

# Physical Activity and Nutrition

## 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.

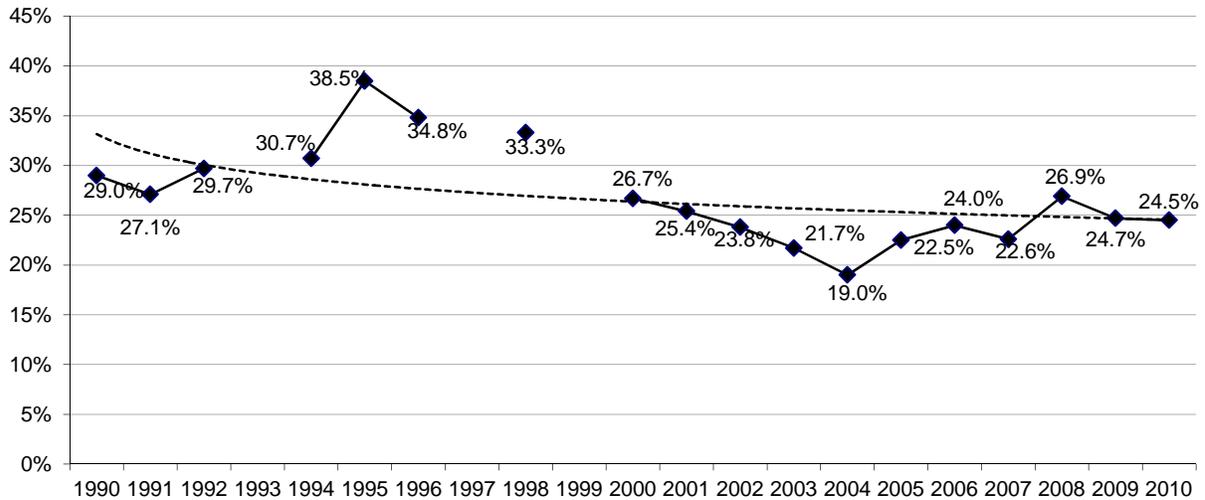
### Prevalence of No Leisure Time Physical Activity

- South Dakota 24%
- Nationwide median 25%

### Healthy People 2020 Objective

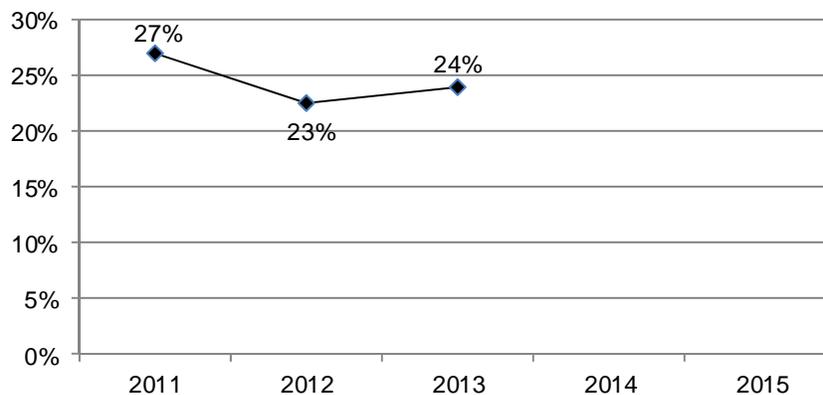
There was no comparable Healthy People 2020 Objective for leisure time physical activity.

**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, 2011-2013**



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

<b>Table 10</b>					
<b>Respondents Who Reported No Leisure Time Physical Activity, 2011-2013</b>					
		<b>2011-2013</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>
<b>Total</b>		<b>24%</b>	<b>27%</b>	<b>23%</b>	<b>24%</b>
<b>Gender</b>	Male	27%	29%	24%	26%
	Female	22%	25%	21%	22%
<b>Age</b>	18-34	17%	*	*	*
	35-44	23%	*	*	*
	45-54	25%	*	*	*
	55-64	28%	30%	29%	*
	65-74	32%	*	*	*
	75+	36%	*	*	*
<b>Race</b>	White	24%	26%	22%	24%
	American Indian	25%	*	*	*
<b>Ethnicity</b>	Hispanic	24%	*	*	*
	Non-Hispanic	24%	27%	23%	24%
<b>Household Income</b>	Less than \$15,000	32%	*	*	*
	\$15,000-\$24,999	30%	*	*	*
	\$25,000-\$34,999	27%	*	*	*
	\$35,000-\$49,999	26%	*	*	*
	\$50,000-\$74,999	20%	*	*	*
	\$75,000+	16%	18%	13%	*
<b>Education</b>	Less than High School, G.E.D.	37%	*	*	*
	High School, G.E.D.	30%	32%	29%	29%
	Some Post-High School	22%	26%	17%	22%
	College Graduate	15%	18%	13%	14%
<b>Employment Status</b>	Employed for Wages	21%	23%	19%	22%
	Self-employed	33%	*	*	*
	Unemployed	23%	*	*	*
	Homemaker	24%	*	*	*
	Student	9%	*	*	*
	Retired	29%	30%	31%	25%
	Unable to Work	41%	*	*	*
<b>Marital Status</b>	Married/Unmarried Couple	23%	27%	21%	23%
	Divorced/Separated	28%	*	*	*
	Widowed	35%	*	*	*
	Never Married	22%	*	*	*
<b>Home Ownership Status</b>	Own Home	24%	27%	23%	24%
	Rent Home	25%	30%	22%	*
<b>Children Status</b>	Children in Household (Ages 18-44)	19%	*	15%	*
	No Children in Household (Ages 18-44)	18%	*	*	*
<b>Phone Status</b>	Landline	26%	27%	25%	26%
	Cell Phone	21%	*	19%	22%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	21%	*	*	*
	Not Pregnant (Ages 18-44)	16%	*	*	*

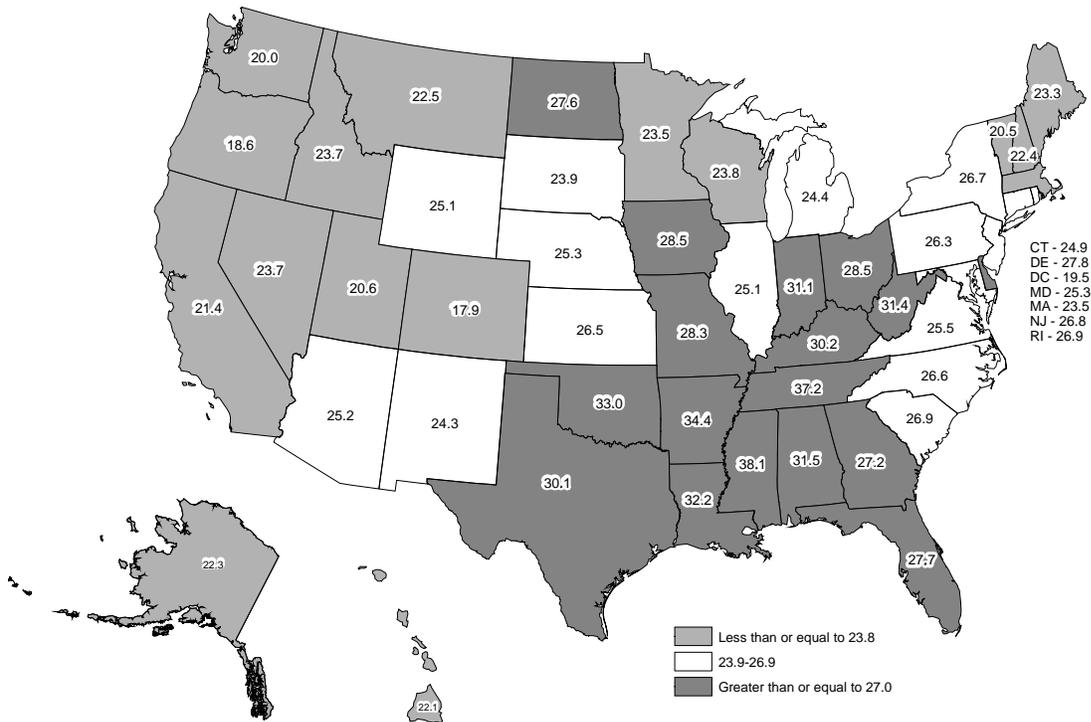
Note: \*Results based on small sample sizes have been suppressed.

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

### **National Statistics**

The national median for respondents who reported no leisure time physical activity was 25.3 percent, as shown in Figure 11 on the next page. South Dakota had 23.9 percent of respondents who reported no leisure time physical activity. Colorado had the lowest percent of respondents who reported no leisure time physical activity with 17.9 percent, while Mississippi had the highest with 38.1 percent.

**Figure 11**  
**Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2013**



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

**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, 46 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)	31%
Recommended (BMI = 18.5-24.9)	19%
Overweight (BMI = 25.0-29.9)	24%
Obese - Class I (BMI = 30.0-34.9)	28%
Obese - Classes II & III (BMI = 35.0+)	33%
Met Physical Activity Recommendations	0%
Did Not Meet Physical Activity Recommendations	52%
2+ Servings of Fruit per Day	19%
< 2 Servings of Fruit per Day	28%
3+ Servings of Vegetables per Day	15%
< 3 Servings of Vegetables per Day	26%
5+ Servings of Fruits and Vegetables per Day	14%
< 5 Servings of Fruits and Vegetables per Day	27%

<b>Table 11 (continued)</b>	
<b>No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2011-2013</b>	
<b>Health Behavior or Condition</b>	<b>% No Leisure Time Physical Activity</b>
Current Smoker	31%
Former Smoker	26%
Never Smoked	21%
Smokeless Tobacco	29%
No Smokeless Tobacco	24%
Heard of "South Dakota QuitLine"	21%
Not Heard of "South Dakota QuitLine"	34%
Diabetes	35%
No Diabetes	23%
High Blood Pressure	31%
No High Blood Pressure	22%
High Blood Cholesterol	30%
No High Blood Cholesterol	21%
Health Insurance (18-64)	21%
No Health Insurance (18-64)	28%
Employer Based Coverage (18-64)	19%
Private Health Plan (18-64)	26%
Medicare (18-64)	36%
Medicaid or Medical Assistance (18-64)	27%
The Military, CHAMPUS, TriCare, or the VA (18-64)	22%
The Indian Health Service (18-64)	25%
Flu Shot (65+)	32%
No Flu Shot (65+)	38%
Pneumonia Shot (65+)	35%
No Pneumonia Shot (65+)	33%
Previously Had Heart Attack	36%
Never Had Heart Attack	24%
Have Angina or Coronary Heart Disease	36%
Do Not Have Angina or Coronary Heart Disease	24%
Previously Had a Stroke	35%
Never Had a Stroke	24%
Cancer	30%
No Cancer	24%
Skin Cancer	28%
No Skin Cancer	24%
Current Asthma	30%
Former Asthma	23%
Never Had Asthma	24%
Arthritis	33%
No Arthritis	21%
COPD	43%
No COPD	23%
Depression	30%
No Depression	23%
Kidney Disease	35%
No Kidney Disease	24%
Severe Vision Impairment	33%
No Severe Vision Impairment	24%

<b>Table 11 (continued)</b>	
<b>No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2011-2013</b>	
<b>Health Behavior or Condition</b>	<b>% No Leisure Time Physical Activity</b>
Recent Increased Confusion/Memory Loss	32%
No Recent Increased Confusion/Memory Loss	24%
< 6 Hours of Sleep	31%
6+ Hours of Sleep	23%
Always/Almost Always Wear Seat Belt	22%
Sometimes/Seldom/Never Wear Seat Belt	35%
Drank Alcohol in Past 30 Days	21%
Did Not Drink Alcohol in Past 30 Days	29%
Binge Drinker	21%
Not a Binge Drinker	25%
Heavy Drinker	28%
Not a Heavy Drinker	24%
Good/Very Good/Excellent Health Status	21%
Fair/Poor Health Status	44%
Physical Health Not Good for 0-29 Days of the Past 30	23%
Physical Health Not Good for 30 Days of the Past 30	46%
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	34%
Usual Activities Unattainable for 0-9 Days of the Past 30	23%
Usual Activities Unattainable for 10-30 Days of the Past 30	41%
Physical, Mental, or Emotional Problems	36%
No Physical, Mental, or Emotional Problems	21%
Disability with Special Equipment Needed	43%
No Disability with Special Equipment Needed	23%
< 2 Hours of TV per Day	17%
2+ Hours of TV per Day	28%
Been Tested for HIV (18-64)	21%
Never Been Tested for HIV (18-64)	25%

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

## **PHYSICAL ACTIVITY RECOMMENDATIONS**

***Definition: Respondents who report doing less than 150 minutes or more of aerobic physical activity per week.***

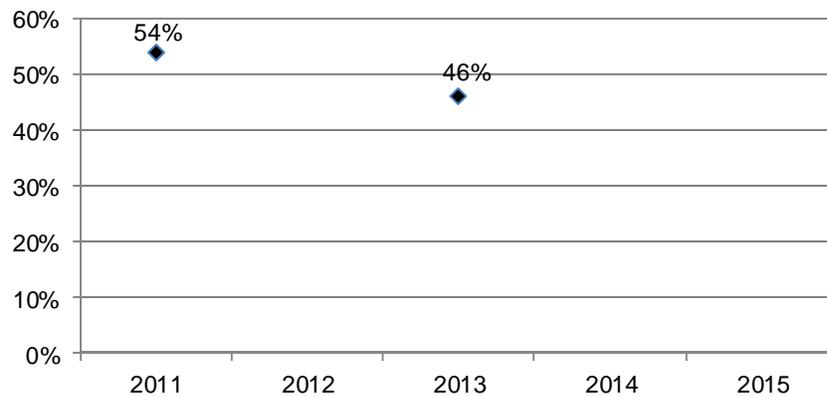
### **Prevalence of Not Meeting the Physical Activity Recommendations**

- South Dakota 46%
- Nationwide median 49%

### **South Dakota Department of Health 2020 Initiative**

*Increase the percent of adults who are physically active on a regular basis to 55 percent.*

**Figure 12**  
**Percent of Respondents Who Did Not Meet Physical Activity Recommendations, 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 12**  
**Respondents Who Did Not Meet Physical Activity Recommendations, 2011 and 2013**

		2011-2013	2011	2013
<b>Total</b>		<b>50%</b>	<b>54%</b>	<b>46%</b>
<b>Gender</b>	Male	53%	57%	48%
	Female	48%	51%	44%
<b>Age</b>	18-34	50%	*	*
	35-44	52%	*	*
	45-54	50%	*	*
	55-64	49%	55%	*
	65-74	51%	*	*
	75+	47%	*	*
<b>Race</b>	White	50%	54%	47%
	American Indian	46%	*	*
<b>Ethnicity</b>	Hispanic	53%	*	*
	Non-Hispanic	50%	54%	46%
<b>Household Income</b>	Less than \$15,000	55%	*	*
	\$15,000-\$24,999	53%	*	*
	\$25,000-\$34,999	51%	*	*
	\$35,000-\$49,999	54%	*	*
	\$50,000-\$74,999	51%	*	*
	\$75,000+	41%	42%	*
<b>Education</b>	Less than High School, G.E.D.	57%	*	*
	High School, G.E.D.	53%	59%	47%
	Some Post-High School	50%	54%	46%
	College Graduate	44%	47%	40%
<b>Employment Status</b>	Employed for Wages	51%	54%	47%
	Self-employed	56%	*	*
	Unemployed	50%	*	*
	Homemaker	47%	*	*
	Student	43%	*	*
	Retired	44%	48%	39%
<b>Marital Status</b>	Unable to Work	63%	*	*
	Married/Unmarried Couple	49%	53%	45%
	Divorced/Separated	50%	*	*
	Widowed	51%	*	*
<b>Home Ownership Status</b>	Never Married	54%	*	*
	Own Home	49%	53%	45%
<b>Children Status</b>	Rent Home	54%	57%	*
	Children in Household (Ages 18-44)	50%	*	*
<b>Phone Status</b>	No Children in Household (Ages 18-44)	52%	*	*
	Landline	51%	54%	46%
<b>Pregnancy Status</b>	Cell Phone	48%	*	47%
	Pregnant (Ages 18-44)	55%	*	*
	Not Pregnant (Ages 18-44)	48%	*	*

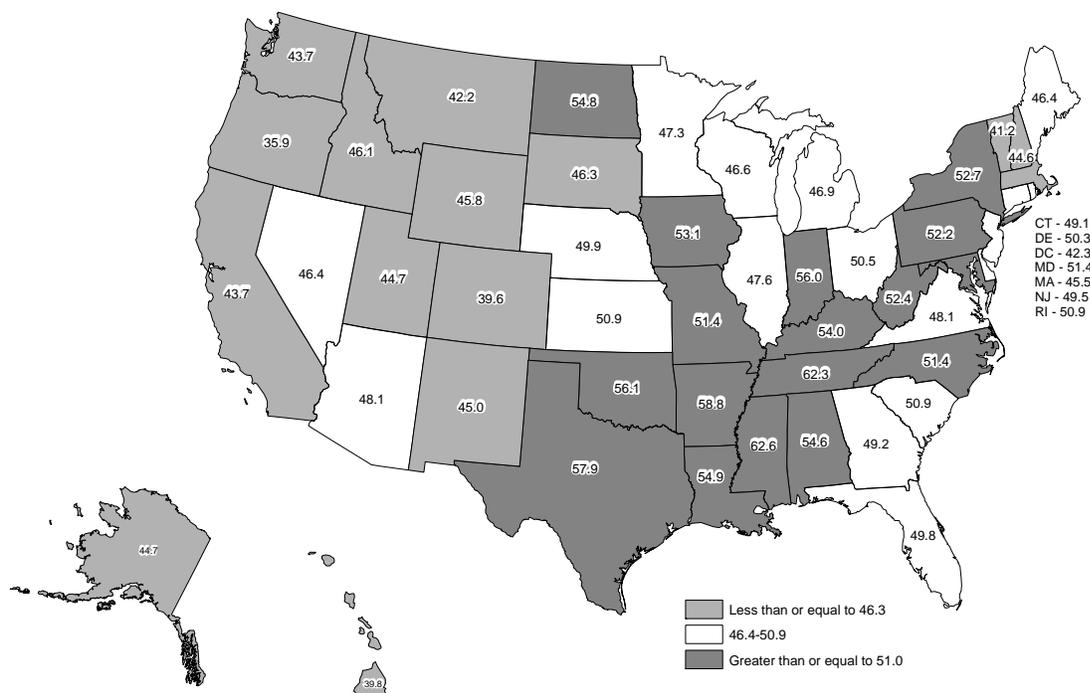
Note: \*Results based on sample sizes less than 100 have been suppressed.  
This question was not asked in 2012.

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

## National Statistics

The national median for respondents who did not meet the physical activity recommendations was 49.2 percent, as shown below in Figure 13. South Dakota had 46.3 percent of respondents who did not meet the physical activity recommendations. Oregon had the lowest percent of respondents who did not meet the physical activity recommendations with 35.9 percent, while Mississippi had the highest with 62.6 percent.

**Figure 13**  
Nationally, Respondents Who Did Not Meet the Physical Activity Recommendations, 2013



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

## Further Analysis

Following are data illustrating the percent of those who did not meet the physical activity recommendations for various health behaviors and conditions. For example, 52 percent of respondents who stated they have less than 5 servings of fruit and vegetables per day have not met the physical activity recommendations, while 32 percent of respondents who stated they have at least 5 servings of fruit and vegetables per day have not met the physical activity recommendations.

Health Behavior or Condition	% Physical Activity Recommendations Not Met
Underweight (BMI < 18.5)	63%
Recommended (BMI = 18.5-24.9)	46%
Overweight (BMI = 25.0-29.9)	49%
Obese - Class I (BMI = 30.0-34.9)	52%
Obese - Classes II & III (BMI = 35.0+)	60%

**Table 13 (continued)  
Physical Activity Recommendations Not Met for Selected Health  
Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Physical Activity Recommendations Not Met</b>
Leisure Time Exercise	33%
No Leisure Time Exercise	100%
2+ Servings of Fruit per Day	40%
< 2 Servings of Fruit per Day	54%
3+ Servings of Vegetables per Day	34%
< 3 Servings of Vegetables per Day	52%
5+ Servings of Fruits and Vegetables per Day	32%
< 5 Servings of Fruits and Vegetables per Day	52%
Current Smoker	55%
Former Smoker	47%
Never Smoked	50%
Smokeless Tobacco	56%
No Smokeless Tobacco	50%
Heard of "South Dakota QuitLine"	44%
Not Heard of "South Dakota QuitLine"	52%
Diabetes	57%
No Diabetes	49%
High Blood Pressure	53%
No High Blood Pressure	49%
High Blood Cholesterol	51%
No High Blood Cholesterol	46%
Health Insurance (18-64)	50%
No Health Insurance (18-64)	50%
Employer Based Coverage (18-64)	49%
Private Health Plan (18-64)	54%
Medicare (18-64)	60%
Medicaid or Medical Assistance (18-64)	52%
The Military, CHAMPUS, TriCare, or the VA (18-64)	54%
The Indian Health Service (18-64)	44%
Flu Shot (65+)	48%
No Flu Shot (65+)	52%
Pneumonia Shot (65+)	49%
No Pneumonia Shot (65+)	49%
Previously Had Heart Attack	51%
Never Had Heart Attack	50%
Have Angina or Coronary Heart Disease	56%
Do Not Have Angina or Coronary Heart Disease	50%
Previously Had a Stroke	59%
Never Had a Stroke	50%
Cancer	48%
No Cancer	50%
Skin Cancer	44%
No Skin Cancer	51%
Current Asthma	53%
Former Asthma	49%
Never Had Asthma	50%
Arthritis	53%
No Arthritis	49%

**Table 13 (continued)  
Physical Activity Recommendations Not Met for Selected Health  
Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Physical Activity Recommendations Not Met</b>
COPD	63%
No COPD	49%
Depression	55%
No Depression	49%
Kidney Disease	55%
No Kidney Disease	50%
Severe Vision Impairment	48%
No Severe Vision Impairment	46%
Recent Increased Confusion/Memory Loss	50%
No Recent Increased Confusion/Memory Loss	45%
< 6 Hours of Sleep	46%
6+ Hours of Sleep	46%
Always/Almost Always Wear Seat Belt	48%
Sometimes/Seldom/Never Wear Seat Belt	60%
Drank Alcohol in Past 30 Days	47%
Did Not Drink Alcohol in Past 30 Days	54%
Binge Drinker	51%
Not a Binge Drinker	50%
Heavy Drinker	52%
Not a Heavy Drinker	50%
Good/Very Good/Excellent Health Status	48%
Fair/Poor Health Status	63%
Physical Health Not Good for 0-29 Days of the Past 30	49%
Physical Health Not Good for 30 Days of the Past 30	64%
Mental Health Not Good for 0-19 Days of the Past 30	49%
Mental Health Not Good for 20-30 Days of the Past 30	61%
Usual Activities Unattainable for 0-9 Days of the Past 30	49%
Usual Activities Unattainable for 10-30 Days of the Past 30	64%
Physical, Mental, or Emotional Problems	59%
No Physical, Mental, or Emotional Problems	48%
Disability with Special Equipment Needed	58%
No Disability with Special Equipment Needed	49%
< 2 Hours of TV per Day	42%
2+ Hours of TV per Day	52%
Been Tested for HIV (18-64)	48%
Never Been Tested for HIV (18-64)	51%

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

## LESS THAN FIVE SERVINGS OF FRUITS AND VEGETABLES

**Definition:** Respondents who report they consume less than five servings of fruits and vegetables per day.

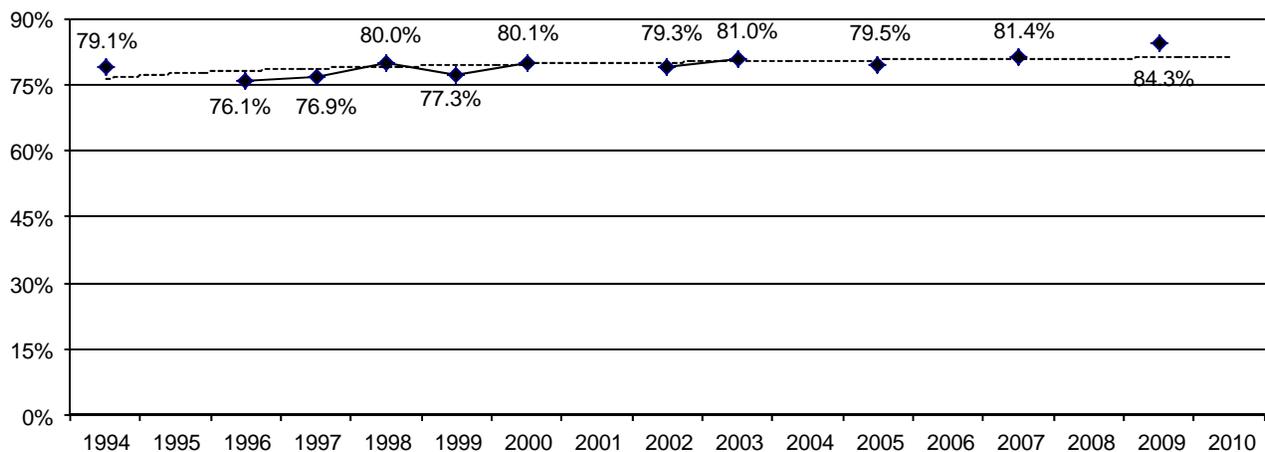
### Prevalence of Not Consuming at Least Five Servings of Fruits and Vegetables Per Day

- South Dakota 87%
- There is no nationwide median for consuming less than five servings of fruits and vegetables per day.

### Healthy People 2020 Objective

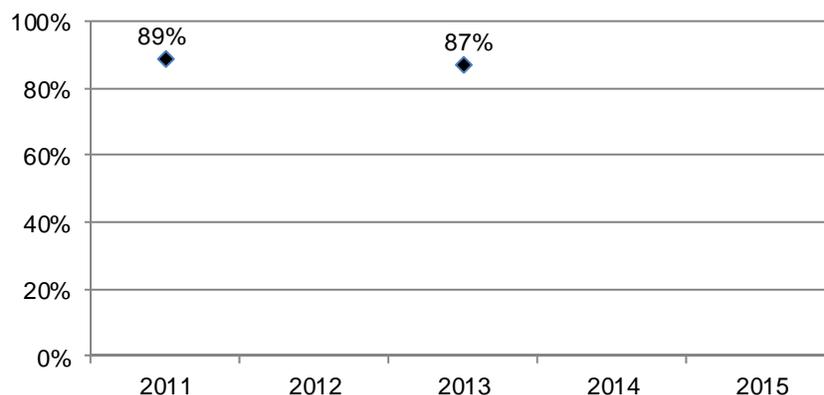
There was no comparable Healthy People 2020 Objective for adults who do not consume at least five servings of fruits and vegetables per day.

**Figure 14**  
**Percent of Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 1994, 1996-2000, 2002-2003, 2005, 2007, and 2009**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1994, 1996-2000, 2002-2003, 2005, 2007, and 2009

**Figure 15**  
**Percent of Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2011 and 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. This question was not asked in 2012.

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

<b>Table 14</b>				
<b>Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2011-2013</b>				
		<b>2011-2013</b>	<b>2011</b>	<b>2013</b>
<b>Total</b>		<b>88%</b>	<b>89%</b>	<b>87%</b>
<b>Gender</b>	Male	92%	94%	91%
	Female	84%	84%	84%
<b>Age</b>	18-34	89%	*	*
	35-44	90%	*	*
	45-54	88%	*	*
	55-64	85%	86%	*
	65-74	88%	*	*
	75+	89%	*	*
<b>Race</b>	White	88%	89%	88%
	American Indian	87%	*	*
<b>Ethnicity</b>	Hispanic	84%	*	*
	Non-Hispanic	88%	89%	87%
<b>Household Income</b>	Less than \$15,000	91%	*	*
	\$15,000-\$24,999	90%	*	*
	\$25,000-\$34,999	89%	*	*
	\$35,000-\$49,999	87%	*	*
	\$50,000-\$74,999	87%	*	*
	\$75,000+	85%	87%	*
<b>Education</b>	Less than High School, G.E.D.	93%	*	*
	High School, G.E.D.	92%	92%	92%
	Some Post-High School	86%	87%	85%
	College Graduate	84%	87%	82%
<b>Employment Status</b>	Employed for Wages	88%	90%	87%
	Self-employed	89%	*	*
	Unemployed	90%	*	*
	Homemaker	82%	*	*
	Student	89%	*	*
	Retired	88%	88%	89%
	Unable to Work	86%	*	*
<b>Marital Status</b>	Married/Unmarried Couple	87%	89%	86%
	Divorced/Separated	91%	*	*
	Widowed	88%	*	*
	Never Married	89%	*	*
<b>Home Ownership Status</b>	Own Home	87%	88%	86%
	Rent Home	90%	90%	*
<b>Children Status</b>	Children in Household (Ages 18-44)	88%	*	*
	No Children in Household (Ages 18-44)	90%	*	*
<b>Phone Status</b>	Landline	88%	89%	87%
	Cell Phone	88%	*	87%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	83%	*	*
	Not Pregnant (Ages 18-44)	85%	*	*

Note: \*Results based on sample sizes less than 100 have been suppressed. This question was not asked in 2012.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

### **Further Analysis**

Following are data illustrating the percent of those who do not consume at least five servings of fruits and vegetables per day for various health behaviors and conditions. For example, 93 percent of respondents who currently smoke did not consume at least five servings of fruits and vegetables per day, while 86 percent of respondents who have never smoked did not consume at least five servings of fruits and vegetables per day.

**Table 15**  
**Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day**  
**for Selected Health Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Not Consuming at Least 5 Servings of Fruits or Vegetables</b>
Underweight (BMI < 18.5)	86%
Recommended (BMI = 18.5-24.9)	85%
Overweight (BMI = 25.0-29.9)	90%
Obese - Class I (BMI = 30.0-34.9)	90%
Obese - Classes II & III (BMI = 35.0+)	89%
Leisure Time Exercise	86%
No Leisure Time Exercise	93%
Met Physical Activity Recommendations	84%
Did Not Meet Physical Activity Recommendations	92%
2+ Servings of Fruit per Day	59%
< 2 Servings of Fruit per Day	98%
3+ Servings of Vegetables per Day	29%
< 3 Servings of Vegetables per Day	95%
Current Smoker	93%
Former Smoker	89%
Never Smoked	86%
Smokeless Tobacco	97%
No Smokeless Tobacco	87%
Heard of "South Dakota QuitLine"	87%
Not Heard of "South Dakota QuitLine"	89%
Diabetes	86%
No Diabetes	88%
High Blood Pressure	89%
No High Blood Pressure	88%
High Blood Cholesterol	88%
No High Blood Cholesterol	86%
Health Insurance (18-64)	88%
No Health Insurance (18-64)	89%
Employer Based Coverage (18-64)	88%
Private Health Plan (18-64)	86%
Medicare (18-64)	82%
Medicaid or Medical Assistance (18-64)	91%
The Military, CHAMPUS, TriCare, or the VA (18-64)	89%
The Indian Health Service (18-64)	92%
Flu Shot (65+)	88%
No Flu Shot (65+)	89%
Pneumonia Shot (65+)	88%
No Pneumonia Shot (65+)	90%
Previously Had Heart Attack	90%
Never Had Heart Attack	88%
Have Angina or Coronary Heart Disease	86%
Do Not Have Angina or Coronary Heart Disease	88%
Previously Had a Stroke	89%
Never Had a Stroke	88%
Cancer	89%
No Cancer	88%
Skin Cancer	90%
No Skin Cancer	88%

<b>Table 15 (continued)</b>	
<b>Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day for Selected Health Behaviors and Conditions, 2011-2013</b>	
<b>Health Behavior or Condition</b>	<b>% Not Consuming at Least 5 Servings of Fruits or Vegetables</b>
Current Asthma	86%
Former Asthma	84%
Never Had Asthma	88%
Arthritis	88%
No Arthritis	88%
COPD	90%
No COPD	88%
Depression	88%
No Depression	88%
Kidney Disease	85%
No Kidney Disease	88%
Severe Vision Impairment	87%
No Severe Vision Impairment	87%
Recent Increased Confusion/Memory Loss	93%
No Recent Increased Confusion/Memory Loss	87%
< 6 Hours of Sleep	88%
6+ Hours of Sleep	87%
Always/Almost Always Wear Seat Belt	87%
Sometimes/Seldom/Never Wear Seat Belt	94%
Drank Alcohol in Past 30 Days	89%
Did Not Drink Alcohol in Past 30 Days	86%
Binge Drinker	93%
Not a Binge Drinker	87%
Heavy Drinker	93%
Not a Heavy Drinker	88%
Good/Very Good/Excellent Health Status	88%
Fair/Poor Health Status	90%
Physical Health Not Good for 0-29 Days of the Past 30	88%
Physical Health Not Good for 30 Days of the Past 30	83%
Mental Health Not Good for 0-19 Days of the Past 30	88%
Mental Health Not Good for 20-30 Days of the Past 30	91%
Usual Activities Unattainable for 0-9 Days of the Past 30	88%
Usual Activities Unattainable for 10-30 Days of the Past 30	87%
Physical, Mental, or Emotional Problems	87%
No Physical, Mental, or Emotional Problems	88%
Disability with Special Equipment Needed	85%
No Disability with Special Equipment Needed	88%
< 2 Hours of TV per Day	84%
2+ Hours of TV per Day	89%
Been Tested for HIV (18-64)	87%
Never Been Tested for HIV (18-64)	88%

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

## LESS THAN TWO SERVINGS OF FRUITS PER DAY

**Definition:** Respondents who report they consume less than two servings of fruits per day.

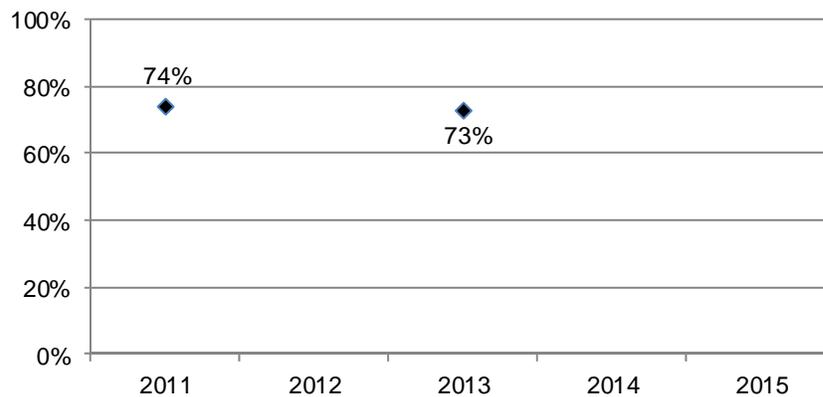
### Prevalence of Not Consuming at Least Two Servings of Fruits Per Day

- South Dakota 73%
- There is no nationwide median for consuming less than two servings of fruits per day.

### Healthy People 2020 Objective

There was no comparable Healthy People 2020 Objective for adults who consume less than two servings of fruits per day.

**Figure 16**  
**Percent of Respondents Who Reported Consuming Less Than Two Servings of Fruit Per Day, 2011 and 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. This question was not asked in 2012.

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

<b>Table 16</b>				
<b>Respondents Who Reported Not Consuming at Least 2 Servings of Fruits Per Day, 2011-2013</b>				
		<b>2011-2013</b>	<b>2011</b>	<b>2013</b>
<b>Total</b>		<b>74%</b>	<b>74%</b>	<b>73%</b>
<b>Gender</b>	Male	81%	81%	80%
	Female	67%	67%	67%
<b>Age</b>	18-34	77%	*	*
	35-44	77%	*	*
	45-54	74%	*	*
	55-64	72%	71%	*
	65-74	74%	*	*
	75+	59%	*	*
<b>Race</b>	White	73%	73%	73%
	American Indian	74%	*	*
<b>Ethnicity</b>	Hispanic	76%	*	*
	Non-Hispanic	74%	74%	73%
<b>Household Income</b>	Less than \$15,000	78%	*	*
	\$15,000-\$24,999	73%	*	*
	\$25,000-\$34,999	78%	*	*
	\$35,000-\$49,999	72%	*	*
	\$50,000-\$74,999	73%	*	*
	\$75,000+	71%	69%	*
<b>Education</b>	Less than High School, G.E.D.	77%	*	*
	High School, G.E.D.	77%	77%	77%
	Some Post-High School	73%	73%	73%
	College Graduate	67%	69%	66%
<b>Employment Status</b>	Employed for Wages	75%	75%	75%
	Self-employed	79%	*	*
	Unemployed	78%	*	*
	Homemaker	62%	*	*
	Student	78%	*	*
	Retired	67%	67%	67%
	Unable to Work	77%	*	*
<b>Marital Status</b>	Married/Unmarried Couple	73%	73%	72%
	Divorced/Separated	80%	*	*
	Widowed	60%	*	*
	Never Married	77%	*	*
<b>Home Ownership Status</b>	Own Home	72%	73%	71%
	Rent Home	78%	76%	*
<b>Children Status</b>	Children in Household (Ages 18-44)	75%	*	*
	No Children in Household (Ages 18-44)	80%	*	*
<b>Phone Status</b>	Landline	72%	73%	71%
	Cell Phone	76%	*	76%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	58%	*	*
	Not Pregnant (Ages 18-44)	72%	*	*

Note: \*Results based on sample sizes less than 100 have been suppressed. This question was not asked in 2012.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

## Further Analysis

Following are data illustrating the percent of those who consume less than two servings of fruits per day for various health behaviors and conditions. For example, 84 percent of respondents who currently smoke consume less than two servings of fruits per day, while 70 percent of respondents who have never smoked consume less than two servings of fruits per day.

<b>Health Behavior or Condition</b>	<b>% Consuming &lt;2 Servings Fruits per Day</b>
Underweight (BMI < 18.5)	72%
Recommended (BMI = 18.5-24.9)	70%
Overweight (BMI = 25.0-29.9)	76%
Obese - Class I (BMI = 30.0-34.9)	76%
Obese - Classes II & III (BMI = 35.0+)	75%
Leisure Time Exercise	71%
No Leisure Time Exercise	81%
Met Physical Activity Recommendations	68%
Did Not Meet Physical Activity Recommendations	79%
3+ Servings of Vegetables per Day	41%
< 3 Servings of Vegetables per Day	77%
5+ Servings of Fruits and Vegetables per Day	10%
< 5 Servings of Fruits and Vegetables per Day	82%
Current Smoker	84%
Former Smoker	73%
Never Smoked	70%
Smokeless Tobacco	89%
No Smokeless Tobacco	73%
Heard of "South Dakota QuitLine"	73%
Not Heard of "South Dakota QuitLine"	74%
High Blood Pressure	73%
No High Blood Pressure	74%
High Blood Cholesterol	73%
No High Blood Cholesterol	70%
Health Insurance (18-64)	75%
No Health Insurance (18-64)	80%
Employer Based Coverage (18-64)	73%
Private Health Plan (18-64)	77%
Medicare (18-64)	71%
Medicaid or Medical Assistance (18-64)	78%
The Military, CHAMPUS, TriCare, or the VA (18-64)	78%
The Indian Health Service (18-64)	85%
Flu Shot (65+)	65%
No Flu Shot (65+)	71%
Pneumonia Shot (65+)	65%
No Pneumonia Shot (65+)	70%
Previously Had Heart Attack	72%
Never Had Heart Attack	74%
Have Angina or Coronary Heart Disease	71%
Do Not Have Angina or Coronary Heart Disease	74%

**Table 17 (continued)**  
**Consuming Less Than Two Servings of Fruits Per Day for Selected**  
**Health Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Consuming &lt;2 Servings Fruits per Day</b>
Previously Had a Stroke	68%
Never Had a Stroke	74%
Cancer	71%
No Cancer	74%
Skin Cancer	71%
No Skin Cancer	74%
Current Asthma	73%
Former Asthma	73%
Never Had Asthma	74%
Arthritis	72%
No Arthritis	74%
COPD	77%
No COPD	73%
Depression	75%
No Depression	73%
Kidney Disease	66%
No Kidney Disease	74%
Severe Vision Impairment	71%
No Severe Vision Impairment	73%
Recent Increased Confusion/Memory Loss	82%
No Recent Increased Confusion/Memory Loss	73%
< 6 Hours of Sleep	77%
6+ Hours of Sleep	73%
Always/Almost Always Wear Seat Belt	71%
Sometimes/Seldom/Never Wear Seat Belt	84%
Drank Alcohol in Past 30 Days	76%
Did Not Drink Alcohol in Past 30 Days	69%
Binge Drinker	84%
Not a Binge Drinker	71%
Heavy Drinker	83%
Not a Heavy Drinker	73%
Good/Very Good/Excellent Health Status	73%
Fair/Poor Health Status	76%
Physical Health Not Good for 0-29 Days of the Past 30	74%
Physical Health Not Good for 30 Days of the Past 30	69%
Mental Health Not Good for 0-19 Days of the Past 30	73%
Mental Health Not Good for 20-30 Days of the Past 30	77%
Usual Activities Unattainable for 0-9 Days of the Past 30	74%
Usual Activities Unattainable for 10-30 Days of the Past 30	73%
Physical, Mental, or Emotional Problems	73%
No Physical, Mental, or Emotional Problems	74%
Disability with Special Equipment Needed	66%
No Disability with Special Equipment Needed	74%
< 2 Hours of TV per Day	71%
2+ Hours of TV per Day	74%
Been Tested for HIV (18-64)	74%
Never Been Tested for HIV (18-64)	73%

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

## **LESS THAN THREE SERVINGS OF VEGETABLES PER DAY**

**Definition:** Respondents who report they consume less than three servings of vegetables per day.

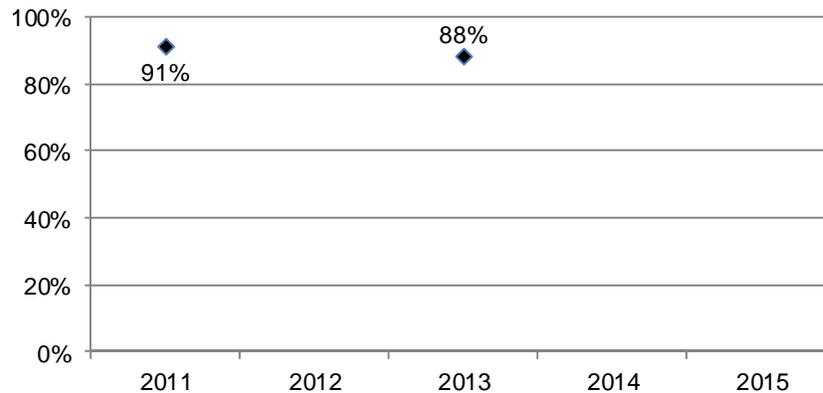
### **Prevalence of Consuming Less Than Three Servings of Vegetables Per Day**

- South Dakota 88%
- There is no nationwide median for consuming less than three servings of vegetables per day.

### **Healthy People 2020 Objective**

*There was no comparable Healthy People 2020 Objective for adults who consume less than three servings of vegetables per day.*

**Figure 17**  
**Percent of Respondents Who Reported Consuming Less Than Three Servings of Vegetables Per Day, 2011 and 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. This question was not asked in 2012.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

<b>Table 18</b>				
<b>Respondents Who Reported Consuming Less Than Three Servings of Vegetables Per Day, 2011-2013</b>				
		<b>2011-2013</b>	<b>2011</b>	<b>2013</b>
<b>Total</b>		<b>89%</b>	<b>91%</b>	<b>88%</b>
<b>Gender</b>	Male	92%	94%	90%
	Female	87%	88%	86%
<b>Age</b>	18-34	90%	*	*
	35-44	90%	*	*
	45-54	89%	*	*
	55-64	88%	90%	*
	65-74	88%	*	*
	75+	93%	*	*
<b>Race</b>	White	90%	90%	89%
	American Indian	91%	*	*
<b>Ethnicity</b>	Hispanic	86%	*	*
	Non-Hispanic	90%	91%	88%
<b>Household Income</b>	Less than \$15,000	92%	*	*
	\$15,000-\$24,999	92%	*	*
	\$25,000-\$34,999	90%	*	*
	\$35,000-\$49,999	89%	*	*
	\$50,000-\$74,999	88%	*	*
	\$75,000+	86%	87%	*
<b>Education</b>	Less than High School, G.E.D.	95%	*	*
	High School, G.E.D.	93%	93%	92%
	Some Post-High School	88%	89%	87%
	College Graduate	85%	87%	83%
<b>Employment Status</b>	Employed for Wages	90%	92%	88%
	Self-employed	88%	*	*
	Unemployed	93%	*	*
	Homemaker	84%	*	*
	Student	93%	*	*
	Retired	90%	89%	91%
	Unable to Work	89%	*	*
<b>Marital Status</b>	Married/Unmarried Couple	89%	90%	87%
	Divorced/Separated	89%	*	*
	Widowed	91%	*	*
	Never Married	91%	*	*
<b>Home Ownership Status</b>	Own Home	89%	90%	87%
	Rent Home	91%	93%	*
<b>Children Status</b>	Children in Household (Ages 18-44)	90%	*	*
	No Children in Household (Ages 18-44)	90%	*	*
<b>Phone Status</b>	Landline	90%	91%	89%
	Cell Phone	88%	*	88%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	86%	*	*
	Not Pregnant (Ages 18-44)	87%	*	*

Note: \*Results based on sample sizes less than 100 have been suppressed. This question was not asked in 2012.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

## Further Analysis

Following are data illustrating the percent of those who consume less than three servings of vegetables per day for various health behaviors and conditions. For example, 93 percent of respondents who have had a stroke consume less than three servings of vegetables per day, while 89 percent of respondents who have never had a stroke consume less than three servings of vegetables per day.

<b>Health Behavior or Condition</b>	<b>% Consuming &lt;3 Servings Vegetables per Day</b>
Underweight (BMI < 18.5)	90%
Recommended (BMI = 18.5-24.9)	88%
Overweight (BMI = 25.0-29.9)	90%
Obese - Class I (BMI = 30.0-34.9)	91%
Obese - Classes II & III (BMI = 35.0+)	91%
Leisure Time Exercise	88%
No Leisure Time Exercise	94%
Met Physical Activity Recommendations	86%
Did Not Meet Physical Activity Recommendations	93%
2+ Servings of Fruit per Day	76%
< 2 Servings of Fruit per Day	94%
5+ Servings of Fruits and Vegetables per Day	37%
< 5 Servings of Fruits and Vegetables per Day	96%
Current Smoker	91%
Former Smoker	90%
Never Smoked	88%
Smokeless Tobacco	96%
No Smokeless Tobacco	89%
Heard of "South Dakota QuitLine"	88%
Not Heard of "South Dakota QuitLine"	89%
Diabetes	89%
No Diabetes	89%
High Blood Pressure	91%
No High Blood Pressure	89%
High Blood Cholesterol	90%
No High Blood Cholesterol	87%
Health Insurance (18-64)	89%
No Health Insurance (18-64)	90%
Employer Based Coverage (18-64)	89%
Private Health Plan (18-64)	89%
Medicare (18-64)	86%
Medicaid or Medical Assistance (18-64)	94%
The Military, CHAMPUS, TriCare, or the VA (18-64)	90%
The Indian Health Service (18-64)	94%
Flu Shot (65+)	92%
No Flu Shot (65+)	87%
Pneumonia Shot (65+)	90%
No Pneumonia Shot (65+)	90%
Previously Had Heart Attack	92%
Never Had Heart Attack	89%

**Table 19 (continued)  
Consuming Less Than Three Servings of Vegetables Per Day for  
Selected Health Behaviors and Conditions, 2011-2013**

<b>Health Behavior or Condition</b>	<b>% Consuming &lt;3 Servings Vegetables per Day</b>
Have Angina or Coronary Heart Disease	88%
Do Not Have Angina or Coronary Heart Disease	89%
Previously Had a Stroke	93%
Never Had a Stroke	89%
Cancer	90%
No Cancer	89%
Skin Cancer	90%
No Skin Cancer	89%
Current Asthma	90%
Former Asthma	90%
Never Had Asthma	89%
Arthritis	90%
No Arthritis	89%
COPD	92%
No COPD	89%
Depression	89%
No Depression	89%
Kidney Disease	90%
No Kidney Disease	89%
Severe Vision Impairment	91%
No Severe Vision Impairment	88%
Recent Increased Confusion/Memory Loss	88%
No Recent Increased Confusion/Memory Loss	88%
< 6 Hours of Sleep	89%
6+ Hours of Sleep	88%
Always/Almost Always Wear Seat Belt	88%
Sometimes/Seldom/Never Wear Seat Belt	94%
Drank Alcohol in Past 30 Days	90%
Did Not Drink Alcohol in Past 30 Days	89%
Binge Drinker	93%
Not a Binge Drinker	89%
Heavy Drinker	93%
Not a Heavy Drinker	89%
Good/Very Good/Excellent Health Status	89%
Fair/Poor Health Status	90%
Physical Health Not Good for 0-29 Days of the Past 30	90%
Physical Health Not Good for 30 Days of the Past 30	86%
Mental Health Not Good for 0-19 Days of the Past 30	89%
Mental Health Not Good for 20-30 Days of the Past 30	91%
Usual Activities Unattainable for 0-9 Days of the Past 30	89%
Usual Activities Unattainable for 10-30 Days of the Past 30	90%
Physical, Mental, or Emotional Problems	90%
No Physical, Mental, or Emotional Problems	89%
Disability with Special Equipment Needed	88%
No Disability with Special Equipment Needed	89%
< 2 Hours of TV per Day	85%
2+ Hours of TV per Day	91%
Been Tested for HIV (18-64)	87%
Never Been Tested for HIV (18-64)	90%

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