

The following table shows the percent of respondents who are sedentary for 12 or more hours per day for various health behaviors and conditions. For example, 10 percent of respondents who have had a stroke are sedentary for 12 or more hours per day, while six percent of respondents who have not had a stroke are sedentary for 12 or more hours per day.

Prevalence of 12+ Hours of Sitting Per Day for Selected Health Behaviors and Conditions, 2011-2015

	12+ Hours Sitting Per Day
Participates in Leisure Time Exercise	5%
Does Not Participate in Leisure Time Exercise	10%
Meets Physical Activity Recommendations	4%
Does Not Meet Physical Activity Recommendations	9%
7+ Exercise Trips Per Week	3%
Less Than 7 Exercise Trips Per Week	7%
Has 2+ Servings of Fruit per Day	5%
Has Less Than 2 Servings of Fruit per Day	7%
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	4%
Has Less Than 5 Servings of Fruits and Vegetables per Day	6%
Current Smoker	7%
Former Smoker	6%
Never Smoked	6%
Uses Smokeless Tobacco	6%
Does Not Use Smokeless Tobacco	6%
Current E-Cigarette User	8%
Not E-Cigarette User	6%
Heard of "South Dakota Quitline"	6%
Not Heard of "South Dakota Quitline"	7%
Ever Diagnosed with Diabetes	10%
Never Diagnosed with Diabetes	6%
Has High Blood Pressure	8%
Does Not Have High Blood Pressure	5%
Has High Blood Cholesterol	7%
Does Not Have High Blood Cholesterol	6%
Has Health Insurance (18-64)	6%
Does Not Have Health Insurance (18-64)	5%
Employer Based Coverage (18-64)	6%
Private Health Plan (18-64)	6%
Medicare (18-64)	10%
Medicaid or Medical Assistance (18-64)	5%
The military, CHAMPUS, TriCare, or the VA (18-64)	7%
The Indian Health Service (18-64)	4%
Had a Flu Shot in Past 12 Months (65+)	7%
Did Not Have a Flu Shot in Past 12 Months (65+)	4%
Ever Had a Pneumonia Shot (65+)	7%
Never Had a Pneumonia Shot (65+)	5%
Previously Had Heart Attack	7%
Never Had Heart Attack	6%
Knows Symptoms of Heart Attack	7%
Does Not Know Symptoms of Heart Attack	6%
Has Angina or Coronary Heart Disease	7%
Does Not Have Angina or Coronary Heart Disease	6%
Previously Had a Stroke	10%
Never Had a Stroke	6%

Prevalence of 12+ Hours of Sitting Per Day for Selected Health Behaviors and Conditions, 2011-2015

	12+ Hours Sitting Per Day
Ever Diagnosed with Cancer (Excluding Skin Cancer)	9%
Never Diagnosed with Cancer	6%
Ever Diagnosed with Skin Cancer	8%
Never Diagnosed with Skin Cancer	6%
Current Asthma	8%
Former Asthma	6%
Never Had Asthma	6%
Ever Diagnosed with Arthritis	6%
Never Diagnosed with Arthritis	6%
Ever Diagnosed with COPD	12%
Never Diagnosed with COPD	6%
Ever Diagnosed with Depression	9%
Never Diagnosed with Depression	6%
Ever Diagnosed with Kidney Disease	11%
Never Diagnosed with Kidney Disease	6%
Has Severe Vision Impairment	10%
Does Not Have Severe Vision Impairment	6%
Recent Increased Confusion/Memory Loss (45+)	9%
No Recent Increased Confusion/Memory Loss (45+)	6%
Always Wears Seat Belt	6%
Does Not Always Wear Seat Belt	6%
Drank Alcohol in Past 30 Days	6%
Did Not Drink Alcohol in Past 30 Days	6%
Binge Drinker	8%
Not a Binge Drinker	6%
Heavy Drinker	10%
Not a Heavy Drinker	6%
Has an Advance Directive	6%
Does Not Have an Advance Directive	6%
Good/Very Good/Excellent Health Status	5%
Fair/Poor Health Status	14%
Physical Health Not Good for 0-29 Days of the Past 30	5%
Physical Health Not Good for 30 Days of the Past 30	20%
Mental Health Not Good for 0-19 Days of the Past 30	6%
Mental Health Not Good for 20-30 Days of the Past 30	12%
Usual Activities Unattainable for 0-9 Days of the Past 30	5%
Usual Activities Unattainable for 10-30 Days of the Past 30	16%
Has Physical, Mental, or Emotional Problems	12%
Does Not Have Physical, Mental, or Emotional Problems	5%
Has a Disability with Special Equipment Needed	15%
Does Not Have a Disability with Special Equipment Needed	5%
Ever Been Tested for HIV	7%
Never Been Tested for HIV	6%

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