

The following table shows the percent of those who participate in leisure time exercise for various health behaviors and conditions. For example, 82 percent of respondents who have employer based health coverage participate in leisure time exercise, while 65 percent of respondents who have Medicare health coverage participate in leisure time exercise.

Prevalence of Leisure Time Exercise for Selected Health Behaviors and Conditions, 2011-2014

	Participates in Leisure Time Exercise
Underweight (BMI < 18.5)	68%
Recommended Weight (BMI = 18.5-24.9)	81%
Overweight (BMI = 25.0-29.9)	77%
Obese - Class I (BMI = 30.0-34.9)	74%
Obese - Classes II & III (BMI = 35.0+)	67%
Watching Salt Intake	81%
Not Watching Salt Intake	78%
Current Smoker	69%
Former Smoker	76%
Never Smoked	80%
Uses Smokeless Tobacco	73%
Does Not Use Smokeless Tobacco	77%
Heard of "South Dakota Quitline"	79%
Not Heard of "South Dakota Quitline"	72%
Ever Diagnosed with Diabetes	66%
Never Diagnosed with Diabetes	77%
Has High Blood Pressure	70%
Does Not Have High Blood Pressure	79%
Has Health Insurance (18-64)	79%
Does Not Have Health Insurance (18-64)	71%
Employer Based Coverage (18-64)	82%
Private Health Plan (18-64)	77%
Medicare (18-64)	65%
Medicaid or Medical Assistance (18-64)	72%
The military, CHAMPUS, TriCare, or the VA (18-64)	80%
The Indian Health Service (18-64)	76%
Breast Exam Within Past Two Years	81%
No Breast Exam Within Past Two Years	72%
Mammogram Within Past Two Years (40+)	77%
No Mammogram Within Past Two Years (40+)	70%
Pap Smear Within Past Three Years	82%
No Pap Smear Within Past Three Years	74%
Blood Stool Test Within Past Two Years (50+)	73%
No Blood Stool Test Within Past Two Years (50+)	73%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	75%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	67%
PSA Test Within Past Two Years (40+)	75%
No PSA Test Within Past Two Years (40+)	74%
Had a Flu Shot in Past 12 Months (65+)	70%
Did Not Have a Flu Shot in Past 12 Months (65+)	64%
Ever Had a Pneumonia Shot (65+)	68%
Never Had a Pneumonia Shot (65+)	68%
Ever Had a Shingles Shot (50+)	78%
Never Had a Shingles Shot (50+)	74%
Previously Had Heart Attack	65%
Never Had Heart Attack	77%
Have Angina or Coronary Heart Disease	65%
Does Not Have Angina or Coronary Heart Disease	77%

Prevalence of Leisure Time Exercise for Selected Health Behaviors and Conditions, 2011-2014

	Participates in Leisure Time Exercise
Previously Had a Stroke	67%
Never Had a Stroke	77%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	68%
Never Diagnosed with Cancer	77%
Ever Diagnosed with Skin Cancer	74%
Never Diagnosed with Skin Cancer	77%
Uses Sun Block Most of the Time	84%
Does Not Use Sun Block Most of the Time	75%
Current Asthma	70%
Former Asthma	78%
Never Had Asthma	77%
Ever Diagnosed with Arthritis	68%
Never Diagnosed with Arthritis	79%
Ever Diagnosed with COPD	57%
Never Diagnosed with COPD	78%
Ever Diagnosed with Depression	70%
Never Diagnosed with Depression	78%
Ever Diagnosed with Kidney Disease	67%
Never Diagnosed with Kidney Disease	77%
Has Severe Vision Impairment	68%
Does Not Have Severe Vision Impairment	78%
Recent Increased Confusion/Memory Loss	69%
No Recent Increased Confusion/Memory Loss	78%
< 6 hours of sleep	69%
6+ hours of sleep	78%
Been to the Dentist in the Past Year	83%
Hasn't Been to the Dentist in the Past Year	68%
Always/Almost Always Wears Seat Belt	78%
Sometimes/Seldom/Never Wears Seat Belt	67%
Drank Alcohol in Past 30 Days	80%
Did Not Drink Alcohol in Past 30 Days	71%
Binge Drinker	79%
Not a Binge Drinker	76%
Heavy Drinker	74%
Not a Heavy Drinker	77%
Good/Very Good/Excellent Health Status	79%
Fair/Poor Health Status	58%
Physical Health Not Good for 0-29 Days of the Past 30	78%
Physical Health Not Good for 30 Days of the Past 30	54%
Mental Health Not Good for 0-19 Days of the Past 30	77%
Mental Health Not Good for 20-30 Days of the Past 30	65%
Usual Activities Unattainable for 0-9 Days of the Past 30	78%
Usual Activities Unattainable for 10-30 Days of the Past 30	59%
Has Physical, Mental, or Emotional Problems	65%
Does Not Have Physical, Mental, or Emotional Problems	80%
Has a Disability with Special Equipment Needed	58%
Does Not Have a Disability with Special Equipment Needed	78%
Injured in a Fall in Past 12 Months (45+)	68%
Not Injured in a Fall in Past 12 Months (45+)	75%
Ever Been Tested for HIV	79%
Never Been Tested for HIV	76%

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

