

# General Health Status

## FAIR OR POOR HEALTH STATUS

**Definition:** Fair or Poor Health Status is defined as respondents who report having fair or poor health from possible response choices of “excellent”, “very good”, “good”, “fair”, or “poor”.

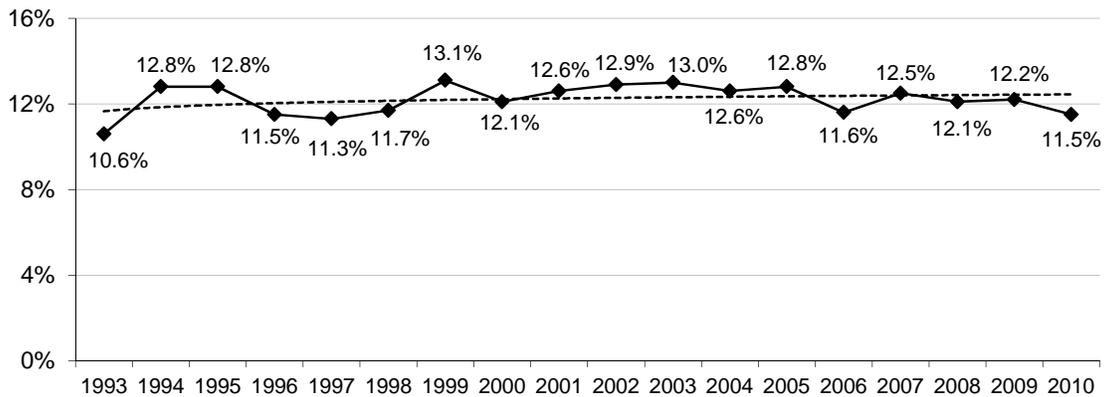
### Prevalence of Fair or Poor Health Status

- South Dakota 13%
- Nationwide median 17%

### Healthy People 2020 Objective

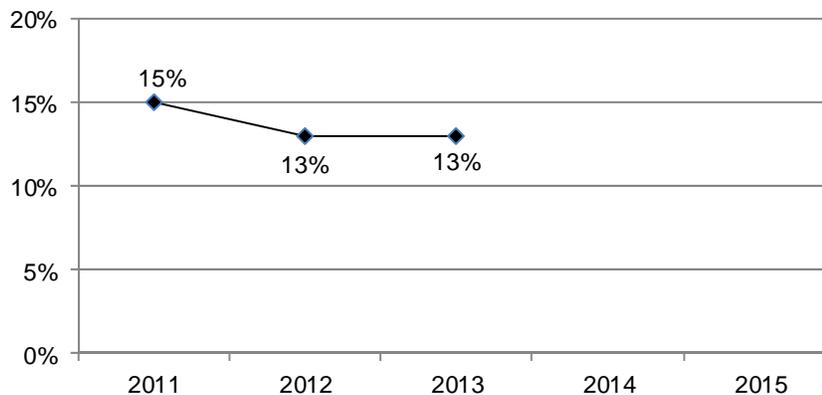
There was no stated Healthy People 2020 Objective for fair or poor health status.

**Figure 84**  
**Percent of Respondents Reporting Fair or Poor Health Status, 1993-2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2010

**Figure 85**  
**Percent of Respondents Reporting Fair or Poor Health Status, 2011-2013**



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, 2011-2013

**Table 79  
Respondents Reporting Fair or Poor Health Status, 2011-2013**

		2011-2013	2011	2012	2013
<b>Total</b>		<b>13%</b>	<b>15%</b>	<b>13%</b>	<b>13%</b>
<b>Gender</b>	Male	14%	15%	14%	12%
	Female	13%	14%	13%	13%
<b>Age</b>	18-34	7%	*	*	*
	35-44	10%	*	*	*
	45-54	13%	*	*	*
	55-64	18%	20%	18%	*
	65-74	20%	*	*	*
	75+	26%	*	*	*
<b>Race</b>	White	13%	14%	12%	12%
	American Indian	22%	*	*	*
<b>Ethnicity</b>	Hispanic	13%	*	*	*
	Non-Hispanic	13%	15%	13%	13%
<b>Household Income</b>	Less than \$15,000	31%	*	*	*
	\$15,000-\$24,999	23%	*	*	*
	\$25,000-\$34,999	14%	*	*	*
	\$35,000-\$49,999	10%	*	*	*
	\$50,000-\$74,999	7%	*	*	*
	\$75,000+	5%	4%	6%	*
<b>Education</b>	Less than High School, G.E.D.	27%	*	*	*
	High School, G.E.D.	16%	18%	15%	14%
	Some Post-High School	11%	13%	10%	11%
	College Graduate	7%	6%	7%	7%
<b>Employment Status</b>	Employed for Wages	8%	10%	7%	7%
	Self-employed	8%	*	*	*
	Unemployed	21%	*	*	*
	Homemaker	11%	*	*	*
	Student	4%	*	*	*
	Retired	22%	23%	22%	22%
	Unable to Work	59%	*	*	*
<b>Marital Status</b>	Married/Unmarried Couple	11%	11%	11%	11%
	Divorced/Separated	21%	*	*	*
	Widowed	26%	*	*	*
	Never Married	12%	*	*	*
<b>Home Ownership Status</b>	Own Home	12%	12%	12%	11%
	Rent Home	19%	23%	17%	16%
<b>Children Status</b>	Children in Household (Ages 18-44)	7%	8%	7%	*
	No Children in Household (Ages 18-44)	8%	*	*	*
<b>Phone Status</b>	Landline	15%	15%	14%	15%
	Cell Phone	11%	*	12%	10%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	9%	*	*	*
	Not Pregnant (Ages 18-44)	8%	*	*	*

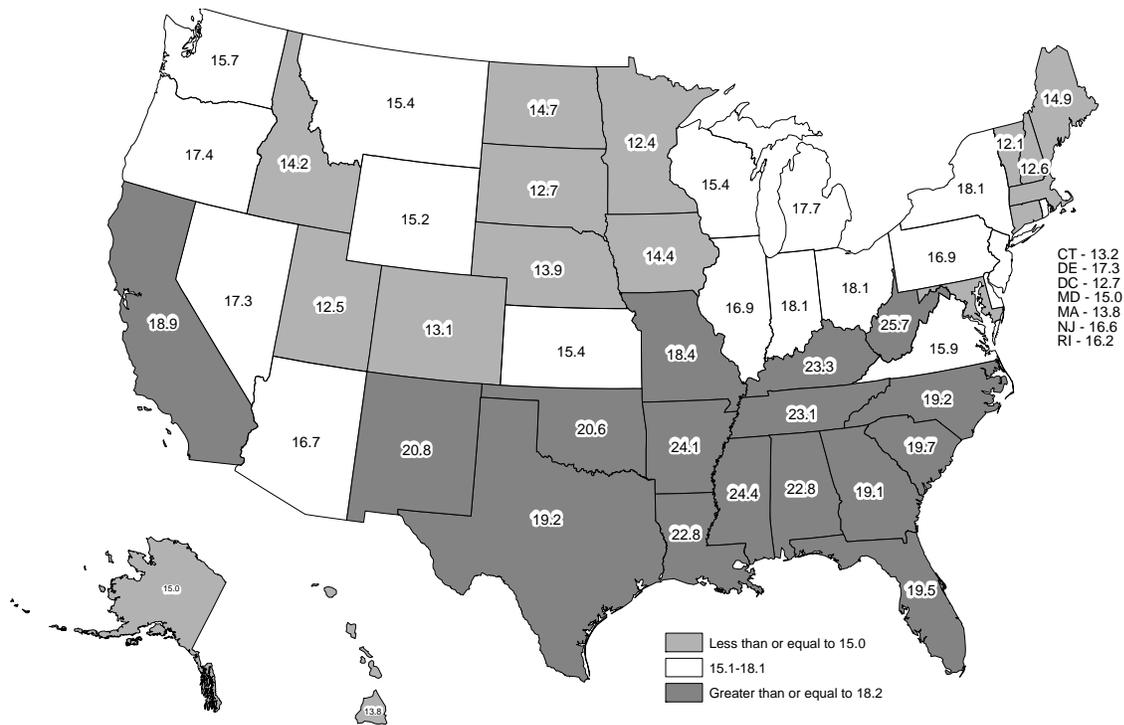
Note: \*Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

### **National Statistics**

The national median for respondents who reported fair or poor health status was 16.7 percent, as shown in Figure 86 on the next page. South Dakota had 12.7 percent of respondents who reported fair or poor health status. Vermont had the lowest percent of respondents who reported fair or poor health status with 12.1 percent, while West Virginia had the highest with 25.7 percent.

**Figure 86**  
**Nationally, Respondents Who Reported Fair or Poor Health Status, 2013**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013

### **Further Analysis**

The following data show the percent of those with fair or poor health for various health behaviors and conditions. For example, 24 percent of respondents who do not engage in leisure time physical activity report fair or poor health, while 10 percent of respondents who engage in leisure time physical activity report fair or poor health.

<b>Health Behavior or Condition</b>	<b>% Fair/Poor Health</b>
Underweight (BMI < 18.5)	17%
Recommended (BMI = 18.5-24.9)	10%
Overweight (BMI = 25.0-29.9)	11%
Obese - Class I (BMI = 30.0-34.9)	16%
Obese - Classes II & III (BMI = 35.0+)	26%
Leisure Time Exercise	10%
No Leisure Time Exercise	24%
Met Physical Activity Recommendations	10%
Did Not Meet Physical Activity Recommendations	17%
2+ Servings of Fruit per Day	13%
< 2 Servings of Fruit per Day	14%
3+ Servings of Vegetables per Day	12%
< 3 Servings of Vegetables per Day	13%
5+ Servings of Fruits and Vegetables per Day	11%
5+ Servings of Fruits and Vegetables per Day	11%

**Table 80 (continued)  
Fair or Poor Health Status for Selected Health Behaviors and  
Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Fair/Poor Health</b>
Current Smoker	19%
Former Smoker	17%
Never Smoked	9%
Smokeless Tobacco	14%
No Smokeless Tobacco	13%
Heard of "South Dakota QuitLine"	11%
Not Heard of "South Dakota QuitLine"	16%
Diabetes	38%
No Diabetes	11%
High Blood Pressure	24%
No High Blood Pressure	9%
High Blood Cholesterol	23%
No High Blood Cholesterol	11%
Health Insurance (18-64)	10%
No Health Insurance (18-64)	17%
Employer Based Coverage (18-64)	7%
Private Health Plan (18-64)	6%
Medicare (18-64)	48%
Medicaid or Medical Assistance (18-64)	27%
The Military, CHAMPUS, TriCare, or the VA (18-64)	18%
The Indian Health Service (18-64)	17%
Flu Shot (65+)	24%
No Flu Shot (65+)	19%
Pneumonia Shot (65+)	26%
No Pneumonia Shot (65+)	16%
Previously Had Heart Attack	40%
Never Had Heart Attack	12%
Have Angina or Coronary Heart Disease	44%
Do Not Have Angina or Coronary Heart Disease	12%
Previously Had a Stroke	47%
Never Had a Stroke	12%
Cancer	27%
No Cancer	12%
Skin Cancer	24%
No Skin Cancer	13%
Current Asthma	31%
Former Asthma	13%
Never Had Asthma	12%
Arthritis	27%
No Arthritis	9%
COPD	52%
No COPD	11%
Depression	28%
No Depression	11%
Kidney Disease	40%
No Kidney Disease	13%
Severe Vision Impairment	40%
No Severe Vision Impairment	12%
Recent Increased Confusion/Memory Loss	42%
No Recent Increased Confusion/Memory Loss	11%

**Table 80 (continued)  
Fair or Poor Health Status for Selected Health Behaviors and  
Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Fair/Poor Health</b>
< 6 Hours of Sleep	29%
6+ Hours of Sleep	11%
Always/Almost Always Wear Seat Belt	13%
Sometimes/Seldom/Never Wear Seat Belt	16%
Drank Alcohol in Past 30 Days	9%
Did Not Drink Alcohol in Past 30 Days	20%
Binge Drinker	8%
Not a Binge Drinker	15%
Heavy Drinker	11%
Not a Heavy Drinker	13%
Physical Health Not Good for 0-29 Days of the Past 30	10%
Physical Health Not Good for 30 Days of the Past 30	68%
Mental Health Not Good for 0-19 Days of the Past 30	11%
Mental Health Not Good for 20-30 Days of the Past 30	44%
Usual Activities Unattainable for 0-9 Days of the Past 30	10%
Usual Activities Unattainable for 10-30 Days of the Past 30	60%
Physical, Mental, or Emotional Problems	38%
No Physical, Mental, or Emotional Problems	7%
Disability with Special Equipment Needed	47%
No Disability with Special Equipment Needed	11%
< 2 Hours of TV per Day	8%
2+ Hours of TV per Day	15%
Been Tested for HIV (18-64)	14%
Never Been Tested for HIV (18-64)	13%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

## **PHYSICAL HEALTH NOT GOOD**

**Definition:** Respondents who reported their physical health was not good for 30 days of the past 30, including physical illness and injury.

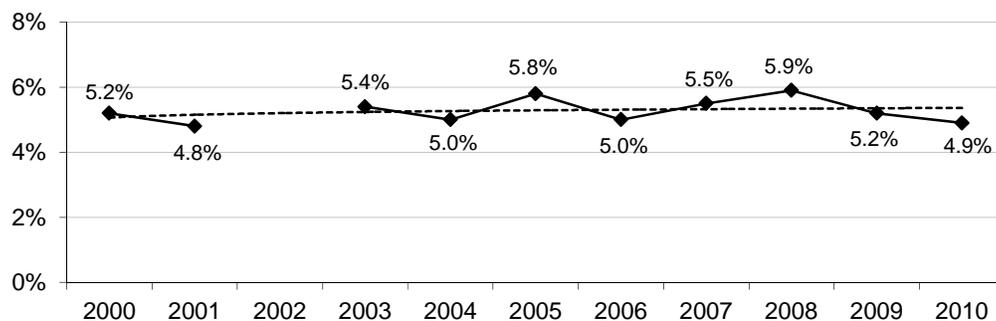
### **Prevalence of Physical Health Not Good for 30 Days of the Past 30**

- South Dakota 5%
- There is no nationwide median for physical health not good for 30 days of the past 30 days.

### **Healthy People 2020 Objective**

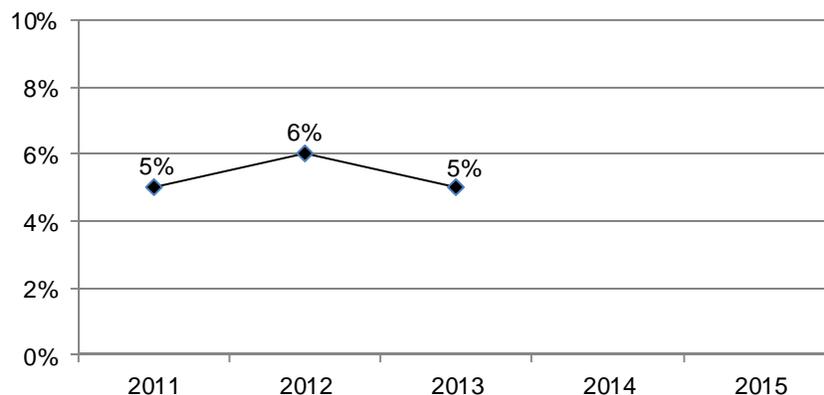
There was no stated Healthy People 2020 Objective for physical health not good for 30 days of the past 30 days.

**Figure 87**  
**Percent of Respondents Reporting Physical Health Not Good for 30 Days of the Past 30, 2000-2001, and 2003-2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2000-2001, and 2003-2010

**Figure 88**  
**Percent of Respondents Reporting Physical Health Not Good for 30 Days of the Past 30, 2011-2013**



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, 2011-2013

**Table 81  
Respondents Who Reported Physical Health Not Good for 30 Days of the Past 30, 2011-2013**

		2011-2013	2011	2012	2013
<b>Total</b>		<b>6%</b>	<b>5%</b>	<b>6%</b>	<b>5%</b>
<b>Gender</b>	Male	5%	5%	6%	4%
	Female	6%	6%	6%	6%
<b>Age</b>	18-34	2%	*	*	*
	35-44	4%	*	*	*
	45-54	6%	*	*	*
	55-64	7%	8%	8%	*
	65-74	9%	*	*	*
	75+	12%	*	*	*
<b>Race</b>	White	5%	5%	6%	5%
	American Indian	9%	*	*	*
<b>Ethnicity</b>	Hispanic	4%	*	*	*
	Non-Hispanic	6%	5%	6%	5%
<b>Household Income</b>	Less than \$15,000	14%	*	*	*
	\$15,000-\$24,999	10%	*	*	*
	\$25,000-\$34,999	4%	*	*	*
	\$35,000-\$49,999	4%	*	*	*
	\$50,000-\$74,999	3%	*	*	*
	\$75,000+	2%	2%	2%	*
<b>Education</b>	Less than High School, G.E.D.	10%	*	*	*
	High School, G.E.D.	6%	5%	7%	5%
	Some Post-High School	5%	6%	5%	5%
	College Graduate	3%	3%	4%	3%
<b>Employment Status</b>	Employed for Wages	2%	2%	3%	2%
	Self-employed	3%	*	*	*
	Unemployed	8%	*	*	*
	Homemaker	6%	*	*	*
	Student	1%	*	*	*
	Retired	9%	9%	11%	8%
<b>Marital Status</b>	Unable to Work	36%	*	*	*
	Married/Unmarried Couple	4%	4%	5%	4%
	Divorced/Separated	10%	*	*	*
	Widowed	14%	*	*	*
<b>Home Ownership Status</b>	Never Married	3%	*	*	*
	Own Home	5%	5%	6%	5%
<b>Children Status</b>	Rent Home	7%	8%	7%	6%
	Children in Household (Ages 18-44)	2%	*	2%	*
<b>Phone Status</b>	No Children in Household (Ages 18-44)	3%	*	*	*
	Landline	6%	6%	7%	6%
<b>Pregnancy Status</b>	Cell Phone	4%	*	5%	4%
	Pregnant (Ages 18-44)	4%	*	*	*
		3%	*	*	*

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

### **Further Analysis**

The following data show the percent of those with physical health not good for 30 days of the past 30 for various health behaviors and conditions. For example, 15 percent of respondents with diabetes reported physical health not good for 30 days of the past 30, while five percent of respondents without diabetes reported physical health not good for 30 days of the past 30.

**Table 82**  
**Physical Health Not Good for 30 Days of the Past 30 for Selected**  
**Health Behaviors and Conditions, 2011-2013**

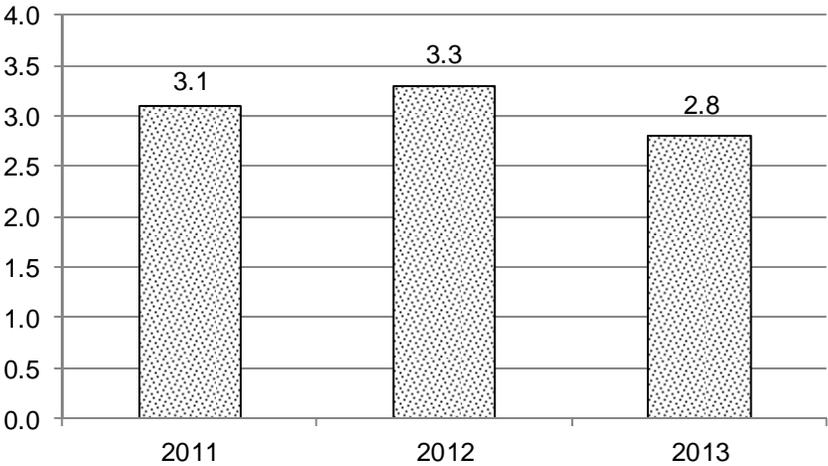
<b>Health Behavior or Condition</b>	<b>% Physical Health Not Good</b>
Underweight (BMI < 18.5)	9%
Recommended (BMI = 18.5-24.9)	5%
Overweight (BMI = 25.0-29.9)	5%
Obese - Class I (BMI = 30.0-34.9)	7%
Obese - Classes II & III (BMI = 35.0+)	9%
Leisure Time Exercise	4%
No Leisure Time Exercise	10%
Met Physical Activity Recommendations	4%
Did Not Meet Physical Activity Recommendations	7%
2+ Servings of Fruit per Day	6%
< 2 Servings of Fruit per Day	5%
3+ Servings of Vegetables per Day	7%
< 3 Servings of Vegetables per Day	5%
5+ Servings of Fruits and Vegetables per Day	7%
< 5 Servings of Fruits and Vegetables per Day	5%
Current Smoker	8%
Former Smoker	7%
Never Smoked	4%
Smokeless Tobacco	5%
No Smokeless Tobacco	6%
Heard of "South Dakota QuitLine"	4%
Not Heard of "South Dakota QuitLine"	7%
Diabetes	15%
No Diabetes	5%
High Blood Pressure	10%
No High Blood Pressure	4%
High Blood Cholesterol	8%
No High Blood Cholesterol	5%
Health Insurance (18-64)	4%
No Health Insurance (18-64)	5%
Employer Based Coverage (18-64)	3%
Private Health Plan (18-64)	2%
Medicare (18-64)	25%
Medicaid or Medical Assistance (18-64)	10%
The Military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	6%
Flu Shot (65+)	11%
No Flu Shot (65+)	9%
Pneumonia Shot (65+)	12%
No Pneumonia Shot (65+)	7%
Previously Had Heart Attack	18%
Never Had Heart Attack	5%
Have Angina or Coronary Heart Disease	23%
Do Not Have Angina or Coronary Heart Disease	5%
Previously Had a Stroke	23%
Never Had a Stroke	5%
Cancer	11%
No Cancer	5%
Skin Cancer	9%
No Skin Cancer	5%
Current Asthma	13%
Former Asthma	7%
Never Had Asthma	5%

<b>Table 82 (continued)</b>	
<b>Physical Health Not Good for 30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2013</b>	
<b>Health Behavior or Condition</b>	<b>% Physical Health Not Good</b>
Arthritis	13%
No Arthritis	3%
COPD	24%
No COPD	4%
Depression	12%
No Depression	4%
Kidney Disease	19%
No Kidney Disease	5%
Severe Vision Impairment	20%
No Severe Vision Impairment	5%
Recent Increased Confusion/Memory Loss	17%
No Recent Increased Confusion/Memory Loss	4%
< 6 Hours of Sleep	13%
6+ Hours of Sleep	4%
Always/Almost Always Wear Seat Belt	5%
Sometimes/Seldom/Never Wear Seat Belt	6%
Drank Alcohol in Past 30 Days	3%
Did Not Drink Alcohol in Past 30 Days	9%
Binge Drinker	3%
Not a Binge Drinker	6%
Heavy Drinker	5%
Not a Heavy Drinker	6%
Good/Very Good/Excellent Health Status	2%
Fair/Poor Health Status	29%
Mental Health Not Good for 0-19 Days of the Past 30	4%
Mental Health Not Good for 20-30 Days of the Past 30	26%
Usual Activities Unattainable for 0-9 Days of the Past 30	3%
Usual Activities Unattainable for 10-30 Days of the Past 30	44%
Physical, Mental, or Emotional Problems	20%
No Physical, Mental, or Emotional Problems	2%
Disability with Special Equipment Needed	31%
No Disability with Special Equipment Needed	3%
< 2 Hours of TV per Day	3%
2+ Hours of TV per Day	6%
Been Tested for HIV (18-64)	6%
Never Been Tested for HIV (18-64)	5%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

Figure 89 on the following page shows the average number of days all respondents stated their physical health was not good for the past 30 days. For the past three years the average number of days has remained steady.

**Figure 89**  
**Average Number of Days Respondents' Physical Health Was Not Good in the Past 30 Days, 2011-2013**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

## **MENTAL HEALTH NOT GOOD**

**Definition:** Respondents who report their mental health was not good for 20 to 30 days of the past 30, including stress, depression, and problems with emotions.

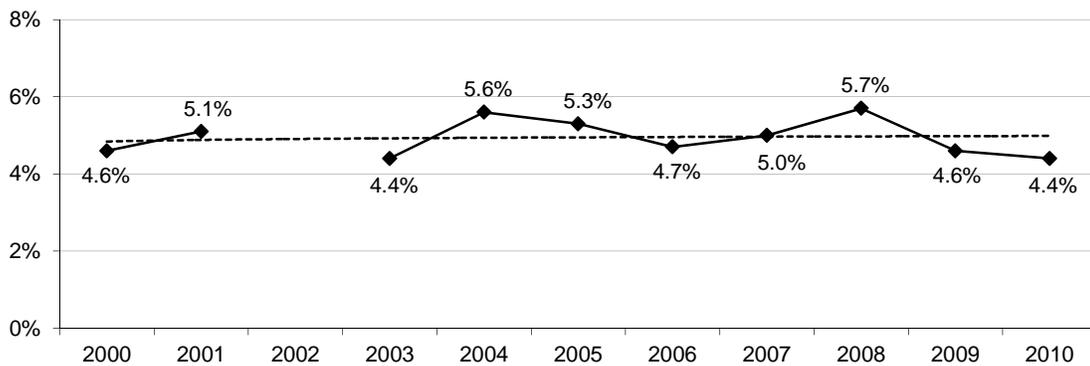
### **Prevalence of Mental Health Not Good for 20-30 Days of the Past 30**

- South Dakota 5%
- There is no nationwide median for mental health not good for 20 to 30 days of the past 30 days.

### **Healthy People 2020 Objective**

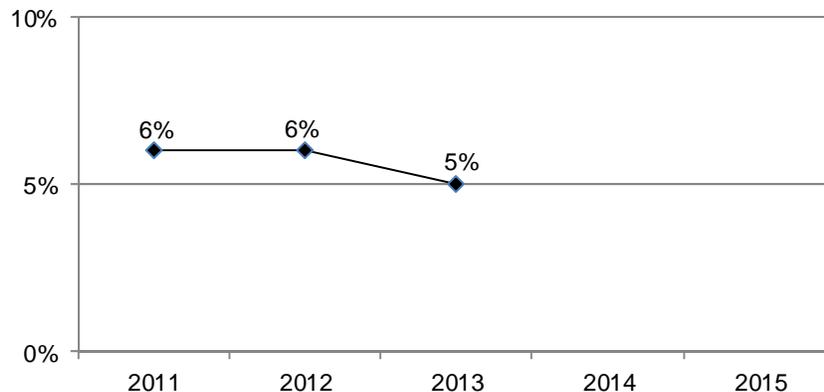
There was no stated Healthy People 2020 Objective for mental health not good for 20 to 30 days of the past 30 days.

**Figure 90**  
**Percent of Respondents Stating Mental Health Not Good for 20-30 Days of the Past 30, 2000-2001, and 2003-2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2000-2001, and 2003-2010

**Figure 91**  
**Percent of Respondents Stating Mental Health Not Good for 20-30 Days of the Past 30, 2011-2013**



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, 2011-2013

**Table 83**  
**Respondents Who Stated Mental Health Not Good for 20-30 Days of the Past 30,**  
**2011-2013**

		2011-2013	2011	2012	2013
<b>Total</b>		<b>6%</b>	<b>6%</b>	<b>6%</b>	<b>5%</b>
<b>Gender</b>	Male	5%	5%	6%	4%
	Female	7%	8%	6%	6%
<b>Age</b>	18-34	7%	*	*	*
	35-44	6%	*	*	*
	45-54	7%	*	*	*
	55-64	5%	5%	7%	*
	65-74	4%	*	*	*
	75+	3%	*	*	*
<b>Race</b>	White	5%	6%	5%	5%
	American Indian	9%	*	*	*
<b>Ethnicity</b>	Hispanic	8%	*	*	*
	Non-Hispanic	6%	6%	6%	5%
<b>Household Income</b>	Less than \$15,000	13%	*	*	*
	\$15,000-\$24,999	8%	*	*	*
	\$25,000-\$34,999	6%	*	*	*
	\$35,000-\$49,999	4%	*	*	*
	\$50,000-\$74,999	3%	*	*	*
	\$75,000+	3%	3%	4%	*
<b>Education</b>	Less than High School, G.E.D.	10%	*	*	*
	High School, G.E.D.	6%	7%	6%	4%
	Some Post-High School	6%	6%	6%	5%
	College Graduate	3%	3%	4%	3%
<b>Employment Status</b>	Employed for Wages	5%	5%	5%	4%
	Self-employed	4%	*	*	*
	Unemployed	12%	*	*	*
	Homemaker	6%	*	*	*
	Student	7%	*	*	*
	Retired	3%	3%	4%	2%
	Unable to Work	24%	*	*	*
<b>Marital Status</b>	Married/Unmarried Couple	4%	4%	5%	4%
	Divorced/Separated	12%	*	*	*
	Widowed	5%	*	*	*
	Never Married	7%	*	*	*
<b>Home Ownership Status</b>	Own Home	4%	4%	5%	4%
	Rent Home	10%	12%	9%	7%
<b>Children Status</b>	Children in Household (Ages 18-44)	6%	*	6%	*
	No Children in Household (Ages 18-44)	7%	*	*	*
<b>Phone Status</b>	Landline	5%	6%	5%	5%
	Cell Phone	6%	*	7%	5%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	4%	*	*	*
	Not Pregnant (Ages 18-44)	8%	*	*	*

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

### **Further Analysis**

The following data show the percent of those who state their mental health was not good for 20 to 30 days of the past 30 for various health behaviors and conditions. For example, 12 percent of respondents who are current smokers say their mental health was not good for 20 to 30 days of the past 30, while four percent of respondents who have never smoked say their mental health was not good for 20 to 30 days of the past 30.

**Table 84**  
**Mental Health Not Good for 20-30 Days of the Past 30 for Selected**  
**Health Behaviors and Conditions, 2011-2013**

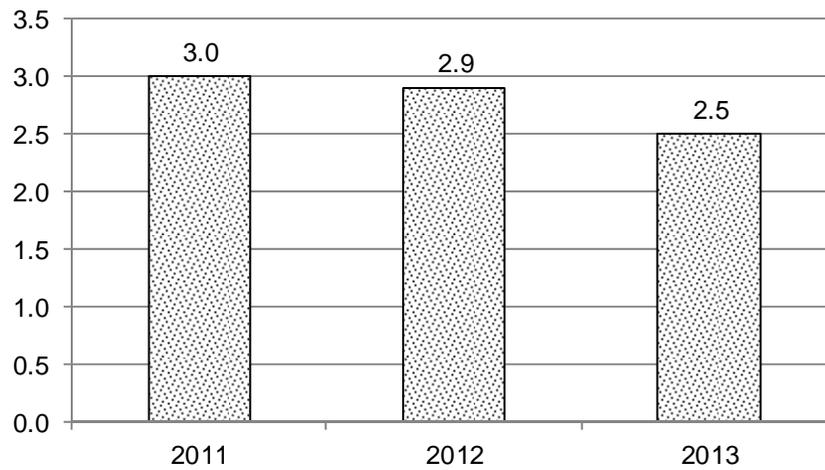
<b>Health Behavior or Condition</b>	<b>% Mental Health Not Good</b>
Underweight (BMI < 18.5)	8%
Recommended (BMI = 18.5-24.9)	6%
Overweight (BMI = 25.0-29.9)	4%
Obese - Class I (BMI = 30.0-34.9)	6%
Obese - Classes II & III (BMI = 35.0+)	10%
Leisure Time Exercise	5%
No Leisure Time Exercise	8%
Met Physical Activity Recommendations	4%
Did Not Meet Physical Activity Recommendations	7%
2+ Servings of Fruit per Day	5%
< 2 Servings of Fruit per Day	6%
3+ Servings of Vegetables per Day	5%
< 3 Servings of Vegetables per Day	6%
5+ Servings of Fruits and Vegetables per Day	4%
< 5 Servings of Fruits and Vegetables per Day	6%
Current Smoker	12%
Former Smoker	5%
Never Smoked	4%
Smokeless Tobacco	6%
No Smokeless Tobacco	6%
Heard of "South Dakota QuitLine"	5%
Not Heard of "South Dakota QuitLine"	4%
Diabetes	8%
No Diabetes	5%
High Blood Pressure	6%
No High Blood Pressure	5%
High Blood Cholesterol	6%
No High Blood Cholesterol	4%
Health Insurance (18-64)	6%
No Health Insurance (18-64)	10%
Employer Based Coverage (18-64)	4%
Private Health Plan (18-64)	3%
Medicare (18-64)	20%
Medicaid or Medical Assistance (18-64)	16%
The Military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	8%
Flu Shot (65+)	4%
No Flu Shot (65+)	2%
Pneumonia Shot (65+)	3%
No Pneumonia Shot (65+)	3%
Previously Had Heart Attack	7%
Never Had Heart Attack	6%
Have Angina or Coronary Heart Disease	10%
Do Not Have Angina or Coronary Heart Disease	6%
Previously Had a Stroke	13%
Never Had a Stroke	6%
Cancer	7%
No Cancer	6%
Skin Cancer	4%
No Skin Cancer	6%

<b>Table 84 (continued)</b>	
<b>Mental Health Not Good for 20-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2013</b>	
<b>Health Behavior or Condition</b>	<b>% Mental Health Not Good</b>
Current Asthma	12%
Former Asthma	8%
Never Had Asthma	5%
Arthritis	9%
No Arthritis	5%
COPD	16%
No COPD	5%
Depression	21%
No Depression	3%
Kidney Disease	9%
No Kidney Disease	6%
Severe Vision Impairment	17%
No Severe Vision Impairment	4%
Recent Increased Confusion/Memory Loss	23%
No Recent Increased Confusion/Memory Loss	4%
< 6 Hours of Sleep	14%
6+ Hours of Sleep	4%
Always/Almost Always Wear Seat Belt	5%
Sometimes/Seldom/Never Wear Seat Belt	8%
Drank Alcohol in Past 30 Days	5%
Did Not Drink Alcohol in Past 30 Days	7%
Binge Drinker	7%
Not a Binge Drinker	5%
Heavy Drinker	10%
Not a Heavy Drinker	5%
Good/Very Good/Excellent Health Status	4%
Fair/Poor Health Status	19%
Physical Health Not Good for 0-29 Days of the Past 30	4%
Physical Health Not Good for 30 Days of the Past 30	27%
Usual Activities Unattainable for 0-9 Days of the Past 30	4%
Usual Activities Unattainable for 10-30 Days of the Past 30	34%
Physical, Mental, or Emotional Problems	14%
No Physical, Mental, or Emotional Problems	4%
Disability with Special Equipment Needed	14%
No Disability with Special Equipment Needed	5%
< 2 Hours of TV per Day	5%
2+ Hours of TV per Day	5%
Been Tested for HIV (18-64)	9%
Never Been Tested for HIV (18-64)	4%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

Figure 92 on the following page shows the average number of days all respondents stated their mental health was not good for the past 30 days. For the past three years the average number of days has been decreasing.

**Figure 92**  
**Average Number of Days Respondents' Mental Health Was Not Good**  
**in the Past 30 Days, 2011-2013**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

## USUAL ACTIVITIES UNATTAINABLE

**Definition:** Respondents who report poor physical or mental health kept them from doing their usual activities for 10 to 30 days of the past 30 days, such as self-care, work, or recreation.

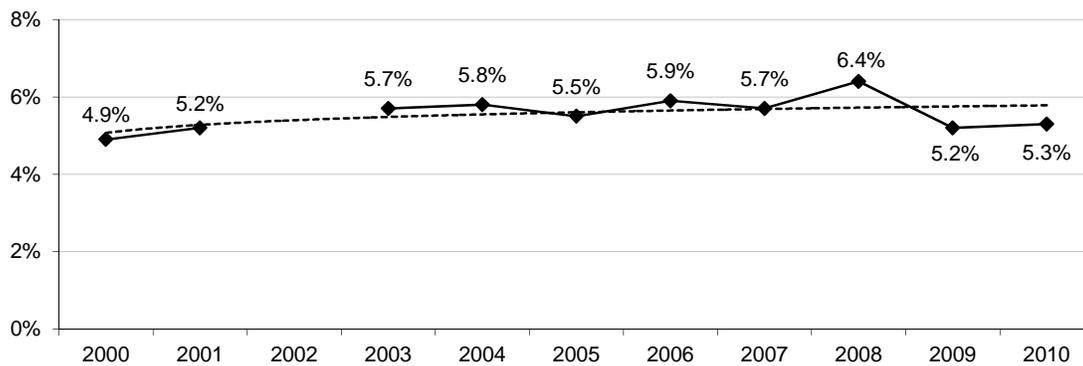
### Prevalence of Usual Activities Unattainable for 10-30 Days of the Past 30

- South Dakota 6%
- There is no nationwide median for usual activities unattainable for 10 through 30 days of the past 30 days.

### Healthy People 2020 Objective

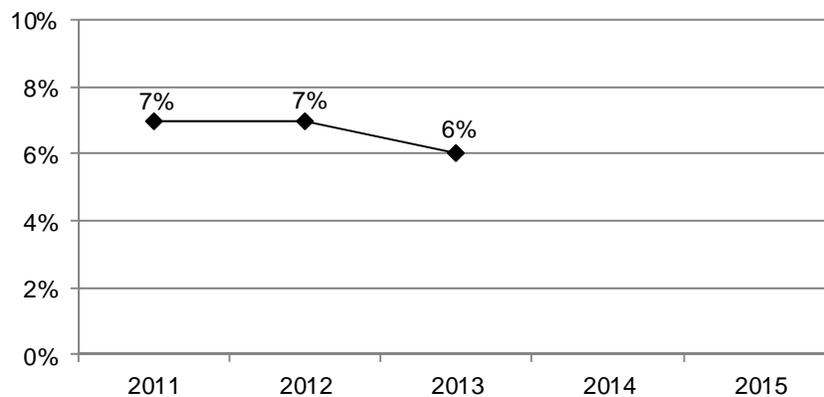
There was no stated Healthy People 2020 Objective for usual activities unattainable for 10 through 30 days of the past 30 days.

**Figure 93**  
**Percent of Respondents Reporting Usual Activities Unattainable for 10-30 Days of the Past 30, 2001, and 2003-2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2000-2001, and 2003-2010

**Figure 94**  
**Percent of Respondents Reporting Usual Activities Unattainable for 10-30 Days of the Past 30, 2011-2013**



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, 2011-2013

**Table 85**  
**Respondents Who Stated Usual Activities Unattainable for 10-30 Days of the Past 30, 2011-2013**

		2011-2013	2011	2012	2013
<b>Total</b>		<b>6%</b>	<b>7%</b>	<b>7%</b>	<b>6%</b>
<b>Gender</b>	Male	6%	6%	6%	5%
	Female	7%	8%	7%	7%
<b>Age</b>	18-34	5%	*	*	*
	35-44	5%	*	*	*
	45-54	7%	*	*	*
	55-64	8%	10%	8%	*
	65-74	8%	*	*	*
	75+	7%	*	*	*
<b>Race</b>	White	6%	7%	6%	5%
	American Indian	13%	*	*	*
<b>Ethnicity</b>	Hispanic	8%	*	*	*
	Non-Hispanic	6%	7%	6%	6%
<b>Household Income</b>	Less than \$15,000	18%	*	*	*
	\$15,000-\$24,999	11%	*	*	*
	\$25,000-\$34,999	6%	*	*	*
	\$35,000-\$49,999	4%	*	*	*
	\$50,000-\$74,999	3%	*	*	*
	\$75,000+	3%	2%	2%	*
<b>Education</b>	Less than High School, G.E.D.	12%	*	*	*
	High School, G.E.D.	7%	8%	7%	5%
	Some Post-High School	7%	8%	6%	6%
	College Graduate	4%	3%	4%	4%
<b>Employment Status</b>	Employed for Wages	3%	3%	3%	3%
	Self-employed	3%	*	*	*
	Unemployed	15%	*	*	*
	Homemaker	6%	*	*	*
	Student	5%	*	*	*
	Retired	6%	7%	6%	6%
	Unable to Work	48%	*	*	*
<b>Marital Status</b>	Married/Unmarried Couple	5%	5%	5%	5%
	Divorced/Separated	12%	*	*	*
	Widowed	10%	*	*	*
	Never Married	6%	*	*	*
<b>Home Ownership Status</b>	Own Home	5%	5%	6%	5%
	Rent Home	9%	12%	9%	7%
<b>Children Status</b>	Children in Household (Ages 18-44)	5%	7%	5%	*
	No Children in Household (Ages 18-44)	5%	*	*	*
<b>Phone Status</b>	Landline	7%	7%	7%	7%
	Cell Phone	6%	*	7%	5%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	3%	*	*	*
	Not Pregnant (Ages 18-44)	6%	*	*	*

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

### **Further Analysis**

The following data show the percent of those stating that usual activities were unattainable for 10-30 days of the past 30 for various health behaviors and conditions. For example, 11 percent of respondents who currently smoke report that their usual activities were unattainable for 10-30 days of the past 30, while four percent of respondents who have never smoked report that their usual activities were unattainable for 10-30 days of the past 30.

**Table 86**  
**Usual Activities Unattainable for 10-30 Days of the Past 30 for**  
**Selected Health Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Usual Activities Unattainable</b>
Underweight (BMI < 18.5)	8%
Recommended (BMI = 18.5-24.9)	6%
Overweight (BMI = 25.0-29.9)	5%
Obese - Class I (BMI = 30.0-34.9)	7%
Obese - Classes II & III (BMI = 35.0+)	13%
Leisure Time Exercise	5%
No Leisure Time Exercise	11%
Met Physical Activity Recommendations	5%
Did Not Meet Physical Activity Recommendations	8%
2+ Servings of Fruit per Day	7%
< 2 Servings of Fruit per Day	6%
3+ Servings of Vegetables per Day	6%
< 3 Servings of Vegetables per Day	6%
5+ Servings of Fruits and Vegetables per Day	7%
< 5 Servings of Fruits and Vegetables per Day	6%
Current Smoker	11%
Former Smoker	7%
Never Smoked	4%
Smokeless Tobacco	8%
No Smokeless Tobacco	6%
Heard of "South Dakota QuitLine"	6%
Not Heard of "South Dakota QuitLine"	7%
Diabetes	15%
No Diabetes	6%
High Blood Pressure	10%
No High Blood Pressure	5%
High Blood Cholesterol	9%
No High Blood Cholesterol	6%
Health Insurance (18-64)	6%
No Health Insurance (18-64)	7%
Employer Based Coverage (18-64)	3%
Private Health Plan (18-64)	3%
Medicare (18-64)	38%
Medicaid or Medical Assistance (18-64)	20%
The Military, CHAMPUS, TriCare, or the VA (18-64)	11%
The Indian Health Service (18-64)	11%
Flu Shot (65+)	8%
No Flu Shot (65+)	7%
Pneumonia Shot (65+)	8%
No Pneumonia Shot (65+)	5%
Previously Had Heart Attack	15%
Never Had Heart Attack	6%
Have Angina or Coronary Heart Disease	18%
Do Not Have Angina or Coronary Heart Disease	6%
Previously Had a Stroke	21%
Never Had a Stroke	6%
Cancer	12%
No Cancer	6%
Skin Cancer	9%
No Skin Cancer	6%
Current Asthma	18%
Former Asthma	8%
Never Had Asthma	5%

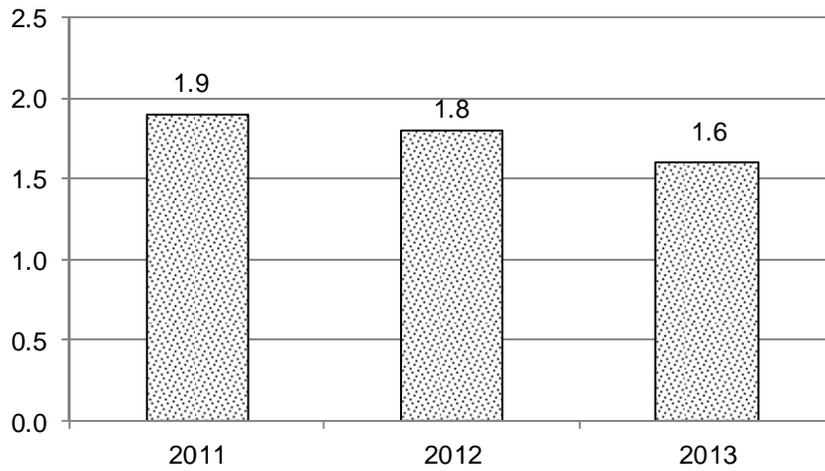
**Table 86 (continued)  
Usual Activities Unattainable for 10-30 Days of the Past 30 for  
Selected Health Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Usual Activities Unattainable</b>
Arthritis	14%
No Arthritis	4%
COPD	27%
No COPD	5%
Depression	20%
No Depression	4%
Kidney Disease	22%
No Kidney Disease	6%
Severe Vision Impairment	23%
No Severe Vision Impairment	5%
Recent Increased Confusion/Memory Loss	25%
No Recent Increased Confusion/Memory Loss	5%
< 6 Hours of Sleep	17%
6+ Hours of Sleep	5%
Always/Almost Always Wear Seat Belt	6%
Sometimes/Seldom/Never Wear Seat Belt	7%
Drank Alcohol in Past 30 Days	5%
Did Not Drink Alcohol in Past 30 Days	9%
Binge Drinker	5%
Not a Binge Drinker	7%
Heavy Drinker	8%
Not a Heavy Drinker	6%
Good/Very Good/Excellent Health Status	3%
Fair/Poor Health Status	30%
Physical Health Not Good for 0-29 Days of the Past 30	4%
Physical Health Not Good for 30 Days of the Past 30	52%
Mental Health Not Good for 0-19 Days of the Past 30	4%
Mental Health Not Good for 20-30 Days of the Past 30	38%
Physical, Mental, or Emotional Problems	24%
No Physical, Mental, or Emotional Problems	2%
Disability with Special Equipment Needed	28%
No Disability with Special Equipment Needed	5%
< 2 Hours of TV per Day	5%
2+ Hours of TV per Day	7%
Been Tested for HIV (18-64)	9%
Never Been Tested for HIV (18-64)	5%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

Figure 95 on the following page shows the average number of days all respondents stated poor physical or mental health kept them from doing their usual activities in the past 30 days. For the past three years the average number of days decreased.

**Figure 95**  
**Average Number of Days Where Poor Physical or Mental Health Kept Respondents From Usual Activities in the Past 30 Days, 2011-2013**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013