

2012 UPDATE

South Dakota State Plan
for
Nutrition and Physical Activity
To Prevent Obesity and Chronic Diseases

Summary of Key Activities since December 2011



Year at a Glance

Burden of Overweight and Obesity



In 2011, the prevalence of overweight and obesity in South Dakota adults was similar to the national median. Data showed an **increase** in both the overweight and obese categories in South Dakota school students.

The 2011 South Dakota (SD) Behavioral Risk Factor Surveillance System (BRFSS) reported the percentage of adults overweight and obese to be very similar to the national median. The prevalence of obese adults in South Dakota was 28.1% as compared to the national median of 27.8%. The combined overweight and obese percentage for South Dakota was 64.4% as compared to 63.5% nationwide.

The 2011-2012 SD School Height and Weight survey reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) increased from 15.2% in the 2010-2011 school year to 15.9% in the 2011-2012 school year. In addition, students who are overweight (85th-94th percentile BMI-for-age) increased from 16.1% in the 2010-2011 school year to 16.6% in the 2011-2012 school year. This represents a total of 32.5% of K-12 students who are either overweight or obese.

South Dakota continues to be affected by three of the four leading causes of death reported in 2011— cancer, heart disease, and cerebrovascular diseases, which are greatly attributable to obesity. According to 2011 South Dakota mortality data, cancer deaths accounted for 22.8% of state resident deaths, which is a decrease of 2.1% from 2010.

Parents & Caregivers

► In 2012, SDSU Extension's iGrow Readers program has been implemented throughout South Dakota in afterschool and early childhood programs; park and recreation departments; libraries; Head Start; and schools. In addition, trainings were held for child care providers providing techniques to expand the use of fruit and vegetables in education opportunities at their child care settings.

► The Fit Care Initiative continues to reach more child care providers in the state. Training utilizing the curriculum began with completion of eight training series that reached 180 child care providers. Classes were held in Aberdeen, Brookings, Pierre, Sioux Falls, Spearfish, Rapid City and Yankton. Following a train-the-trainer webinar the first technical assistance visits for the Fit Care initiative began in April 2012. Twelve child care providers completed technical assistance during the first year and 14 are continuing into the second year.



Workplace

▶ The WIC Program unveiled a website – www.bestfeeding.org – to provide breastfeeding materials to workplaces, physicians, and mothers.

▶ The DOH held its 1st Worksite Wellness Summit, “Creating a Culture of Well Being and Maximizing the Return on Investment.” The planning and preparing for this event was a success with over 200 in attendance. As the Department of Health



and the WorkWell program continue to promote healthy lifestyles by working with businesses in preventing, reducing and managing chronic disease through workplace environment and policy change, plans are underway to hold summits in both Rapid City and Sioux Falls in 2013.

▶ The SD DOH and its WorkWell program expanded the workplace wellness toolkit to include additional chronic disease resources. The toolkit includes resources for employers to implement policy and environmental changes that will ultimately improve employee health and affect the company’s bottom line. It is available at: <http://www.healthysd.gov/Workplace/Tools.aspx>.

▶ Tri-State Flooring, a Sioux Falls company with 25 employees incorporated a successful program into their culture. The comprehensive program includes lifestyle wellness and risk-focused wellness. Their wellness team has been pivotal in the development and success of their program and has voluntarily committed to create a foundation for a successful future.

Schools & Youth Organizations

▶ Coordinated School Health provided SPARK *Physical Education* workshops for elementary and middle school physical educators. Forty-five physical educators, representing 28 school districts, attended one or both of the workshops.

▶ DOH’s Healthy Concessions program had great success in 2012. One great milestone was the Healthy Concession Resolution between DOH and the SD Parks and Recreation Association regarding the state Hershey track meets. The association resolved to have all state and local Hershey meets support the Healthy Concessions policy.

▶ Dakota Rural Action, a grassroots and advocacy organization, is leading the way in growing SD’s young Farm-to-School program. DRA assisted in bringing a program to the Brookings School District and continues to promote and establish more participation in the program.

▶ Through a grant from Team Nutrition, Patrick Henry Middle School in Sioux Falls established an educational garden for youth. The garden was used as a tool for teaching and learning and harvested produce was used as part of the program and freely shared with those of need in the community.



▶ The Department of Health, SD Discovery Center, Team Nutrition, and SDSU Extension partnered to expand the Harvest of the Month (HOM) program statewide. Team Nutrition and SDSU Extension offered trainings and mini-grants to promote the program in schools. A newly revamped website hosts planning and implementation materials for organizers to access. Work began on developing out-of-school, preschool home-visit and preschool in-class learning plans so communities across the state can create a HOM wrap-around approach, where similar messages are delivered to different ages and in different places.

Community

► The communities of Vermillion, Newell, and Timber Lake received assessment grants to address child obesity awareness and prevention, communicate health messages, and build community capacity to improve poverty levels.

► The Department of Health WIC program served 247,500 participants, including 59,220 infants, 133,524 children and 54,756 women. Through WIC, SD families had access to nutrition education at no cost with emphasis on the relationship between healthy eating habits, physical activity and good health. In addition, families also received vouchers to purchase nutritious foods such as fruits, vegetables, legumes, low-fat dairy products and whole grains.

► The DOH Healthy Communities Program continues to work with communities toward health promotion and prevention. A new toolkit, Community Health Status and Assessment, was created to provide resources and information on community needs assessments, understanding policy, systems, and environmental changes, coalition building, and more.

► To aid in determining factors affecting South Dakota's low consumption rate of fruit and vegetables, SDSU Extension in partnership with DOH conducted a survey with producers, retailers and consumers. The intent was to determine influencing factors and possible avenues to increase production of locally grown fruits and vegetables and increase consumption of fruit and vegetables.

► Live Well Sioux Falls completed the Community Health Needs Assessment that provided them with a better understanding of assets and needs of the community, risk factors and chronic disease rates, resources and partners to improve health, and what citizens are looking for to achieve and maintain a healthy lifestyle. They also developed health improvement strategies and goals for enhancing and improving community health.

► A statewide Active Transportation Advisory Team (ATAT) was convened with the purpose to provide direction, technical assistance, training and resources, and support for SD communities interested in adopting comprehensive strategies for healthy community design to increase active transportation. The ATAT consists of representatives from many social sectors including planning, transportation, education, public health, landscape architecture, parks and recreation, bicycling advocacy, and others.

Health Care

► The SD Oral Health program provided brochures, posters, and other educational materials regarding decreased consumption of sugar-sweetened beverages to healthcare providers.

► The SD State Medical Association and DOH partnered to promote “Exercise: Prescription for Health” a web-based challenge to increase physical activity and to increase the conversation between physicians and their patients regarding physical activity. Healthcare providers used a newly developed RX pad tear-off tool to explain the impact of modest amounts of physical activity along with strength and flexibility training.



For more information or to obtain a copy of the plan update, contact the South Dakota Department of Health at 605.773.3737 or refer to www.HealthySD.gov