

The following table shows the percent of those who consume less than three servings of vegetables per day for various health behaviors and conditions. For example, 94 percent of respondents who do not participate in leisure time exercise eat less than three servings of vegetables per day while 88 percent of respondents who participate in leisure time exercises eat less than three servings of vegetables per day.

Prevalence of Less Than 3 Servings of Vegetables per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 3 Servings of Vegetables per Day
Underweight (BMI < 18.5)	90%
Recommended (BMI = 18.5-24.9)	88%
Overweight (BMI = 25.0-29.9)	90%
Obese - Class I (BMI = 30.0-34.9)	91%
Obese - Classes II & III (BMI = 35.0+)	91%
Participates in Leisure Time Exercise	88%
Does Not Participate in Leisure Time Exercise	94%
Meets Physical Activity Recommendations	86%
Does Not Meet Physical Activity Recommendations	93%
7+ Exercise Trips Per Week	83%
Less Than 7 Exercise Trips Per Week	90%
12+ Hours Sitting Per Day	89%
< 12 Hours Sitting Per Day	89%
Has 2+ Servings of Fruit per Day	77%
Has Less Than 2 Servings of Fruit per Day	94%
Has 5+ Servings of Fruits and Vegetables per Day	37%
Has Less Than 5 Servings of Fruits and Vegetables per Day	96%
Current Smoker	91%
Former Smoker	90%
Never Smoked	89%
Uses Smokeless Tobacco	95%
Does Not Use Smokeless Tobacco	89%
Current E-Cigarette User	87%
Not E-Cigarette User	89%
Heard of "South Dakota Quitline"	88%
Not Heard of "South Dakota Quitline"	90%
Ever Diagnosed with Diabetes	89%
Never Diagnosed with Diabetes	89%
Has High Blood Pressure	91%
Does Not Have High Blood Pressure	89%
Has High Blood Cholesterol	90%
Does Not Have High Blood Cholesterol	87%
Has Health Insurance (18-64)	89%
Does Not Have Health Insurance (18-64)	90%
Employer Based Coverage (18-64)	89%
Private Health Plan (18-64)	89%
Medicare (18-64)	87%
Medicaid or Medical Assistance (18-64)	92%
The military, CHAMPUS, TriCare, or the VA (18-64)	88%
The Indian Health Service (18-64)	93%
Had a Flu Shot in Past 12 Months (65+)	91%
Did Not Have a Flu Shot in Past 12 Months (65+)	87%
Ever Had a Pneumonia Shot (65+)	90%
Never Had a Pneumonia Shot (65+)	89%
Previously Had Heart Attack	92%
Never Had Heart Attack	89%

Prevalence of Less Than 3 Servings of Vegetables per Day for Selected Health Behaviors and Conditions, 2011-2015

	Has Less Than 3 Servings of Vegetables per Day
Knows Symptoms of Heart Attack	88%
Does Not Know Symptoms of Heart Attack	90%
Has Angina or Coronary Heart Disease	91%
Does Not Have Angina or Coronary Heart Disease	89%
Previously Had a Stroke	92%
Never Had a Stroke	89%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	90%
Never Diagnosed with Cancer	89%
Ever Diagnosed with Skin Cancer	90%
Never Diagnosed with Skin Cancer	89%
Current Asthma	90%
Former Asthma	88%
Never Had Asthma	89%
Ever Diagnosed with Arthritis	90%
Never Diagnosed with Arthritis	89%
Ever Diagnosed with COPD	92%
Never Diagnosed with COPD	89%
Ever Diagnosed with Depression	88%
Never Diagnosed with Depression	89%
Ever Diagnosed with Kidney Disease	91%
Never Diagnosed with Kidney Disease	89%
Has Severe Vision Impairment	92%
Does Not Have Severe Vision Impairment	89%
Recent Increased Confusion/Memory Loss (45+)	92%
No Recent Increased Confusion/Memory Loss (45+)	89%
Always Wears Seat Belt	88%
Does Not Always Wear Seat Belt	93%
Drank Alcohol in Past 30 Days	90%
Did Not Drink Alcohol in Past 30 Days	89%
Binge Drinker	92%
Not a Binge Drinker	89%
Heavy Drinker	93%
Not a Heavy Drinker	89%
Has an Advance Directive	86%
Does Not Have an Advance Directive	91%
Good/Very Good/Excellent Health Status	89%
Fair/Poor Health Status	91%
Physical Health Not Good for 0-29 Days of the Past 30	89%
Physical Health Not Good for 30 Days of the Past 30	89%
Mental Health Not Good for 0-19 Days of the Past 30	89%
Mental Health Not Good for 20-30 Days of the Past 30	91%
Usual Activities Unattainable for 0-9 Days of the Past 30	89%
Usual Activities Unattainable for 10-30 Days of the Past 30	91%
Has Physical, Mental, or Emotional Problems	90%
Does Not Have Physical, Mental, or Emotional Problems	89%
Has a Disability with Special Equipment Needed	87%
Does Not Have a Disability with Special Equipment Needed	89%
Ever Been Tested for HIV	87%
Never Been Tested for HIV	90%

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