

2014 Update



South Dakota State Plan *for* Nutrition and Physical Activity

To Prevent Obesity and Chronic Diseases

Summary of Key 2014 Activities



Year at a Glance



The 2013 South Dakota (SD) Behavioral Risk Factor Surveillance System (BRFSS) reported the percentage of overweight or obese adults to be very similar to the national median. The prevalence of obese adults in South Dakota was 29.9% as compared to the national median of 28.9%. The combined overweight and obese percentage for South Dakota was 67%, compared to 64.3% nationwide.

The 2013 Youth Risk Behavior Surveillance System (YRBSS) shows 13.2% of

South Dakota high school students are overweight and 11.9% of South Dakota high school students are obese. The 2013-2014 SD School Height and Weight survey reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) decreased slightly from 16.0% in the 2012-2013 school year to 15.9% in the 2013-2014 school year. Students who are overweight (85th-94th percentile BMI-for-age) decreased slightly as well from 16.6% in 2012-2013 to 16.5% in 2013-2014. Overall a total of 32.3% of K-12 students are either overweight or obese.

South Dakota continues to be affected by three of the four leading causes of death reported in 2013— cancer, heart disease, and cerebrovascular diseases, which are greatly attributable to obesity. According to 2013 BRFSS data, 9.1% of South Dakotans over the age of 17 had been told they have diabetes, 4.6% of South Dakota adults were diagnosed with heart disease and 2.8 with cerebrovascular disease.

Most recent physical activity data from the 2013 BRFSS show that 53.7% of South Dakota adults participate in 150 minutes or more of aerobic physical activity and 26.1% of adults participated in muscle strengthening exercises 2 or more times each week. Data from 2013 BRFSS show that 26.4% of adults consume 2 or more fruits per day and 11.6% of adults consume 3 or more vegetables per day.

Parents & Caregivers

→The South Dakota Discovery Center is continuing to expand the Harvest of the Month (HOM) program. Currently they are developing a Middle School curriculum for each of the 42 foods and piloting them at Georgia Morse Middle School. HOM learning plans are also available for: PreK Home-visits, PreK In-Class, K-5, afterschool programs (YMCA, Boys & Girls Clubs, etc.) Visit www.sdharvestofthemonth.org to create your free account and access the free [curriculum](#) .

→The fitCare class curriculum was updated in 2014 and was delivered statewide through the Department of Social Services Division of Child Care Services Early Childhood Enrichment (ECE) system. These five regional offices provided fitCare classes to 391 child care providers with 13 child care providers also participating in fitCare technical assistance. In addition, 42 child care providers received on-site role modeling of group time sessions teaching children about healthy nutrition and the importance of physical activity.



Workplace

→The DOH held its annual WorkWell Partnership Summit in the spring in Rapid City and fall in Sioux Falls. The planning and preparing for both of these events was a success with Rapid City doubling their attendance of worksites in attendance from the prior year. Sioux Falls held over 150 worksites in attendance!

→Thirteen worksites throughout South Dakota were also selected and received the WorkWell mini grant of up to \$2,000. These worksites are implementing environmental and policy changes that will prevent, reduce and manage chronic disease.

→The DOH also began work with two policy adoption projects in South Dakota worksites. Eight worksites were selected to receive technical assistance, training and supporting funds to implement a Physical Activity Policy in their worksites. Fifteen worksites were also selected to receive technical assistance and training to implement a Healthy Vending & Snack Bar Policy for their worksites. Both policy projects plan to continually add additional worksites over the course of the next 4 years.



→The American Heart Association is working with businesses across South Dakota who want to become Fit-Friendly businesses by providing resources and information to help employees eat better and become more active while at their place of employment. A link to the resources can be found at: http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/The-American-Heart-Associations-Worksite-Wellness-Kit_UCM_460433_Article.jsp#mainContent

School & Youth Organizations

→fit4Schools, a health activation program developed through the Children's Health and Fitness Initiative at Sanford Health, was piloted in 50 elementary school classrooms in seven communities during 2014. It will be available to all schools in South Dakota in 2015. This program provides educators with resources and tools to teach and engage children in healthy behavior choices involving rest and relaxation, mood, food, and physical activity. Its complementary program, fit4theClassroom.com, is available to both elementary and middle schools. This program equips educators with lesson plans, videos, and activities to integrate STEM education with health and wellbeing.

→The DOE and DOH conducted a review and revision of the SD Standards for K-12 Physical Education (SDSPE). Teachers from elementary through post-secondary levels, as well as individuals from outside agencies, were selected to serve on the committee to develop the SDSPE. The SDSPE, approved by the South Dakota Board of Education in September 2014, include grade-level outcomes in each grade from kindergarten through grade 8, and for two grade levels at high school.

→The DOE and DOH, in collaboration with the Alliance for a Healthier Generation - South Dakota, hosted a training on the School Health Guidelines to Promote Healthy Eating and Physical Activity to provide evidence-based guidance for schools on how to most effectively promote the health of children and adolescents aged 5 to 18 years. Forty school staff representing 15 South Dakota school districts attended the one day training.



→SDSU Extension administered the school garden grant, in Baltic School, Buchanan Elementary School (Pierre), Huron Middle School, Wagner Community School and Wessington Springs Elementary. Schools received support to develop school garden projects focused on growing and consuming fruits and vegetables. Award winners receive project development coaching from SDSU Extension, 20 seed packets, and \$1,000.

Communities

→The communities of Burke, Pierre, Rapid City and Sioux Falls received small grants to conduct walk audits. They are assessing their built environments through walkability studies and are also building multi-disciplinary teams, hosting active living workshops and town hall meetings, conducting community surveys, and implementing other evidenced-based strategies to educate their communities on healthy community design principles and integrating physical activity into daily routines through active transportation principles.

→ Live Well Sioux Falls and other community partners, including American Heart Association, Avera Health, DAKOTACARE, Lewis Drug, Novartis, Sanford Health, Sioux Falls Fire Rescue and Walgreens, developed the concept of a month-long initiative to focus on performing blood pressure screenings and delivering education to Sioux Falls residents. The reach of The Big Squeeze has increased each year growing from 2,500 residents in 2011 to nearly 9,000 screened in 2014.

→Through partnerships between the DOH, SDSU Extension, and a variety of collaborators, Better Choices, Better Health® (BCBH), an evidence-based chronic disease self-management program, was



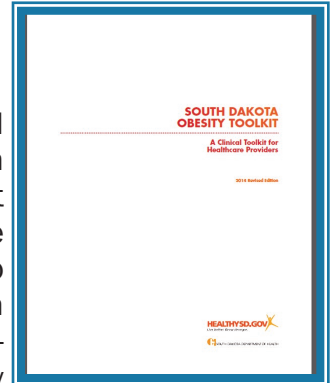
launched in an effort to educate South Dakotans with chronic health conditions on skills and strategies to manage the impact of their condition(s). Over 20 South Dakota community members from across the state have been trained by Stanford University to become Master Trainers and facilitate BCBH workshops and eleven workshops have been conducted in seven cities in SD.

→Midwest Dairy Council sponsored a Food Insecurity Roundtable event to raise awareness about the need for more nutrient-rich foods within the state's feeding programs. Dairy farmers and milk processors launched the Great American Milk Drive in April to get more milk available in food banks. Since the launch, 1,099 gallons of milk have been donated in South Dakota.

Healthcare

→A Healthcare Physical Activity advisory workgroup comprised of key partners developed and is working to increase physical activity education, assessment and prescription in healthcare facilities in South Dakota. The goals of the group align closely with the Healthcare sector of the National Physical Activity Plan and the Exercise is Medicine initiatives.

→The DOH Nutrition and Physical Activity program updated an obesity toolkit that was developed by the DOH and other partners to make it easier for South Dakota primary care providers to address the obesity epidemic with their patients.



→The South Dakota Collaborative for Interprofessional Education and Practice (SDC-IEP) was formed including leaders from education and practice from across the state. Carla Dieter (USD Nursing) chairs the statewide committee that includes a Structure Team, Advisory Council, and Action Strategy Project Teams. The SDC-IEP has developed foundational statements including purpose, vision, and responsibilities. The committee and the project teams have been working with the National Center for Interprofessional Practice and Education Nexus team to further develop their projects and align measurable outcomes with the Triple Aim (reducing per capita costs, improving population health, and improving the patient care experience).

→The Breastfeeding coalition has reconvened with various partners and working toward baby friendly hospitals across the state - Megan

HEALTHYSD.GOV

Live better. Grow stronger.



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