

The following table shows the percent of respondents who are obese (BMI 30+) for various health behaviors and conditions. For example, 47 percent of respondents who sit for 12+ hours per day are obese, while 30 percent of respondents who sit for less than 12 hours per day are not obese.

Obesity Prevalence (Class I-III, BMI 30+) for Selected Health Behaviors and Conditions, 2011-2015

	Obese - Classes I-III
Participates in Leisure Time Exercise	27%
Does Not Participate in Leisure Time Exercise	37%
Meets Physical Activity Recommendations	26%
Does Not Meet Physical Activity Recommendations	34%
7+ Exercise Trips Per Week	19%
Less Than 7 Exercise Trips Per Week	32%
12+ Hours Sitting Per Day	47%
< 12 Hours Sitting Per Day	30%
Has 2+ Servings of Fruit per Day	27%
Has Less Than 2 Servings of Fruit per Day	30%
Has 3+ Servings of Vegetables per Day	25%
Has Less Than 3 Servings of Vegetables per Day	30%
Has 5+ Servings of Fruits and Vegetables per Day	26%
Has Less Than 5 Servings of Fruits and Vegetables per Day	30%
Current Smoker	27%
Former Smoker	34%
Never Smoked	28%
Uses Smokeless Tobacco	33%
Does Not Use Smokeless Tobacco	29%
Current E-Cigarette User	34%
Not E-Cigarette User	30%
Heard of "South Dakota Quitline"	31%
Not Heard of "South Dakota Quitline"	28%
Ever Diagnosed with Diabetes	56%
Never Diagnosed with Diabetes	27%
Has High Blood Pressure	43%
Does Not Have High Blood Pressure	23%
Has High Blood Cholesterol	39%
Does Not Have High Blood Cholesterol	29%
Has Health Insurance (18-64)	31%
Does Not Have Health Insurance (18-64)	30%
Employer Based Coverage (18-64)	31%
Private Health Plan (18-64)	26%
Medicare (18-64)	41%
Medicaid or Medical Assistance (18-64)	34%
The military, CHAMPUS, TriCare, or the VA (18-64)	29%
The Indian Health Service (18-64)	40%
Had a Flu Shot in Past 12 Months (65+)	27%
Did Not Have a Flu Shot in Past 12 Months (65+)	26%
Ever Had a Pneumonia Shot (65+)	28%
Never Had a Pneumonia Shot (65+)	23%
Previously Had Heart Attack	35%
Never Had Heart Attack	29%
Knows Symptoms of Heart Attack	32%
Does Not Know Symptoms of Heart Attack	30%

Obesity Prevalence (Class I-III, BMI 30+) for Selected Health Behaviors and Conditions, 2011-2015

	Obese - Classes I-III
Has Angina or Coronary Heart Disease	38%
Does Not Have Angina or Coronary Heart Disease	29%
Previously Had a Stroke	31%
Never Had a Stroke	29%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	29%
Never Diagnosed with Cancer	29%
Ever Diagnosed with Skin Cancer	27%
Never Diagnosed with Skin Cancer	29%
Current Asthma	42%
Former Asthma	30%
Never Had Asthma	28%
Ever Diagnosed with Arthritis	39%
Never Diagnosed with Arthritis	26%
Ever Diagnosed with COPD	38%
Never Diagnosed with COPD	29%
Ever Diagnosed with Depression	37%
Never Diagnosed with Depression	28%
Ever Diagnosed with Kidney Disease	43%
Never Diagnosed with Kidney Disease	29%
Has Severe Vision Impairment	33%
Does Not Have Severe Vision Impairment	30%
Recent Increased Confusion/Memory Loss (45+)	42%
No Recent Increased Confusion/Memory Loss (45+)	32%
Always Wears Seat Belt	28%
Does Not Always Wear Seat Belt	33%
Drank Alcohol in Past 30 Days	29%
Did Not Drink Alcohol in Past 30 Days	31%
Binge Drinker	27%
Not a Binge Drinker	30%
Heavy Drinker	26%
Not a Heavy Drinker	29%
Has an Advance Directive	32%
Does Not Have an Advance Directive	31%
Good/Very Good/Excellent Health Status	27%
Fair/Poor Health Status	41%
Physical Health Not Good for 0-29 Days of the Past 30	29%
Physical Health Not Good for 30 Days of the Past 30	41%
Mental Health Not Good for 0-19 Days of the Past 30	29%
Mental Health Not Good for 20-30 Days of the Past 30	37%
Usual Activities Unattainable for 0-9 Days of the Past 30	29%
Usual Activities Unattainable for 10-30 Days of the Past 30	40%
Has Physical, Mental, or Emotional Problems	39%
Does Not Have Physical, Mental, or Emotional Problems	27%
Has a Disability with Special Equipment Needed	42%
Does Not Have a Disability with Special Equipment Needed	28%
Ever Been Tested for HIV	31%
Never Been Tested for HIV	29%

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