Nutrition.....	26
Tobacco Use.....	43
Diabetes.....	58
Health Insurance.....	62
Hypertension and Cholesterol.....	73
Cardiovascular Disease	81
Immunization	90
Cancer	99
Asthma.....	110
Arthritis.....	113
Chronic Obstructive Pulmonary Disease	117
Depression.....	120
Kidney Disease.....	123
Vision Impairment	126
Seat Belt Use	129
Alcohol Use.....	132
General Health Status.....	141
Children’s Oral Health.....	158
HIV/AIDS.....	164
Advance Directive	167
Adverse Childhood Experiences.....	170
Hearing Difficulty	174
Family Planning	177
Prescription Pain Medication	180
Substance Abuse Treatment	182
Appendix A: Demographics.....	187
Appendix B: BRFSS Questionnaire	193

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, 2017	5
2.	Topics Covered on the South Dakota BRFSS, 2008-2017	6-7
3.	Disposition of All Telephone Numbers in the Sample, 2017	13
4.	South Dakotans Who Are Overweight or Obese, 2013-2017	18
5.	South Dakotans Who Are Class I-III Obese, 2013-2017	21
6.	South Dakotans Who Are Class II-III Obese, 2013-2017	24
7.	South Dakotans Who Reported Leisure Time Physical Activity, 2013-2017	27
8.	South Dakotans Who Met Physical Activity Recommendations, 2013-2017	30
9.	Physical Activity Categories for South Dakotans, 2011-2017	32
10.	South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2013-2017	35
11.	South Dakotans Who Reported Consuming at Least Two Servings of Fruits Per Day, 2013-2017	38
12.	South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day, 2013-2017	41
13.	South Dakotans Who Currently Smoke Cigarettes, 2013-2017	45
14.	South Dakotans Who Tried to Stop Smoking, Within the Past 12 Months, for One Day or Longer Because They Were Trying to Quit Smoking, 2011-2017	46
15.	Percentage of Current Cigarette Smoking by Type of Health Insurance, Ages 18-64, 2011-2017	46
16.	South Dakotans Who Use Smokeless Tobacco, 2013-2017	49
17.	South Dakotans Who Currently Smoke E-Cigarettes, 2016-2017	53
18.	South Dakotans Who Currently Smoke Cigarettes, Use Smokeless Tobacco, or Use E-Cigarettes, 2016-2017	56
19.	South Dakotans Who Were Told They Have Diabetes, 2013-2017	59
20.	South Dakotans, Ages 18-64, Who Do Not Have Health Insurance, 2013-2017	63
21.	Type of Health Insurance, Ages 18-64, 2011-2017	65

22.	How Long Since South Dakotans Last Visited a Doctor for a Routine Checkup, 2012-2017	65
23.	South Dakota Children, Ages 0-17, Who Do Not Have Health Insurance, 2013-2017.....	68
24.	Different Types of Health Coverage for South Dakota Children, Ages 17 and Under, 2011-2017	69
25.	South Dakotans Who Have Had a Routine Checkup Within the Past Two Years, 2013-2017	70-71
26.	South Dakotans Who Were Told They Have Hypertension, 2013-2017.....	74
27.	Percentage of South Dakotans With High Blood Pressure Who Were Taking Medicine for It, 2011-2017	75
28.	South Dakotans Who Were Told They Have High Blood Cholesterol, 2013-2017	79
29.	South Dakotans Who Previously Had a Heart Attack, 2013-2017.....	82
30.	South Dakotans Who Have Angina or Coronary Heart Disease, 2013-2017.....	85
31.	South Dakotans Who Previously Had a Stroke, 2013-2017	88
32.	South Dakotans, Ages 65 and Older, Who Have Had a Flu Shot Within the Past 12 Months, 2013-2017	91
33.	South Dakotans, Ages 65 and Older, Who Have Had a Pneumonia Shot, 2013-2017.....	94
34.	South Dakotans, Ages 50 and Older, Who Have Had a Shingles Shot, 2014-2017.....	96-97
35.	South Dakotans Who Have Ever Been Diagnosed With Cancer (Excluding Skin Cancer), 2013-2017	99-100
36.	Number of Cancers that South Dakotans Have Had, 2015-2017	101
37.	Type of Cancer South Dakotans Have Been Diagnosed With, 2015-2017.....	102
38.	South Dakotans' Treatment for Cancer, 2017	102
39.	Type of Doctor Providing a Majority of Health Care for South Dakotans With Cancer, 2017	102
40.	South Dakotans Who Have Ever Been Diagnosed With Skin Cancer, 2013-2017.....	107-108

41.	South Dakotans Who Were Told They Have Asthma, 2013-2017.....	111
42.	South Dakotans Who Were Told They Have Arthritis, 2013-2017.....	114
43.	South Dakotans Who Have Been Told They Have COPD, 2013-2017	118
44.	South Dakotans Who Were Told They Have Depression, 2013-2017	121
45.	South Dakotans Who Have Been Told They Have Kidney Disease, 2013-2017	124
46.	South Dakotans Who Have a Vision Impairment, 2013-2017.....	127
47.	South Dakotans Who Always or Nearly Always Wear a Seat Belt, 2013-2017	130
48.	South Dakotans Who Drank Alcohol in Past 30 Days, 2013-2017	133
49.	South Dakotans Who Engage in Binge Drinking, 2013-2017	136
50.	South Dakotans Who Engage in Heavy Drinking, 2013-2017	139
51.	South Dakotans Reporting Fair or Poor Health Status, 2013-2017	142
52.	South Dakotans Who Reported Physical Health Not Good for 30 Days of the Past 30, 2013-2017	145
53.	South Dakotans Who Stated Mental Health Not Good for 20-30 Days of the Past 30, 2013-2017	149
54.	South Dakotans Who Are Taking Medicine or Receiving Treatment for Mental Health or Emotional Problems, 2016-2017.....	153
55.	South Dakotans Who Stated Usual Activities Unattainable Due to Poor Physical or Mental Health for 10-30 Days of the Past 30, 2013-2017.....	156
56.	South Dakota Children, Ages 1-17, Who Have Visited a Dentist or a Dental Clinic for Any Reason Within the Past Year, 2013-2017.....	159
57.	Main Reason Child Has Not Visited Dentist in the Last Year, 2011-2017	161
58.	South Dakotans, Ages 18-64, Who Have Been Tested For HIV, 2013-2017	165
59.	South Dakotans Who Have an Advance Directive, 2015-2017	168
60.	South Dakotans Who Have Had One or More Adverse Childhood Experiences, 2017.....	170-171
61.	South Dakotans Who Have Had Five or More Adverse Childhood Experiences, 2017.....	172-173
62.	South Dakotans Who Are Deaf or Have Serious Difficulty Hearing, 2016-2017	175

63.	Female South Dakotans, Ages 18-49, Who Are Currently Using Birth Control, 2017	177-178
64.	Type of Birth Control Used, 2017	178
65.	Reasons for Not Using Birth Control, 2017	178
66.	South Dakotans That Have Taken Prescription Pain Medication in the Last 12 Months, 2017	180-181
67.	South Dakotans Who Have Been or are Currently Being Treated for Substance Abuse, 2016-2017	183
68.	Demographics of Survey South Dakotans, 2017	187
69.	Surveys Completed by Resident County, 2017	188-189

List of Figures

1.	Percentage of South Dakotans Who Are Overweight or Obese Based on Body Mass Index, 2011-2017	17
2.	Percentage of South Dakotans Who Are Class I-III Obese Based on Body Mass Index, 2011-2017	20
3.	Percentage of South Dakotans Who Are Class II-III Obese Based on Body Mass Index, 2011-2017	23
4.	Percentage of South Dakotans Who Reported Leisure Time Physical Activity, 2011-2017.....	26
5.	Percentage of South Dakotans Who Met Physical Activity Recommendations, 2011-2017.....	29
6.	Percentage of South Dakotans That Meet Muscle Strengthening Recommendations 2011-2017.....	32
7.	Percentage of South Dakotans That Meet Muscle Strengthening and Aerobic Activity Recommendations, 2011-2017	33
8.	Percentage of South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2011-2017.....	34
9.	Percentage of South Dakotans Who Reported Consuming at Least Two Servings of Fruit Per Day, 2011-2017	37
10.	Percentage of South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day, 2011-2017	40
11.	Percentage of South Dakotans Who Currently Smoke Cigarettes, 2011-2017	43
12.	Percentage of Smokers Who Have Been Advised by a Doctor, Nurse, or Other Health Professional to Quit Smoking in the Past 12 Months, 2011-2017	46
13.	South Dakotans' Place of Work Smoking Policy, 2013-2017	47
14.	South Dakotans' Rules About Smoking Inside the Home, 2013-2017	47
15.	Percentage of South Dakotans Who Use Smokeless Tobacco, 2011-2017	48
16.	Percentage of South Dakotans Advised to Quit Using Smokeless Tobacco by a Doctor, Nurse, or Other Health Professional, 2011-2017	51
17.	Percentage of South Dakotans Who Currently Smoke E-Cigarettes, 2016-2017	52
18.	Percentage of South Dakotans Who Currently Smoke Cigarettes, Use Smokeless Tobacco, or Use E-Cigarettes, 2016-2017	55

19.	Percentage of South Dakotans Who Were Told They Have Diabetes, 2011-2017...	58
20.	South Dakotans Who Have Had a Test for High Blood Sugar or Diabetes Within the Past Three Years, 2011-2017	61
21.	South Dakotans' Diabetic Status, 2013-2017	61
22.	Percentage of South Dakotans, Ages 18-64, Who Do Not Have Health Insurance, 2011-2017.....	62
23.	Percentage of South Dakotans, Ages 18-64, Who Needed to See a Doctor But Could Not Because of the Cost, 2011-2017	66
24.	Percentage of South Dakota Children, Ages 0-17, Who Do Not Have Health Insurance, 2011-2017.....	67
25.	Percentage of South Dakotans Who Have Had a Routine Checkup Within the Past Two Years, 2011-2017.....	70
26.	Percentage of South Dakotans Who Were Told They Have Hypertension, 2011-2017	73
27.	Percentage of South Dakotans Who Have Changed Their Eating Habits to Help Lower or Control Their High Blood Pressure, 2012-2017	76
28.	Percentage of South Dakotans (Current Drinkers) Who Are Reducing Alcohol Use to Help Lower or Control Their High Blood Pressure, 2012-2017	76
29.	Percentage of South Dakotans Who Are Exercising to Help Lower or Control Their High Blood Pressure, 2012-2017	77
30.	Percentage of South Dakotans Who Were Told They Have High Blood Cholesterol, 2011-2017	78
31.	Percentage of South Dakotans With High Cholesterol Who Take Medicine for It, 2017	80
32.	Percentage of South Dakotans Who Previously Had a Heart Attack, 2011-2017.....	81
33.	Percentage of South Dakotans Who Have Angina or Coronary Heart Disease, 2011-2017.....	84
34.	Percentage of South Dakotans Who Have Previously Had a Stroke, 2011-2017.....	87
35.	Percentage of South Dakotans, Ages 65 and Older, Who Have Had a Flu Shot Within the Past 12 Months, 2011-2017	90
36.	Percentage of South Dakotans, Ages 65 and Older, Who Have Had a Pneumonia Shot, 2011-2017	93
37.	Percentage of South Dakotans, Ages 50 and Older, Who Have had a Tetanus Shot, 2013-2017	96

38. Percentage of South Dakotans Who Have Ever Been Diagnosed With Cancer (Excluding Skin Cancer), 2011-2017	99
39. South Dakotans Who Received a Written Summary of All Cancer Treatments, 2017	103
40. South Dakotans Who Received Instructions for Routine Cancer Check-ups, 2017	103
41. South Dakotans Who Received Written Instructions on Paper for Routine Cancer Check-ups, 2017	104
42. South Dakotans Whose Health Insurance Paid for Some or All of Cancer Treatments, 2017	104
43. South Dakotans Denied Health Insurance or Life Insurance Due to Cancer Diagnosis, 2017	105
44. South Dakotans Who Participated in a Clinical Trial as Part of Their Cancer Treatment, 2017	105
45. South Dakotans Who Have Physical Pain Caused by Cancer or Cancer Treatments, 2017	106
46. Percentage of South Dakotans Who Have Ever Been Diagnosed With Skin Cancer, 2011-2017	107
47. Percentage of South Dakotans Who Were Told They Have Asthma, 2011-2017...	110
48. Percentage of South Dakotans Who Were Told They Have Arthritis, 2011-2017...	113
49. Percentage of Those With Arthritis Who Are Limited in Their Usual Activities, 2011-2017	116
50. Percentage of South Dakotans Who Were Told They Have COPD, 2011-2017	117
51. Percentage of South Dakotans Who Were Told They Have Depression, 2011-2017	120
52. Percentage of South Dakotans Who Have Been Told They Have Kidney Disease, 2011-2017.....	123
53. Percentage of South Dakotans Who Have a Vision Impairment, 2013-2017	126
54. Percentage of South Dakotans Who Always or Nearly Always Wear a Seatbelt, 2011-2017	129
55. Percentage of South Dakotans Who Drank Alcohol in the Past 30 Days, 2011-2017	132

56.	Percentage of South Dakotans Who Engage in Binge Drinking, 2011-2017	135
57.	Percentage of South Dakotans Who Engage in Heavy Drinking, 2011-2017	138
58.	Percentage of South Dakotans Reporting Fair or Poor Health Status, 2011-2017	141
59.	Percentage of South Dakotans Reporting Physical Health Not Good for 30 Days of the Past 30, 2011-2017	144
60.	Average Number of Days South Dakotans' Physical Health Was Not Good in the Past 30 Days, 2011-2017	147
61.	Percentage of South Dakotans Stating Mental Health Not Good for 20-30 Days of the Past 30, 2011-2017.....	148
62.	Average Number of Days Respondents' Mental Health Was Not Good in the Past 30 Days, 2011-2017	151
63.	Percentage of South Dakotans Who Are Taking Medicine or Receiving Treatment for Mental Health or Emotional Problems, 2016-2017.....	152
64.	Percentage of South Dakotans Reporting Usual Activities Unattainable for 10-30 Days of the Past 30, 2011-2017	155
65.	South Dakota Children, Ages 1-17, Who Have Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2011-2017	159
66.	Length of Time Since Child Visited the Dentist or Dental Clinic, 2011-2017	160
67.	Length of Time Since Child Visited the Dentist or Dental Clinic by Child's Age, 2011-2017	160
68.	South Dakotans Who Have Any Kind of Insurance Coverage That Pays for Some or All of This Child's Routine Dental Care, 2011-2017.....	161
69.	South Dakotan Children Who Had a Toothache More Than Once When Biting or Chewing in the last Six Months, 2011-2017.....	162
70.	South Dakota Children Who Missed School One or More Times Because of Problems With Their Teeth or Mouth Within the Past 12 Months, 2011-2017	162
71.	South Dakota Children Who Visited a Hospital Emergency Room One or More Times Because of Problems With Their Teeth or Mouth Within the Past 12 Months, 2011-2017	163
72.	Percentage of South Dakotans, Ages 18-64, Who Have Been Tested for HIV, 2011-2017	164
73.	Percent of South Dakotans Who Have an Advance Directive, 2015-2017	167

74.	Percentage of South Dakotans Who are Deaf or Have Serious Difficulty Hearing, 2016-2017	174
75.	Percent of South Dakotans Who Have Been or are Currently Being Treated for Substance Abuse, 2016-2017	182