

The following table shows the percent of those with no leisure time exercise for various health behaviors and conditions. For example, 43 percent of respondents with COPD have no leisure time exercise, while 22 percent of respondents who do not have COPD have no leisure time exercise.

**Prevalence of No Leisure Time Exercise for Selected Health Behaviors and Conditions, 2011-2015**

	<b>Does Not Participate in Leisure Time Exercise</b>
Underweight (BMI < 18.5)	30%
Recommended (BMI = 18.5-24.9)	19%
Overweight (BMI = 25.0-29.9)	22%
Obese - Class I (BMI = 30.0-34.9)	26%
Obese - Classes II & III (BMI = 35.0+)	33%
Meets Physical Activity Recommendations	0%
Does Not Meet Physical Activity Recommendations	50%
7+ Exercise Trips Per Week	12%
Less Than 7 Exercise Trips Per Week	22%
12+ Hours Sitting Per Day	35%
< 12 Hours Sitting Per Day	20%
Has 2+ Servings of Fruit per Day	18%
Has Less Than 2 Servings of Fruit per Day	26%
Has 3+ Servings of Vegetables per Day	14%
Has Less Than 3 Servings of Vegetables per Day	25%
Has 5+ Servings of Fruits and Vegetables per Day	14%
Has Less Than 5 Servings of Fruits and Vegetables per Day	25%
Current Smoker	30%
Former Smoker	24%
Never Smoked	20%
Uses Smokeless Tobacco	27%
Does Not Use Smokeless Tobacco	23%
Current E-Cigarette User	23%
Not E-Cigarette User	21%
Heard of "South Dakota Quitline"	21%
Not Heard of "South Dakota Quitline"	29%
Ever Diagnosed with Diabetes	33%
Never Diagnosed with Diabetes	22%
Has High Blood Pressure	30%
Does Not Have High Blood Pressure	20%
Has High Blood Cholesterol	29%
Does Not Have High Blood Cholesterol	21%
Has Health Insurance (18-64)	20%
Does Not Have Health Insurance (18-64)	28%
Employer Based Coverage (18-64)	19%
Private Health Plan (18-64)	22%
Medicare (18-64)	35%
Medicaid or Medical Assistance (18-64)	25%
The military, CHAMPUS, TriCare, or the VA (18-64)	20%
The Indian Health Service (18-64)	22%
Had a Flu Shot in Past 12 Months (65+)	30%
Did Not Have a Flu Shot in Past 12 Months (65+)	35%
Ever Had a Pneumonia Shot (65+)	32%
Never Had a Pneumonia Shot (65+)	32%
Previously Had Heart Attack	34%
Never Had Heart Attack	23%

**Prevalence of No Leisure Time Exercise for Selected Health Behaviors and Conditions, 2011-2015**

	<b>Does Not Participate in Leisure Time Exercise</b>
Knows Symptoms of Heart Attack	21%
Does Not Know Symptoms of Heart Attack	25%
Has Angina or Coronary Heart Disease	34%
Does Not Have Angina or Coronary Heart Disease	23%
Previously Had a Stroke	35%
Never Had a Stroke	23%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	30%
Never Diagnosed with Cancer	23%
Ever Diagnosed with Skin Cancer	25%
Never Diagnosed with Skin Cancer	23%
Current Asthma	30%
Former Asthma	21%
Never Had Asthma	23%
Ever Diagnosed with Arthritis	31%
Never Diagnosed with Arthritis	20%
Ever Diagnosed with COPD	43%
Never Diagnosed with COPD	22%
Ever Diagnosed with Depression	29%
Never Diagnosed with Depression	22%
Ever Diagnosed with Kidney Disease	34%
Never Diagnosed with Kidney Disease	23%
Has Severe Vision Impairment	34%
Does Not Have Severe Vision Impairment	22%
Recent Increased Confusion/Memory Loss (45+)	37%
No Recent Increased Confusion/Memory Loss (45+)	25%
Always Wears Seat Belt	21%
Does Not Always Wear Seat Belt	28%
Drank Alcohol in Past 30 Days	19%
Did Not Drink Alcohol in Past 30 Days	28%
Binge Drinker	20%
Not a Binge Drinker	24%
Heavy Drinker	26%
Not a Heavy Drinker	23%
Has an Advance Directive	21%
Does Not Have an Advance Directive	22%
Good/Very Good/Excellent Health Status	20%
Fair/Poor Health Status	41%
Physical Health Not Good for 0-29 Days of the Past 30	22%
Physical Health Not Good for 30 Days of the Past 30	45%
Mental Health Not Good for 0-19 Days of the Past 30	22%
Mental Health Not Good for 20-30 Days of the Past 30	34%
Usual Activities Unattainable for 0-9 Days of the Past 30	22%
Usual Activities Unattainable for 10-30 Days of the Past 30	41%
Has Physical, Mental, or Emotional Problems	35%
Does Not Have Physical, Mental, or Emotional Problems	20%
Has a Disability with Special Equipment Needed	41%
Does Not Have a Disability with Special Equipment Needed	22%
Ever Been Tested for HIV	21%
Never Been Tested for HIV	24%

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