

Physical Activity

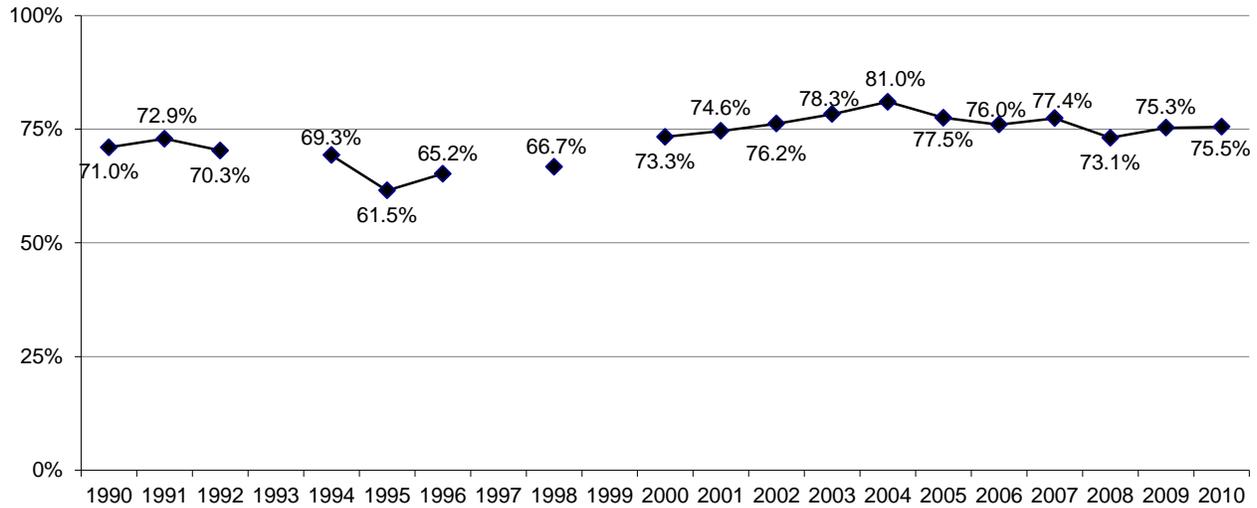
LEISURE TIME PHYSICAL ACTIVITY

Definition: Respondents who report leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

Prevalence of Leisure Time Physical Activity

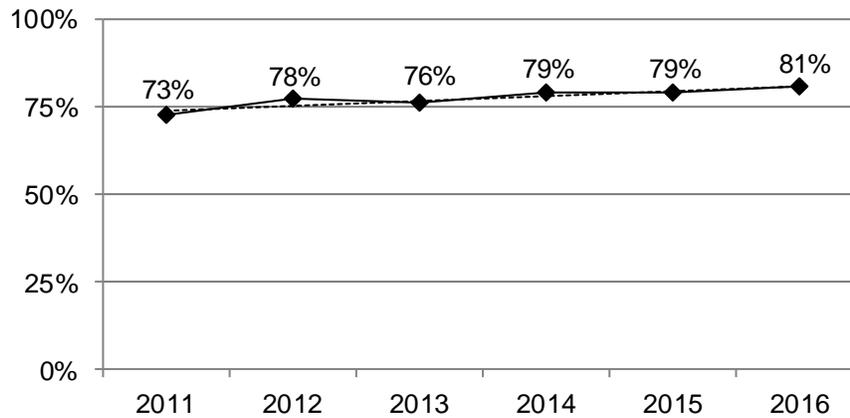
- South Dakota 81%
- Nationwide median 77%

Figure 7
Percent of Respondents Who Reported Leisure Time Physical Activity, 1990-1992, 1994-1996, 1998, and 2000-2010



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1992, 1994-1996, 1998 and 2000-2010

Figure 8
Percent of Respondents Who Reported Leisure Time Physical Activity, 2011-2016



Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2016

**Table 7
Respondents Who Reported Leisure Time Physical Activity, 2012-2016**

			95% Confidence Interval	
		2012-2016	Low	High
Gender	Male	78%	76.8%	79.0%
	Female	79%	78.0%	80.0%
Age	18-29	87%	85.5%	88.7%
	30-39	82%	79.7%	83.6%
	40-49	80%	77.7%	81.6%
	50-59	76%	74.6%	78.1%
	60-69	72%	70.0%	73.8%
	70-79	73%	70.8%	75.4%
	80+	66%	62.6%	68.6%
Race	White	78%	77.7%	79.3%
	American Indian	77%	74.3%	80.0%
Ethnicity	Hispanic	85%	78.2%	89.4%
	Non-Hispanic	78%	77.5%	79.1%
Household Income	Less than \$35,000	73%	71.5%	74.5%
	\$35,000-\$74,999	79%	78.1%	80.8%
	\$75,000+	86%	84.6%	87.1%
Education	Less than High School, G.E.D.	65%	61.6%	68.3%
	High School, G.E.D.	73%	72.0%	74.9%
	Some Post-High School	81%	80.0%	82.4%
	College Graduate	87%	86.1%	88.0%
Employment Status	Employed for Wages	81%	80.2%	82.3%
	Self-employed	73%	71.0%	75.8%
	Unemployed	76%	71.6%	80.3%
	Homemaker	81%	77.4%	84.3%
	Student	93%	89.6%	94.7%
	Retired	74%	72.5%	75.7%
	Unable to Work	58%	54.6%	62.3%
Marital Status	Married/Unmarried Couple	79%	78.3%	80.2%
	Divorced/Separated	74%	71.3%	75.7%
	Widowed	67%	64.5%	69.8%
	Never Married	83%	80.9%	84.1%
Home Ownership Status	Own Home	79%	77.6%	79.4%
	Rent Home	77%	75.8%	79.1%
Children Status	Children in Household (Ages 18-44)	83%	81.7%	84.7%
	No Children in Household (Ages 18-44)	85%	83.3%	86.8%
Phone Status	Landline	76%	74.5%	76.7%
	Cell Phone	81%	79.7%	81.7%
Pregnancy Status	Pregnant (Ages 18-44)	80%	71.5%	86.5%
	Not Pregnant (Ages 18-44)	85%	83.2%	86.4%
County	Minnehaha	79%	77.0%	80.9%
	Pennington	80%	77.8%	82.0%
	Lincoln	81%	78.3%	84.0%
	Brown	77%	73.2%	80.2%
	Brookings	85%	81.4%	87.9%
	Codington	77%	73.4%	80.5%
	Meade	79%	75.7%	81.7%
	Lawrence	83%	80.7%	85.3%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012-2016

Demographics

Gender	There is no gender difference with regard to leisure time physical activity.
Age	The prevalence of leisure time physical activity generally decreases as age increases. This includes significant decreases when the 30s, 60s, and 80s are reached.
Race	There are no significant racial differences with regard to leisure time physical activity.
Ethnicity	There is no significant Hispanic difference in the prevalence of leisure time physical activity.
Household Income	The prevalence of leisure time physical activity increases as household income increases. This includes significant increases when the \$35,000-\$74,999 and \$75,000+ household income levels are reached.
Education	The prevalence of leisure time physical activity increases as education increases. This includes significant increases as the high school graduate, some college, and college graduate levels are reached.
Employment	Students demonstrate a very high prevalence of leisure time physical activity, while those who are unable to work show a very low prevalence.
Marital Status	Those who have never been married exhibit a very high prevalence of leisure time physical activity, while those who are widowed show a very low prevalence.
Home Ownership	Home ownership does not seem to affect the prevalence of leisure time physical activity.
Children Status	Children in the household do not seem to affect the prevalence of leisure time physical activity among adults.
Phone Status	Those with a cell phone show a significantly higher prevalence of leisure time physical activity than those with a landline phone.
Pregnancy Status	Pregnancy does not seem to affect the prevalence of leisure time physical activity.
County	Residents of Brookings and Lawrence counties exhibit a very high prevalence of leisure time physical activity, while residents of Minnehaha, Brown, and Codington counties show a very low prevalence.

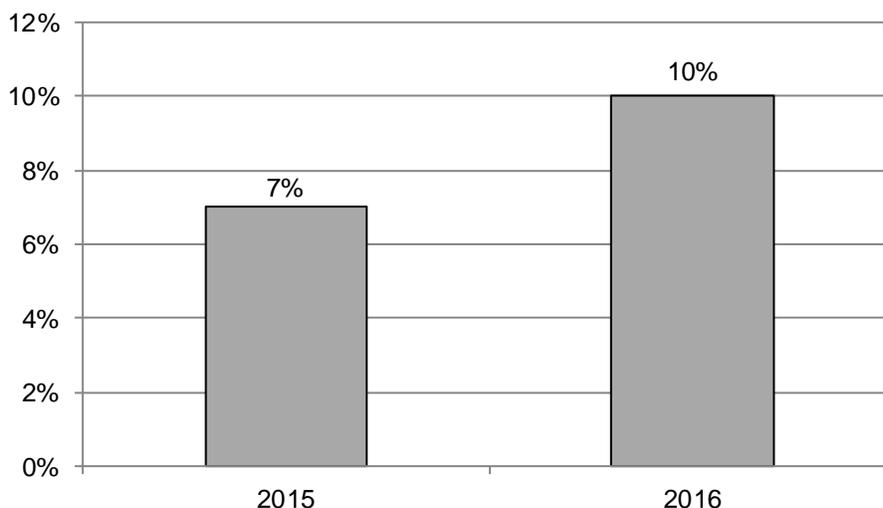
EXERCISE TRIPS

Definition: Respondents who report doing seven or more exercise trips per week, for example, walking to the grocery store or riding a bike to work.

Prevalence of Seven or More Exercise Trips Per Week

- South Dakota 10%
- There is no nationwide median for exercise trips per week

Figure 9
Respondents Who Report Seven or More Exercise Trips Per Week, 2015-2016



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2016

Table 8				
Respondents Who Report Seven or More Exercise Trips Per Week, 2015-2016				
			95% Confidence Interval	
		2015-2016	Low	High
Gender	Male	10%	9.0%	12.0%
	Female	7%	5.8%	8.2%
Age	18-29	12%	9.0%	15.3%
	30-39	6%	4.3%	8.4%
	40-49	7%	5.6%	9.7%
	50-59	7%	5.6%	9.3%
	60-69	10%	8.2%	12.8%
	70-79	9%	6.0%	12.0%
	80+	10%	6.5%	14.2%
Race	White	8%	7.2%	9.1%
	American Indian	14%	10.0%	20.0%
Ethnicity	Hispanic	8%	2.9%	20.1%
	Non-Hispanic	9%	7.7%	9.7%
Household Income	Less than \$35,000	10%	8.6%	12.6%
	\$35,000-\$74,999	7%	5.6%	8.6%
	\$75,000+	7%	5.7%	8.6%
Education	Less than High School, G.E.D.	13%	8.7%	17.8%
	High School, G.E.D.	10%	8.6%	12.8%
	Some Post-High School	8%	6.5%	9.2%
	College Graduate	6%	5.0%	7.3%

Table 8 (continued)				
Respondents Who Report Seven or More Exercise Trips Per Week, 2015-2016				
			95% Confidence Interval	
		2015-2016	Low	High
Employment Status	Employed for Wages	5%	4.0%	6.0%
	Self-employed	13%	10.8%	16.5%
	Unemployed	16%	9.6%	24.9%
	Homemaker	12%	6.8%	19.2%
	Student	27%	19.2%	37.0%
	Retired	9%	7.4%	11.6%
	Unable to Work	10%	5.6%	15.7%
Marital Status	Married/Unmarried Couple	7%	6.3%	8.4%
	Divorced/Separated	8%	5.6%	10.0%
	Widowed	8%	5.5%	10.3%
	Never Married	14%	10.9%	17.3%
Home Ownership Status	Own Home	8%	6.6%	8.6%
	Rent Home	12%	9.5%	15.1%
Children Status	Children in Household (Ages 18-44)	6%	4.9%	8.0%
	No Children in Household (Ages 18-44)	12%	9.0%	15.7%
Phone Status	Landline	8%	7.0%	10.0%
	Cell Phone	9%	7.6%	10.1%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	7%	5.1%	9.8%
County	Minnehaha	6%	4.4%	9.4%
	Pennington	6%	3.9%	7.9%
	Lincoln	4%	2.6%	6.9%
	Brown	5%	3.5%	8.6%
	Brookings	7%	3.5%	14.2%
	Codington	5%	2.7%	8.3%
	Meade	7%	5.2%	10.4%
	Lawrence	9%	6.7%	12.6%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2016

Demographics

- Gender** Males exhibit a significantly higher prevalence of walking or biking to a destination than females.
- Age** The prevalence of walking or biking to a destination does not seem to change as age increases.
- Race** American Indians exhibit a significantly higher prevalence of walking or biking to a destination than whites.
- Ethnicity** There seems to be no difference in the prevalence of walking or biking to a destination with regard to ethnicity.
- Household Income** The prevalence of walking or biking to a destination does not seem to change as household income changes.

Education	The prevalence of walking or biking to a destination decreases as education levels increase.
Employment	Those who are unemployed, a homemaker, or a student demonstrate a very high prevalence of walking or biking to a destination, while those who are employed for wages or unable to work show a very low prevalence.
Marital Status	Those who have never been married exhibit a significantly higher prevalence of walking or biking to a destination than all other marital status groups.
Home Ownership	Those who rent their home demonstrate a significantly higher prevalence of walking or biking to a destination than those who own their home.
Children Status	Those with no children in the household exhibit a significantly higher prevalence of walking or biking to a destination than those with children in the household.
Phone Status	There seems to be no difference in the prevalence of walking or biking to a destination with regard to phone status.
County	There seems to be no difference in the prevalence of walking or biking to a destination among the eight counties with sufficient sample size.

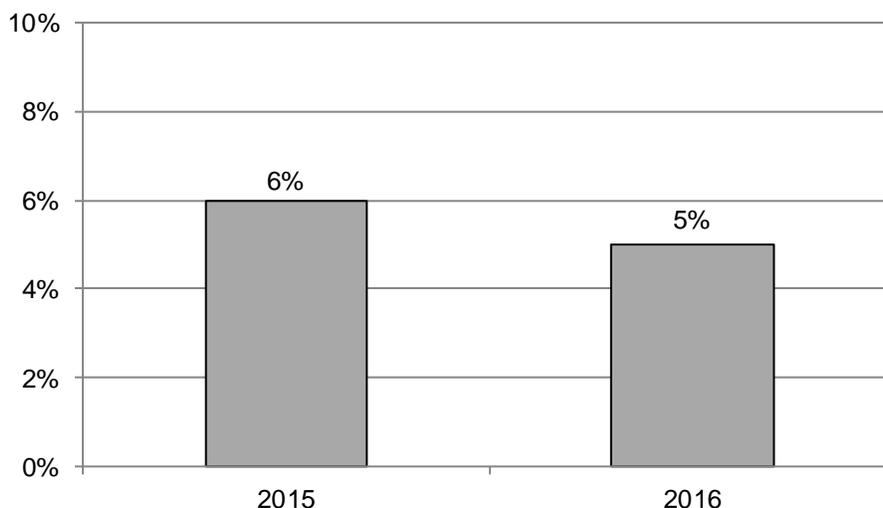
SEDENTARY LIFESTYLE

Definition: Respondents who report being off their feet 12 or more hours per day. This includes sitting or lying down, but does not include time asleep.

Prevalence of a Sedentary Lifestyle 12 or More Hours Per Day

- South Dakota 5%
- There is no nationwide median for sedentary lifestyle

Figure 10
Respondents Who Are Sedentary 12 or More Hours Per Day, 2015-2016



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2016

Table 9				
Respondents Who Are Sedentary 12 or More Hours Per Day, 2015-2016				
			95% Confidence Interval	
		2015-2016	Low	High
Gender	Male	7%	5.8%	8.1%
	Female	5%	3.9%	5.7%
Age	18-29	5%	3.4%	6.8%
	30-39	6%	4.5%	9.1%
	40-49	6%	4.2%	8.3%
	50-59	7%	5.2%	8.6%
	60-69	7%	5.4%	8.6%
	70-79	4%	2.7%	5.1%
	80+	4%	2.8%	6.3%
Race	White	6%	5.1%	6.6%
	American Indian	6%	3.4%	9.3%
Ethnicity	Hispanic	1%	0.2%	2.7%
	Non-Hispanic	6%	5.2%	6.7%
Household Income	Less than \$35,000	8%	6.5%	10.2%
	\$35,000-\$74,999	5%	4.2%	6.7%
	\$75,000+	5%	4.2%	6.8%
Education	Less than High School, G.E.D.	2%	1.3%	4.7%
	High School, G.E.D.	7%	5.3%	8.5%
	Some Post-High School	6%	4.5%	7.1%
	College Graduate	6%	4.9%	7.3%

Table 9 (continued)				
Respondents Who are Sedentary 12 or More Hours Per Day, 2015-2016				
			95% Confidence Interval	
		2015-2016	Low	High
Employment Status	Employed for Wages	6%	4.6%	6.7%
	Self-employed	5%	3.2%	7.0%
	Unemployed	5%	2.4%	9.5%
	Homemaker	3%	0.9%	9.8%
	Student	6%	3.2%	9.6%
	Retired	4%	3.5%	5.6%
	Unable to Work	22%	16.1%	28.5%
Marital Status	Married/Unmarried Couple	5%	4.0%	5.7%
	Divorced/Separated	10%	7.3%	13.2%
	Widowed	4%	3.1%	6.2%
	Never Married	7%	5.1%	8.8%
Home Ownership Status	Own Home	5%	4.4%	6.0%
	Rent Home	8%	6.5%	10.8%
Children Status	Children in Household (Ages 18-44)	4%	2.9%	5.9%
	No Children in Household (Ages 18-44)	7%	5.4%	9.5%
Phone Status	Landline	5%	4.3%	6.1%
	Cell Phone	6%	5.2%	7.2%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	5%	3.8%	7.3%
County	Minnehaha	8%	5.7%	10.6%
	Pennington	6%	4.4%	8.0%
	Lincoln	6%	3.7%	9.2%
	Brown	5%	2.9%	8.2%
	Brookings	7%	3.7%	13.7%
	Codington	5%	2.9%	9.5%
	Meade	7%	4.8%	10.2%
	Lawrence	7%	5.1%	10.9%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2016

Demographics

- Gender** Males exhibit a significantly higher prevalence of sedentary behavior than females.
- Age** The prevalence of sedentary behavior seems to peak in the 50s and 60s.
- Race** There seems to be no racial difference in the prevalence of sedentary behavior.
- Ethnicity** Hispanics demonstrate a significantly lower prevalence of sedentary behavior than non-Hispanics.
- Household Income** There seems to be no difference in the prevalence of sedentary behavior with regard to household income.
- Education** There seems to be no difference in the prevalence of sedentary behavior with regard to education level.
- Employment** Those who are unable to work exhibit a significantly higher prevalence of sedentary behavior than all other types of employment.
- Marital Status** Those who are divorced demonstrate a very high prevalence of sedentary behavior, while those who are married or widowed show a very low prevalence.

Home Ownership	Those who rent their home demonstrate a significantly higher prevalence of sedentary behavior than those who own their home.
Children Status	There seems to be no difference in the prevalence of sedentary behavior with regard to the presence of children in the household.
Phone Status	There seems to be no difference in the prevalence of sedentary behavior with regard to phone status.
County	There seems to be no difference in the prevalence of sedentary behavior among the eight counties with sufficient sample size.