



South Dakota Schools Height & Weight Report Summary

South Dakota Students
2020-2021
School Year

South Dakota Department of Health
May 2022

The **Department of Health** (DOH) completed its twenty-first year of collecting data on the height and weight of students in South Dakota schools. This report summarizes obesity data collected on 11.2 percent (16,881 students) of the state's students from 61 schools during the 2020-2021 school year.

Although slightly different age group categories are used for analysis, South Dakota's school-age obesity prevalence is currently lower than national trends. Approximately 19.3 percent of children and adolescents aged 2 to 19 years are obese in the United States. In comparison, 18.4 percent of South Dakota children and adolescents aged 5 to 19 years are obese. Since 1980, however, the obesity prevalence for children and adolescents has nearly tripled. While obesity trends in recent years have leveled off, they remain high for school-age children and are not returning to the lower levels seen in the 1970s and 1980s.

There are significant racial disparities in obesity prevalence. For American Indian children and adolescents in South Dakota, the obese percent is 33.0 compared to 18.0 percent for whites. While American Indian students comprise 13.4 percent of the South Dakota enrollment population, they represent 5.1 percent of the students surveyed.

The DOH is able to provide school-specific data, aggregate data in this report, and county-specific data to schools who 2. Schools submitting data on less than 100 students are given the aggregate data in this report and county-specific data, provided there are 100 or more student measurements from all schools in that county.

Data is analyzed for short stature, underweight, overweight and obesity using the current national standards. This document focuses on excess weight, as South Dakota students as a whole are neither short nor underweight.

The DOH began using the definitions of overweight and obesity beginning with the 2006-2007 report to describe elevated body mass index (BMI)-for-age for children and adolescents. BMI-for-age is the preferred term to describe the weight status of children and adolescents.

Children with a BMI-for-age between the 85th and 94th percentile are described as "overweight". If a child is at or above the 95th percentile, the term to describe the child is "obese".

Obesity in children and adolescents is associated with increased risk of psychological or psychiatric problems, cardiovascular risk factors, chronic inflammation, type 2 diabetes mellitus, and asthma. Excess weight in childhood and adolescence usually persists into adulthood. The higher the BMI in childhood, the greater the chance the child will be obese as an adult.

One of the objectives of the national Healthy People 2020 initiative is to "reduce the proportion of children and adolescents who are considered obese."

The DOH has a goal to reverse the national trend and reduce the percent of overweight and obese school-age children and adolescents in South Dakota. Our state is still working toward the South Dakota Department of Health 2020-2025 goal to reduce the percentage of school-aged children who are overweight or obese from 32.7% during the 2017-2018 school year to 30.5% by the 2023-2024 school year.

Childhood overweight and obesity is a multi-faceted problem that should be addressed by promoting healthy eating, increasing physical activity and decreasing inactivity. While it will take all South Dakotans working together to overcome this increasing problem, schools can play a key role in providing education and healthy environments.

**Overweight and Obese Body Mass Index, by Age
School Year 2020-2021**

Age	Number of Students	Overweight	Obese	Overweight and Obese Combined
5-8 years	6,539	19.0	18.3	37.3
9-11 years	5,521	18.1	21.5	39.6
12-14 years	3,809	17.9	23.9	41.8
15-19 years	1,012	18.1	20.9	39.0
Total	16,881	18.4	20.8	39.2

**Overweight and Obese Body Mass Index, by Race
School Year 2020-2021**

Race	Number of Students	Overweight	Obese	Overweight and Obese Combined
White	12,383	18.0	18.0	36.0
American Indian	861	19.9	33.0	52.9
Other Races	2,922	19.4	27.4	46.8
Multi-race/Unspecified	715	20.3	26.4	46.7
Total	16,881	18.4	20.8	39.2

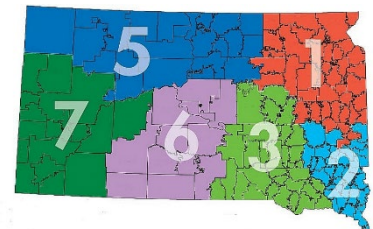
**Overweight and Obese Body Mass Index, by Gender
School Year 2020-2021**

Gender	Number of Students	Overweight	Obese	Overweight and Obese Combined
Female	8,252	18.8	19.0	37.8
Male	8,629	18	22.4	40.4

Regional Data

As in previous years, the data was analyzed by Education Service Agency (ESA) regions. These educational regions reflect public, private and tribal schools located in the geographic areas in the map to the left.

Regions 2, 6, and 7 are the only regions that are significantly below the state low confidence interval rate of 20.8 percent. Regions 3 and 5 are significantly higher than the state rate. Region 1 is not significantly different as it falls into the statewide range of 20.0 to 21.6 percent.



**Overweight and Obese Body Mass Index, by Region
School Year 2020-2021**

Region	Number of Students	Overweight	Obese	Overweight and Obese Combined
1	7,107	17.6	21.3	38.9
2	4,431	17.4	17.4	34.8
3	3,901	21.9	25.5	47.4
5	286	14.3	32.5	46.8
6	361	16.3	12.5	28.8
7	795	16.1	11.1	27.2
Total	16,881	18.4	20.8	39.2

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