

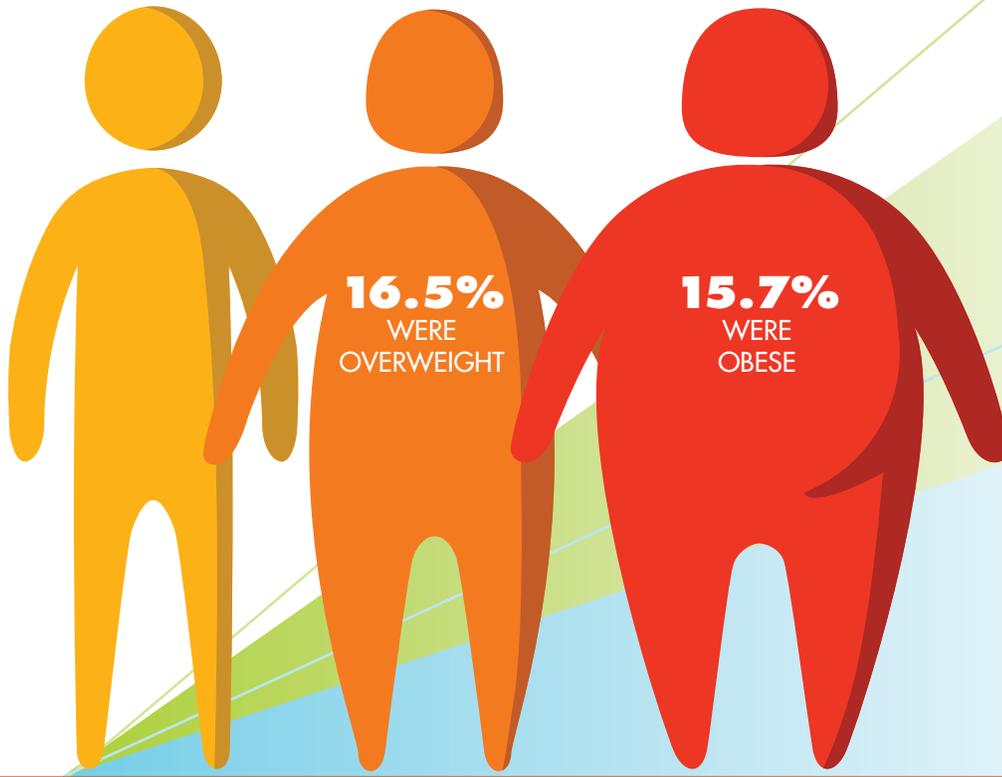
# Childhood **OBESITY** IN SOUTH DAKOTA

**32.2%**  
**CHILDREN + ADOLESCENTS**

aged 5 to 19 years were reported as  
**OVERWEIGHT** & **OBESE** when combined  
by South Dakota schools. (HT/WEIGHT RPT)

**4X**  
**QUADRUPLED**  
IN ADOLESCENTS

**2X**  
MORE THAN  
**DOUBLED**  
IN CHILDREN



CHILDHOOD OBESITY HAS **INCREASED** OVER THE LAST 30 YEARS

**BAD NEWS:**

Childhood obesity has more than **doubled in children** and **quadrupled in adolescents** in the past 30 years.

**GOOD NEWS:**

Healthy lifestyle habits, including **healthy eating** and **physical activity**, can lower the risk of becoming obese and developing related diseases.



# HERE'S WHY **OBESITY**

has **QUADRUPLED** for South Dakota  
CHILDREN & ADOLESCENTS



## **LACK OF PHYSICAL ACTIVITY**



**Less than half** were physically active for a total of at least 60 minutes per day on five or more of the past seven days



23.6% watched **three** or more **hours** per day **of TV** on an average school day



**1 out of 3** played video or computer games, or used a computer for something that was not schoolwork three or more hours per day on an average school day



## **POOR NUTRITION**



**18.3%** ate fruits and vegetables **five** or more **times per day** during the past seven days



**23.6%** drank a can, bottle, or glass of **soda or pop** one or more times per day during the past seven days

Learn more at [HealthySD.gov](http://HealthySD.gov)

Sources:

[www.cdc.gov/healthyyouth/npao/strategies.htm](http://www.cdc.gov/healthyyouth/npao/strategies.htm)

SD Youth Risk Behavior Survey 2013

SD School Height & Weight 2013-2014

## **WHAT SCHOOLS CAN DO**

Schools play a critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors.



Develop, implement, and evaluate healthy eating and physical activity policies and practices. Refer to the South Dakota School Model Wellness Policy to get started.



Establish school environments that support healthy eating and physical activity.



Provide a quality school meal program and offer healthy food and beverage choices outside of the school meal program.



Implement a comprehensive physical activity program with quality physical education.



Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.



Provide students with services to address healthy eating, physical activity, and related chronic disease prevention.



Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.



Provide a school employee wellness program.