

The following table shows the percent of those who have 7+ exercise trips per week for various health behaviors and conditions. For example, 23 percent of respondents on Medicare have 7+ exercise trips per week , while five percent of respondents who have employer based health insurance have 7+ exercise trips per week .

Prevalence of Exercise Trips for Selected Health Behaviors and Conditions, 2011-2015

	7+ Exercise Trips Per Week
Participates in Leisure Time Exercise	8%
Does Not Participate in Leisure Time Exercise	4%
Meets Physical Activity Recommendations	9%
Does Not Meet Physical Activity Recommendations	6%
12+ Hours Sitting Per Day	3%
< 12 Hours Sitting Per Day	8%
Has 2+ Servings of Fruit per Day	6%
Has Less Than 2 Servings of Fruit per Day	8%
Has 3+ Servings of Vegetables per Day	12%
Has Less Than 3 Servings of Vegetables per Day	7%
Has 5+ Servings of Fruits and Vegetables per Day	7%
Has Less Than 5 Servings of Fruits and Vegetables per Day	8%
Current Smoker	8%
Former Smoker	7%
Never Smoked	7%
Uses Smokeless Tobacco	6%
Does Not Use Smokeless Tobacco	8%
Current E-Cigarette User	10%
Not E-Cigarette User	7%
Heard of "South Dakota Quitline"	7%
Not Heard of "South Dakota Quitline"	11%
Ever Diagnosed with Diabetes	6%
Never Diagnosed with Diabetes	8%
Has High Blood Pressure	5%
Does Not Have High Blood Pressure	9%
Has High Blood Cholesterol	5%
Does Not Have High Blood Cholesterol	8%
Has Health Insurance (18-64)	7%
Does Not Have Health Insurance (18-64)	7%
Employer Based Coverage (18-64)	5%
Private Health Plan (18-64)	10%
Medicare (18-64)	23%
Medicaid or Medical Assistance (18-64)	8%
The military, CHAMPUS, TriCare, or the VA (18-64)	10%
The Indian Health Service (18-64)	10%
Had a Flu Shot in Past 12 Months (65+)	6%
Did Not Have a Flu Shot in Past 12 Months (65+)	14%
Ever Had a Pneumonia Shot (65+)	7%
Never Had a Pneumonia Shot (65+)	11%
Previously Had Heart Attack	8%
Never Had Heart Attack	7%
Knows Symptoms of Heart Attack	5%
Does Not Know Symptoms of Heart Attack	8%
Has Angina or Coronary Heart Disease	5%
Does Not Have Angina or Coronary Heart Disease	8%
Previously Had a Stroke	10%
Never Had a Stroke	7%

Prevalence of Exercise Trips for Selected Health Behaviors and Conditions, 2011-2015

	7+ Exercise Trips Per Week
Ever Diagnosed with Cancer (Excluding Skin Cancer)	6%
Never Diagnosed with Cancer	8%
Ever Diagnosed with Skin Cancer	6%
Never Diagnosed with Skin Cancer	8%
Current Asthma	6%
Former Asthma	12%
Never Had Asthma	7%
Ever Diagnosed with Arthritis	7%
Never Diagnosed with Arthritis	8%
Ever Diagnosed with COPD	6%
Never Diagnosed with COPD	8%
Ever Diagnosed with Depression	7%
Never Diagnosed with Depression	8%
Ever Diagnosed with Kidney Disease	8%
Never Diagnosed with Kidney Disease	7%
Has Severe Vision Impairment	6%
Does Not Have Severe Vision Impairment	8%
Recent Increased Confusion/Memory Loss (45+)	6%
No Recent Increased Confusion/Memory Loss (45+)	8%
Always Wears Seat Belt	7%
Does Not Always Wear Seat Belt	9%
Drank Alcohol in Past 30 Days	8%
Did Not Drink Alcohol in Past 30 Days	7%
Binge Drinker	8%
Not a Binge Drinker	7%
Heavy Drinker	5%
Not a Heavy Drinker	7%
Has an Advance Directive	8%
Does Not Have an Advance Directive	8%
Good/Very Good/Excellent Health Status	8%
Fair/Poor Health Status	7%
Physical Health Not Good for 0-29 Days of the Past 30	8%
Physical Health Not Good for 30 Days of the Past 30	5%
Mental Health Not Good for 0-19 Days of the Past 30	8%
Mental Health Not Good for 20-30 Days of the Past 30	4%
Usual Activities Unattainable for 0-9 Days of the Past 30	8%
Usual Activities Unattainable for 10-30 Days of the Past 30	3%
Has Physical, Mental, or Emotional Problems	8%
Does Not Have Physical, Mental, or Emotional Problems	7%
Has a Disability with Special Equipment Needed	6%
Does Not Have a Disability with Special Equipment Needed	8%
Ever Been Tested for HIV	6%
Never Been Tested for HIV	8%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2011-2015