

The following table shows the percent of those who report their mental health was not good for 20-30 days of the past 30 days for various health behaviors and conditions. For example, 28 percent of respondents who have had recent increased confusion or memory loss report their mental health was not good for 20-30 days of the past 30, while four percent of respondents who do not have recent increased confusion or memory loss report their mental health was not good for 20-30 days of the past 30.

**Prevalence of Poor Mental Health for 20-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2014**

	<b>Poor Mental Health for 20-30 Days of the Past 30</b>
Underweight (BMI < 18.5)	8%
Recommended Weight (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%
Participates in Leisure Time Exercise	5%
Does Not Participate in Leisure Time Exercise	8%
Watching Salt Intake	6%
Not Watching Salt Intake	6%
Current Smoker	12%
Former Smoker	5%
Never Smoked	4%
Uses Smokeless Tobacco	6%
Does Not Use Smokeless Tobacco	6%
Heard of "South Dakota Quitline"	5%
Not Heard of "South Dakota Quitline"	5%
Ever Diagnosed with Diabetes	9%
Never Diagnosed with Diabetes	5%
Has High Blood Pressure	6%
Does Not Have High Blood Pressure	5%
Has Health Insurance (18-64)	6%
Does Not Have Health Insurance (18-64)	11%
Employer Based Coverage (18-64)	4%
Private Health Plan (18-64)	3%
Medicare (18-64)	19%
Medicaid or Medical Assistance (18-64)	16%
The military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	7%
Breast Exam Within Past Two Years	5%
No Breast Exam Within Past Two Years	9%
Mammogram Within Past Two Years (40+)	5%
No Mammogram Within Past Two Years (40+)	8%
Pap Smear Within Past Three Years	6%
No Pap Smear Within Past Three Years	6%
Blood Stool Test Within Past Two Years (50+)	5%
No Blood Stool Test Within Past Two Years (50+)	5%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	5%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	6%
PSA Test Within Past Two Years (40+)	4%
No PSA Test Within Past Two Years (40+)	6%
Had a Flu Shot in Past 12 Months (65+)	4%
Did Not Have a Flu Shot in Past 12 Months (65+)	3%
Ever Had a Pneumonia Shot (65+)	3%
Never Had a Pneumonia Shot (65+)	3%
Ever Had a Shingles Shot (50+)	2%
Never Had a Shingles Shot (50+)	5%

**Prevalence of Poor Mental Health for 20-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2011-2014**

	<b>Poor Mental Health for 20-30 Days of the Past 30</b>
Previously Had Heart Attack	7%
Never Had Heart Attack	6%
Have Angina or Coronary Heart Disease	9%
Does Not Have Angina or Coronary Heart Disease	6%
Previously Had a Stroke	13%
Never Had a Stroke	5%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	9%
Never Diagnosed with Cancer	5%
Ever Diagnosed with Skin Cancer	5%
Never Diagnosed with Skin Cancer	6%
Uses Sun Block Most of the Time	5%
Does Not Use Sun Block Most of the Time	5%
Current Asthma	12%
Former Asthma	7%
Never Had Asthma	5%
Ever Diagnosed with Arthritis	9%
Never Diagnosed with Arthritis	5%
Ever Diagnosed with COPD	16%
Never Diagnosed with COPD	5%
Ever Diagnosed with Depression	21%
Never Diagnosed with Depression	3%
Ever Diagnosed with Kidney Disease	10%
Never Diagnosed with Kidney Disease	6%
Has Severe Vision Impairment	16%
Does Not Have Severe Vision Impairment	5%
Recent Increased Confusion/Memory Loss	28%
No Recent Increased Confusion/Memory Loss	4%
< 6 hours of sleep	15%
6+ hours of sleep	4%
Been to the Dentist in the Past Year	4%
Hasn't Been to the Dentist in the Past Year	9%
Always/Almost Always Wears Seat Belt	5%
Sometimes/Seldom/Never Wears Seat Belt	8%
Drank Alcohol in Past 30 Days	5%
Did Not Drink Alcohol in Past 30 Days	7%
Binge Drinker	6%
Not a Binge Drinker	5%
Heavy Drinker	9%
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	33%
Has Physical, Mental, or Emotional Problems	14%
Does Not Have Physical, Mental, or Emotional Problems	3%
Has a Disability with Special Equipment Needed	14%
Does Not Have a Disability with Special Equipment Needed	5%
Injured in a Fall in Past 12 Months (45+)	14%
Not Injured in a Fall in Past 12 Months (45+)	4%
Ever Been Tested for HIV	9%
Never Been Tested for HIV	4%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2011-2014