

The following table shows the percent of those who consume less than 5 servings of fruits and vegetables per day for various health behaviors and conditions. For example, 94 percent of respondents who binge drink consume less than 5 servings of fruits and vegetables per day, while 87 percent of respondents who do not binge drink consume less than 5 servings of fruits and vegetables per day.

Prevalence of Less than 5 Servings of Fruits and Vegetables per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 5 Servings of Fruits and Vegetables per Day
Underweight (BMI < 18.5)	85%
Recommended (BMI = 18.5-24.9)	87%
Overweight (BMI = 25.0-29.9)	90%
Obese - Class I (BMI = 30.0-34.9)	90%
Obese - Classes II & III (BMI = 35.0+)	91%
Participates in Leisure Time Exercise	87%
Does Not Participate in Leisure Time Exercise	93%
Meets Physical Activity Recommendations	85%
Does Not Meet Physical Activity Recommendations	92%
7+ Exercise Trips Per Week	91%
Less Than 7 Exercise Trips Per Week	90%
12+ Hours Sitting Per Day	94%
< 12 Hours Sitting Per Day	90%
Has 2+ Servings of Fruit per Day	60%
Has Less Than 2 Servings of Fruit per Day	98%
Has 3+ Servings of Vegetables per Day	33%
Has Less Than 3 Servings of Vegetables per Day	95%
Current Smoker	93%
Former Smoker	89%
Never Smoked	87%
Uses Smokeless Tobacco	96%
Does Not Use Smokeless Tobacco	88%
Current E-Cigarette User	93%
Not E-Cigarette User	90%
Heard of "South Dakota Quitline"	89%
Not Heard of "South Dakota Quitline"	90%
Ever Diagnosed with Diabetes	87%
Never Diagnosed with Diabetes	89%
Has High Blood Pressure	89%
Does Not Have High Blood Pressure	88%
Has High Blood Cholesterol	89%
Does Not Have High Blood Cholesterol	87%
Has Health Insurance (18-64)	89%
Does Not Have Health Insurance (18-64)	90%
Employer Based Coverage (18-64)	89%
Private Health Plan (18-64)	87%
Medicare (18-64)	86%
Medicaid or Medical Assistance (18-64)	89%
The military, CHAMPUS, TriCare, or the VA (18-64)	87%
The Indian Health Service (18-64)	91%
Had a Flu Shot in Past 12 Months (65+)	89%
Did Not Have a Flu Shot in Past 12 Months (65+)	90%
Ever Had a Pneumonia Shot (65+)	89%
Never Had a Pneumonia Shot (65+)	91%

Prevalence of Less than 5 Servings of Fruits and Vegetables per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 5 Servings of Fruits and Vegetables per Day
Previously Had Heart Attack	90%
Never Had Heart Attack	89%
Knows Symptoms of Heart Attack	88%
Does Not Know Symptoms of Heart Attack	89%
Has Angina or Coronary Heart Disease	88%
Does Not Have Angina or Coronary Heart Disease	89%
Previously Had a Stroke	90%
Never Had a Stroke	89%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	88%
Never Diagnosed with Cancer	89%
Ever Diagnosed with Skin Cancer	89%
Never Diagnosed with Skin Cancer	89%
Current Asthma	87%
Former Asthma	86%
Never Had Asthma	89%
Ever Diagnosed with Arthritis	89%
Never Diagnosed with Arthritis	89%
Ever Diagnosed with COPD	91%
Never Diagnosed with COPD	89%
Ever Diagnosed with Depression	88%
Never Diagnosed with Depression	89%
Ever Diagnosed with Kidney Disease	88%
Never Diagnosed with Kidney Disease	89%
Has Severe Vision Impairment	87%
Does Not Have Severe Vision Impairment	89%
Recent Increased Confusion/Memory Loss (45+)	93%
No Recent Increased Confusion/Memory Loss (45+)	88%
Always Wears Seat Belt	87%
Does Not Always Wear Seat Belt	92%
Drank Alcohol in Past 30 Days	90%
Did Not Drink Alcohol in Past 30 Days	87%
Binge Drinker	94%
Not a Binge Drinker	87%
Heavy Drinker	94%
Not a Heavy Drinker	88%
Has an Advance Directive	87%
Does Not Have an Advance Directive	92%
Good/Very Good/Excellent Health Status	88%
Fair/Poor Health Status	90%
Physical Health Not Good for 0-29 Days of the Past 30	89%
Physical Health Not Good for 30 Days of the Past 30	85%
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	88%
Has Physical, Mental, or Emotional Problems	88%
Does Not Have Physical, Mental, or Emotional Problems	89%
Has a Disability with Special Equipment Needed	85%
Does Not Have a Disability with Special Equipment Needed	89%
Ever Been Tested for HIV	87%
Never Been Tested for HIV	89%

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