

The following table shows the percent of those who report their mental health was not good for 20-30 days of the past 30 for various health behaviors and conditions. For example, 12 percent of respondents who currently smoke report their mental health was not good for 20-30 days of the past 30, while four percent of respondents who have never smoked report their mental health was not good for 20-30 days of the past 30.

Prevalence of Mental Health Not Good for Selected Health Behaviors and Conditions, 2011-2015

	Mental Health Not Good for 20-30 Days of the Past 30
Underweight (BMI < 18.5)	7%
Recommended (BMI = 18.5-24.9)	5%
Overweight (BMI = 25.0-29.9)	4%
Obese - Class I (BMI = 30.0-34.9)	5%
Obese - Classes II & III (BMI = 35.0+)	10%
Participates in Leisure Time Exercise	5%
Does Not Participate in Leisure Time Exercise	8%
Meets Physical Activity Recommendations	4%
Does Not Meet Physical Activity Recommendations	6%
7+ Exercise Trips Per Week	3%
Less Than 7 Exercise Trips Per Week	5%
12+ Hours Sitting Per Day	8%
< 12 Hours Sitting Per Day	4%
Has 2+ Servings of Fruit per Day	5%
Has Less Than 2 Servings of Fruit per Day	5%
Has 3+ Servings of Vegetables per Day	4%
Has Less Than 3 Servings of Vegetables per Day	5%
Has 5+ Servings of Fruits and Vegetables per Day	4%
Has Less Than 5 Servings of Fruits and Vegetables per Day	5%
Current Smoker	12%
Former Smoker	5%
Never Smoked	4%
Uses Smokeless Tobacco	6%
Does Not Use Smokeless Tobacco	5%
Current E-Cigarette User	14%
Not E-Cigarette User	4%
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 High Blood Cholesterol	6%
Does Not Have High Blood Cholesterol	4%
Has Health Insurance (18-64)	5%
Does Not Have Health Insurance (18-64)	10%
Employer Based Coverage (18-64)	4%
Private Health Plan (18-64)	4%
Medicare (18-64)	17%
Medicaid or Medical Assistance (18-64)	15%
The military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	7%
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%

Prevalence of Mental Health Not Good for Selected Health Behaviors and Conditions, 2011-2015

	Mental Health Not Good for 20-30 Days of the Past 30
Previously Had Heart Attack	7%
Never Had Heart Attack	5%
Knows Symptoms of Heart Attack	4%
Does Not Know Symptoms of Heart Attack	5%
Has Angina or Coronary Heart Disease	9%
Does Not Have Angina or Coronary Heart Disease	5%
Previously Had a Stroke	12%
Never Had a Stroke	5%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	8%
Never Diagnosed with Cancer	5%
Ever Diagnosed with Skin Cancer	5%
Never Diagnosed with Skin Cancer	6%
Current Asthma	11%
Former Asthma	7%
Never Had Asthma	5%
Ever Diagnosed with Arthritis	9%
Never Diagnosed with Arthritis	4%
Ever Diagnosed with COPD	14%
Never Diagnosed with COPD	5%
Ever Diagnosed with Depression	20%
Never Diagnosed with Depression	3%
Ever Diagnosed with Kidney Disease	11%
Never Diagnosed with Kidney Disease	5%
Has Severe Vision Impairment	15%
Does Not Have Severe Vision Impairment	5%
Recent Increased Confusion/Memory Loss (45+)	22%
No Recent Increased Confusion/Memory Loss (45+)	3%
Always Wears Seat Belt	5%
Does Not Always Wear Seat Belt	6%
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%
Has an Advance Directive	4%
Does Not Have an Advance Directive	4%
Good/Very Good/Excellent Health Status	3%
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	25%
Usual Activities Unattainable for 0-9 Days of the Past 30	4%
Usual Activities Unattainable for 10-30 Days of the Past 30	32%
Has Physical, Mental, or Emotional Problems	14%
Does Not Have Physical, Mental, or Emotional Problems	3%
Has a Disability with Special Equipment Needed	13%
Does Not Have a Disability with Special Equipment Needed	5%
Ever Been Tested for HIV	9%
Never Been Tested for HIV	4%

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

