

The following table shows the percent of respondents who report their physical health was not good for 30 days out of the past 30 for various health behaviors and conditions. For example, 15 percent of respondents who have diabetes report their physical health was not good for 30 days out of the past 30, while five percent of respondents who do not have diabetes report their physical health was not good for 30 days out of the past 30.

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

	Physical Health Not Good for 30 Days of the Past 30
Underweight (BMI < 18.5)	8%
Recommended (BMI = 18.5-24.9)	5%
Overweight (BMI = 25.0-29.9)	5%
Obese - Class I (BMI = 30.0-34.9)	7%
Obese - Classes II & III (BMI = 35.0+)	10%
Participates in Leisure Time Exercise	4%
Does Not Participate in Leisure Time Exercise	11%
Meets Physical Activity Recommendations	4%
Does Not Meet Physical Activity Recommendations	7%
7+ Exercise Trips Per Week	4%
Less Than 7 Exercise Trips Per Week	7%
12+ Hours Sitting Per Day	20%
< 12 Hours Sitting Per Day	5%
Has 2+ Servings of Fruit per Day	7%
Has Less Than 2 Servings of Fruit per Day	5%
Has 3+ Servings of Vegetables per Day	6%
Has Less Than 3 Servings of Vegetables per Day	6%
Has 5+ Servings of Fruits and Vegetables per Day	7%
Has Less Than 5 Servings of Fruits and Vegetables per Day	5%
Current Smoker	8%
Former Smoker	7%
Never Smoked	4%
Uses Smokeless Tobacco	4%
Does Not Use Smokeless Tobacco	6%
Current E-Cigarette User	11%
Not E-Cigarette User	6%
Heard of "South Dakota Quitline"	5%
Not Heard of "South Dakota Quitline"	7%
Ever Diagnosed with Diabetes	15%
Never Diagnosed with Diabetes	5%
Has High Blood Pressure	10%
Does Not Have High Blood Pressure	4%
Has High Blood Cholesterol	9%
Does Not Have High Blood Cholesterol	5%
Has Health Insurance (18-64)	4%
Does Not Have Health Insurance (18-64)	5%
Employer Based Coverage (18-64)	3%
Private Health Plan (18-64)	2%
Medicare (18-64)	24%
Medicaid or Medical Assistance (18-64)	13%
The military, CHAMPUS, TriCare, or the VA (18-64)	8%
The Indian Health Service (18-64)	8%
Had a Flu Shot in Past 12 Months (65+)	11%
Did Not Have a Flu Shot in Past 12 Months (65+)	10%

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

	Physical Health Not Good for 30 Days of the Past 30
Ever Had a Pneumonia Shot (65+)	12%
Never Had a Pneumonia Shot (65+)	7%
Previously Had Heart Attack	19%
Never Had Heart Attack	5%
Knows Symptoms of Heart Attack	5%
Does Not Know Symptoms of Heart Attack	6%
Has Angina or Coronary Heart Disease	21%
Does Not Have Angina or Coronary Heart Disease	5%
Previously Had a Stroke	23%
Never Had a Stroke	5%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	14%
Never Diagnosed with Cancer	5%
Ever Diagnosed with Skin Cancer	9%
Never Diagnosed with Skin Cancer	5%
Current Asthma	13%
Former Asthma	7%
Never Had Asthma	5%
Ever Diagnosed with Arthritis	14%
Never Diagnosed with Arthritis	3%
Ever Diagnosed with COPD	24%
Never Diagnosed with COPD	5%
Ever Diagnosed with Depression	12%
Never Diagnosed with Depression	4%
Ever Diagnosed with Kidney Disease	20%
Never Diagnosed with Kidney Disease	5%
Has Severe Vision Impairment	24%
Does Not Have Severe Vision Impairment	5%
Recent Increased Confusion/Memory Loss (45+)	23%
No Recent Increased Confusion/Memory Loss (45+)	7%
Always Wears Seat Belt	6%
Does Not Always Wear Seat Belt	5%
Drank Alcohol in Past 30 Days	3%
Did Not Drink Alcohol in Past 30 Days	9%
Binge Drinker	3%
Not a Binge Drinker	6%
Heavy Drinker	4%
Not a Heavy Drinker	6%
Has an Advance Directive	8%
Does Not Have an Advance Directive	6%
Good/Very Good/Excellent Health Status	2%
Fair/Poor Health Status	29%
Mental Health Not Good for 0-19 Days of the Past 30	4%
Mental Health Not Good for 20-30 Days of the Past 30	26%
Usual Activities Unattainable for 0-9 Days of the Past 30	3%
Usual Activities Unattainable for 10-30 Days of the Past 30	45%
Has Physical, Mental, or Emotional Problems	21%
Does Not Have Physical, Mental, or Emotional Problems	2%
Has a Disability with Special Equipment Needed	31%
Does Not Have a Disability with Special Equipment Needed	4%
Ever Been Tested for HIV	6%
Never Been Tested for HIV	5%

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