
Physical Activity

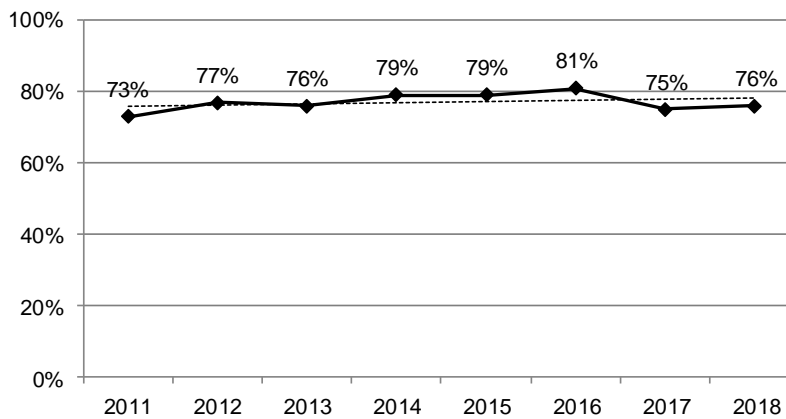
LEISURE TIME PHYSICAL ACTIVITY

Definition: South Dakotans who report leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

Prevalence of Leisure Time Physical Activity

- South Dakota 76%
- Nationwide median 74%

Figure 4
Percentage of South Dakotans Who Reported Leisure Time Physical Activity, 2011-2018



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2018

Table 8
South Dakotans Who Reported Leisure Time Physical Activity, 2014-2018

		2014-2018	95% Confidence Interval	
			Low	High
Gender	Male	77%	76.2%	78.6%
	Female	78%	77.3%	79.4%
Age	18-29	86%	83.9%	87.6%
	30-39	83%	80.6%	84.7%
	40-49	79%	76.3%	80.6%
	50-59	75%	73.3%	77.0%
	60-69	73%	70.8%	74.4%
	70-79	72%	69.4%	73.9%
	80+	66%	62.5%	68.7%
Race/Ethnicity	White, Non-Hispanic	78%	77.2%	78.8%
	American Indian, Non-Hispanic	76%	72.9%	79.0%
	Hispanic	81%	73.8%	86.7%
Household Income	Less than \$25,000	72%	70.4%	73.8%
	\$25,000-\$74,999	79%	77.5%	80.4%
	\$75,000+	85%	83.8%	86.4%
Education	Less than High School, G.E.D.	66%	61.9%	69.2%
	High School, G.E.D.	73%	71.6%	74.7%
	Some Post-High School	80%	78.5%	81.1%
	College Graduate	86%	85.4%	87.4%
Employment Status	Employed for Wages	81%	79.9%	82.1%
	Self-employed	75%	72.3%	77.0%
	Unemployed	76%	70.7%	80.3%
	Homemaker	80%	76.0%	83.8%
	Student	90%	86.2%	93.0%
	Retired	73%	71.4%	74.6%
	Unable to Work	56%	52.1%	60.3%
Marital Status	Married/Unmarried Couple	79%	77.9%	80.0%
	Divorced/Separated	71%	68.5%	73.5%
	Widowed	69%	65.8%	71.1%
	Never Married	82%	79.9%	83.4%
Home Ownership Status	Own Home	78%	77.3%	79.2%
	Rent Home	76%	74.4%	78.1%
Children Status	Children in Household (Ages 18-44)	83%	81.4%	84.7%
	No Children in Household (Ages 18-44)	84%	82.3%	86.3%
Phone Status	Landline	74%	73.1%	75.7%
	Cell Phone	80%	78.6%	80.6%
Pregnancy Status	Pregnant (Ages 18-44)	80%	69.7%	87.8%
	Not Pregnant (Ages 18-44)	85%	83.2%	86.7%
County	Minnehaha	78%	75.8%	80.0%
	Pennington	79%	76.7%	80.7%
	Lincoln	83%	79.3%	85.3%
	Brown	76%	72.5%	78.3%
	Brookings	83%	79.0%	85.6%
	Codington	75%	71.9%	77.9%
	Meade	80%	76.5%	82.3%
	Lawrence	83%	80.7%	85.3%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

Demographics

Gender	The prevalence of leisure time physical activity does not seem to differ based on gender.
Age	The prevalence of leisure time physical activity decreases as age increases. This includes a significant decrease when the 80s are reached.
Race/Ethnicity	There are no significant racial or ethnic differences regarding leisure time physical activity.
Household Income	The prevalence of leisure time physical activity increases as household income increases. This includes significant increases when the \$35,000-\$74,999 and \$75,000+ household income levels are reached.
Education	The prevalence of leisure time physical activity increases as education increases. This includes significant increases as the high school graduate, some post-high school, and college graduate levels are reached.
Employment	Those who are students demonstrate a very high prevalence of leisure time physical activity, while those who are unable to work show a very low prevalence.
Marital Status	Those who are married or have never been married exhibit a very high prevalence of leisure time physical activity, while those who are divorced or widowed show a very low prevalence.
Home Ownership	The prevalence of leisure time physical activity does not seem to change based on home ownership.
Children Status	The prevalence of leisure time physical activity among adults does not seem to change based on the presence of children in the household.
Phone Status	Those who primarily use a cell phone show a significantly higher prevalence of leisure time physical activity than those who primarily use a landline phone.
Pregnancy Status	The prevalence of leisure time physical activity does not seem to change based on pregnancy status.
County	Residents of Lincoln, Brookings, and Lawrence counties exhibit a very high prevalence of leisure time physical activity, while residents of Minnehaha, Brown, and Codington counties show a very low prevalence.