

Physical Activity

NO LEISURE TIME PHYSICAL ACTIVITY

Definition: Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

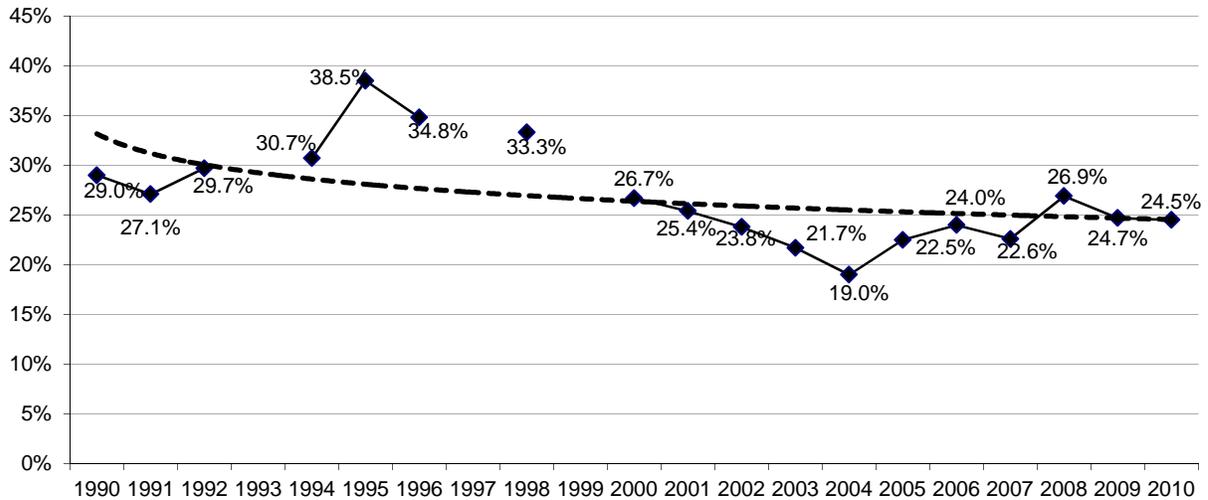
Prevalence of No Leisure Time Physical Activity

- South Dakota 23%
- Nationwide median 23%

Healthy People 2020 Objective

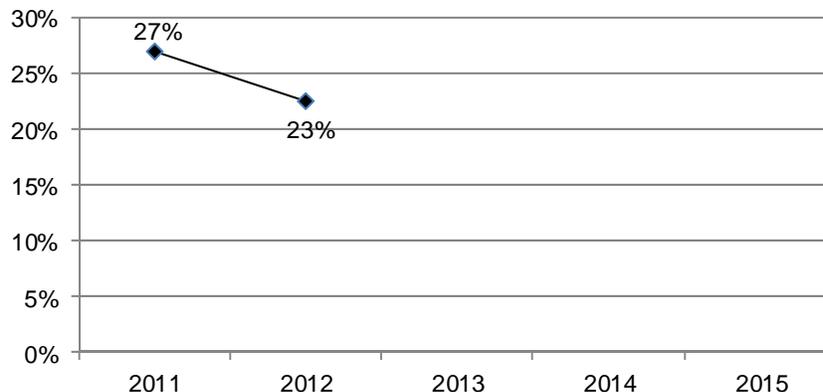
There was no comparable Healthy People 2020 Objective for leisure time physical activity.

Figure 9
Percent of Respondents Who Reported No Leisure Time Physical Activity, 1990-1992, 1994-1996, 1998, and 2000-2010



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1992, 1994-1996, 1998 and 2000-2010

Figure 10
Percent of Respondents Who Reported No Leisure Time Physical Activity, 2011-2012



Note: Beginning in 2011, the CDC began using a different methodology to weight the data, therefore current data estimates cannot be compared to previous years.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012

Table 10				
Respondents Who Reported No Leisure Time Physical Activity, 2011-2012				
		2011-2012	2011	2012
Total		25%	27%	23%
Gender	Male	27%	29%	24%
	Female	23%	25%	21%
Age	18-44	18%	22%	15%
	45-64	27%	28%	26%
	65+	35%	37%	34%
Race	White	24%	26%	22%
	American Indian	26%	*	*
Ethnicity	Hispanic	*	*	*
	Non-Hispanic	25%	27%	23%
Household Income	Less than \$25,000	32%	33%	31%
	\$25,000-\$49,999	27%	31%	24%
	\$50,000+	18%	20%	16%
Education	High School, G.E.D., or Less	32%	33%	32%
	Some Post-High School	21%	26%	17%
	College Graduate	16%	18%	13%
Employment Status	Employed for Wages	21%	23%	19%
	Self-employed	32%	*	*
	Unemployed	*	*	*
	Homemaker	*	*	*
	Student	*	*	*
	Retired	31%	30%	31%
	Unable to Work	*	*	*
Marital Status	Married/Unmarried Couple	24%	27%	21%
	Divorced/Separated	29%	*	*
	Widowed	37%	*	*
	Never Married	21%	*	*
Home Ownership Status	Own Home	25%	27%	23%
	Rent Home	26%	30%	22%
Children Status	Children in Household (Ages 18-44)	19%	*	*
	No Children in Household (Ages 18-44)	17%	*	*
Phone Status	Landline	26%	27%	25%
	Cell Phone	20%	*	*
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	16%	*	*

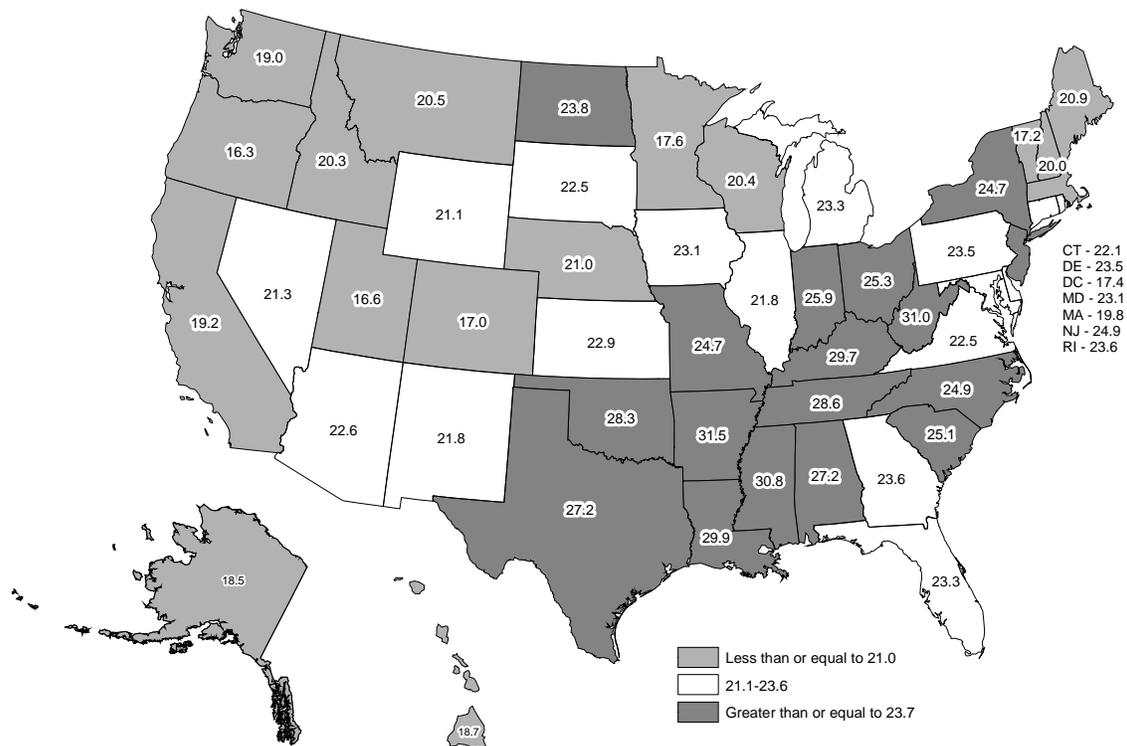
Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012

National Statistics

The national median for respondents who reported no leisure time physical activity was 22.9 percent, as shown in Figure 11 on the next page. South Dakota had 22.5 percent of respondents who reported no leisure time physical activity. Oregon had the lowest percent of respondents who reported no leisure time physical activity with 16.3 percent, while Arkansas had the highest with 31.5 percent.

Figure 11
Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2012



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012

Further Analysis

Following are data illustrating the percent of those who do not engage in leisure time physical activity for various health behaviors and conditions. For example, 48 percent of respondents who stated their physical health was not good for 30 days of the past 30 have no leisure time physical activity, while 23 percent of respondents who stated their physical health was not good for 0-29 days of the past 30 have no leisure time physical activity.

Health Behavior or Condition	% No Leisure Time Physical Activity
Underweight (BMI < 18.5)	36%
Recommended (BMI = 18.5-24.9)	19%
Overweight (BMI = 25.0-29.9)	25%
Obese - Class I (BMI = 30.0-34.9)	28%
Obese - Classes II & III (BMI = 35.0+)	33%
Current Smoker	32%
Former Smoker	26%
Never Smoked	21%
Smokeless Tobacco	30%
No Smokeless Tobacco	24%
Diabetes	36%
No Diabetes	24%
High Blood Pressure	32%
No High Blood Pressure	22%

**Table 11 (continued)
No Leisure Time Physical Activity for Selected Health Behaviors and
Conditions, 2011-2012**

Health Behavior or Condition	% No Leisure Time Physical Activity
Health Insurance (18-64)	21%
No Health Insurance (18-64)	29%
Employer Based Coverage (18-64)	18%
Private Health Plan (18-64)	24%
Medicare (18-64)	35%
Medicaid or Medical Assistance (18-64)	31%
The Military, CHAMPUS, TriCare, or the VA (18-64)	22%
The Indian Health Service (18-64)	29%
Breast Exam Within Past Two Years	18%
No Breast Exam Within Past Two Years	26%
Mammogram Within Past Two Years (40+)	23%
No Mammogram Within Past Two Years (40+)	28%
Pap Smear Within Past Three Years	17%
No Pap Smear Within Past Three Years	23%
Blood Stool Test Within Past Two Years (50+)	29%
No Blood Stool Test Within Past Two Years (50+)	30%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	27%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	35%
PSA Test Within the Past Two Years (40+)	31%
No PSA Test Within the Past Two Years (40+)	29%
Flu Shot (65+)	33%
No Flu Shot (65+)	40%
Pneumonia Shot (65+)	37%
No Pneumonia Shot (65+)	34%
Previously Had Heart Attack	40%
Never Had Heart Attack	24%
Have Angina or Coronary Heart Disease	40%
Do Not Have Angina or Coronary Heart Disease	24%
Previously Had a Stroke	37%
Never Had a Stroke	24%
Cancer	31%
No Cancer	24%
Skin Cancer	28%
No Skin Cancer	24%
Current Asthma	29%
Former Asthma	20%
Never Had Asthma	24%
Arthritis	34%
No Arthritis	22%
COPD	44%
No COPD	23%
Depression	31%
No Depression	23%
Kidney Disease	37%
No Kidney Disease	24%
Vision Impairment	34%
No Vision Impairment	23%
Been to the Dentist in the Past Year	18%
Haven't Been to the Dentist in the Past Year	33%

Table 11 (continued)	
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2011-2012	
Health Behavior or Condition	% No Leisure Time Physical Activity
Always/Almost Always Wear Seat Belt	23%
Sometimes/Seldom/Never Wear Seat Belt	34%
Drank Alcohol in Past 30 Days	21%
Did Not Drink Alcohol in Past 30 Days	30%
Binge Drinker	21%
Not a Binge Drinker	26%
Heavy Drinker	25%
Not a Heavy Drinker	25%
< 3 Sweetened Beverages per Day	24%
3+ Sweetened Beverages per Day	31%
Good/Very Good/Excellent Health Status	21%
Fair/Poor Health Status	46%
Physical Health Not Good for 0-29 Days of the Past 30	23%
Physical Health Not Good for 30 Days of the Past 30	48%
Mental Health Not Good for 0-19 Days of the Past 30	24%
Mental Health Not Good for 20-30 Days of the Past 30	33%
Usual Activities Unattainable for 0-9 Days of the Past 30	23%
Usual Activities Unattainable for 10-30 Days of the Past 30	39%
Physical, Mental, or Emotional Problems	37%
No Physical, Mental, or Emotional Problems	21%
Disability with Special Equipment Needed	45%
No Disability with Special Equipment Needed	23%
Heard of "Healthy South Dakota" Program	18%
Not Heard of "Healthy South Dakota" Program	25%
Injured in a Fall in Past 12 Months (45+)	30%
Not Injured in a Fall in Past 12 Months (45+)	28%
Been Tested for HIV (18-64)	21%
Never Been Tested for HIV (18-64)	26%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012