



SOUTH DAKOTA
2015
State Plan Update

Nutrition & Physical Activity
To Prevent Obesity & Chronic Diseases



Year at a Glance

As reported by the 2014 South Dakota Behavioral Risk Factor Surveillance System (BRFSS), South Dakota adults have a current obesity prevalence of 29.8%. This is similar to the national average, which is presently at 28.9%. In addition, the number of individuals in South Dakota who are overweight amounts to 35.4%. The combined overweight and obese percentage of South Dakotans is 65.2%. This is higher than the national average of 64.1%.

According to the South Dakota Department of Health's (DOH) 2014-2015 School Height and Weight report, 17% of South Dakota 15-19 year old students are overweight (85th-94th percentile), and 18.4% of South Dakota 15-19 year old students are obese (at the 95th percentile or above). The goal of the DOH is to reduce the prevalence of obesity in school-age children and adolescents (ages 5-19) from the current 16% to 14% by the year 2020. The percentage of students who are overweight decreased from 16.5% in 2013-2014 to 16.2% in 2014-2015. The percentage of obese school children increased slightly from 15.9% in 2013-2014 to 16% in 2014-2015.



The BRFSS reports 53.7% of South Dakota adults meet the recommended 150 minutes or more of aerobic physical activity per week, and 18.4% meet the aerobic and muscle strengthening guideline each week. The BRFSS also states that only 11.6% of South Dakota adults report eating 3 or more vegetables per day and 60.7% of South Dakotans eat at least one serving of fruit per day.

Parents & Caregivers



- The South Dakota Discovery Center continues to expand and implement the Harvest of the Month (HOM) fruit and vegetable program statewide. HOM was offered to students in PreK, grades K-5, and teens through the Teens as Teacher approach.
- The fitCare curriculum continues to reach child care providers across the state. Thirteen, 8-hour training series were held reaching 161 child care providers. In addition, 17 stand-alone classes were held reaching 246 child care providers. fitCare continues to offer technical assistance for action planning and policy development.





Schools & Youth

- Midwest Dairy Council and Fuel Up to Play 60 provided grants to 12 schools to help create student-led, healthy changes to the school environment. Sixty percent of South Dakota schools are enrolled in Fuel Up to Play 60, which reaches 76% of students.
- The School Health and Team Nutrition programs in the South Dakota Department of Education (SD DOE) partnered with South Dakota's Alliance for a Healthier Generation Healthy Schools Program to host 'The Steps to Success' and 'The Healthy Schools Summit' events. These events promoted and lead sustainable nutrition and physical activity initiatives in schools.
- The School Health program in the SD DOE conducted a pre-convention session at the 2015 SHAPE SD Convention. Twelve participants representing 5 school districts, 1 university and 1 agency attended the session on Comprehensive School Physical Activity Programs .
- The Alliance for a Healthier Generation's Healthy Schools Program in South Dakota provided on-site training and technical assistance to 20 school districts, including 101 schools and approximately 190 participants (with an additional 86 schools registered for the on-line program).



Workplace

- The Healthy Vending and Snack Bar project launched its second year, training an additional 16 worksites. Fifteen worksites were provided \$1,000 in grant funds to help support their efforts. Since the start of the project, 24 total worksites are working on bringing healthy choices to their vending machines and snack bars with over 7,000 employees affected.
- Two WorkWell Partnership Summits were held. The Rapid City summit hosted approximately 70 worksites and Sioux Falls hosted approximately 140 worksites.
- Nine worksites were selected to implement sustainable wellness into their worksite through the WorkWell mini grant program. Worksites provide a yearlong plan that will prevent, reduce and manage chronic disease in the worksite.
- Ten additional worksites were added to the Steps to Wellness physical activity project that has reached 18 worksites and approximately 2800 employees.



- LiveWell Black Hills conducted their first annual Big Squeeze blood pressure awareness campaign and screened 947 blood pressure readings around the community. Additionally, 8,137 blood pressure readings were captured from clinical data.





Communities

- The YMCA of Rapid City offered Better Choices, Better Health® classes and the Diabetes Prevention Program to community members in Rapid City. The YMCA also partnered with a local radio station to celebrate Wellness Wednesdays with a wellness segment broadcast each week.
- The Brookings community was selected to work with DOH to pilot the Breastfeeding-Friendly Business Initiative. Local businesses will be approached to discuss the importance of a breastfeeding-friendly environment for customers and employees. Businesses will also be encouraged to take the Breastfeeding-Friendly Business Pledge.
- The communities of Keystone and Mobridge are utilizing grant funds from the DOH to assess walkability. They join Pierre, Rapid City, Burke and Sioux Falls as recipients of the Walk Audit Grants.
- The DOH provided funding and technical assistance to four SD communities to conduct a community health needs assessment (CHNA) and improvement planning process. One community completed the CHNA in the fall of 2015. The 3 additional communities were funded to complete a CHNA by February 2016.
- Since 2014, the Better Choices, Better Health® (BCBH) SD chronic disease program has conducted one Master Trainer training and three Lay Leader trainings where 61 people were trained in chronic disease self-management. Thirty-one BCBH workshops have been offered in 10 different locations across the state and in 27 unique locations. Three hundred and thirty-five people have received training in chronic disease self-management and education that will positively impact health outcomes.

Healthcare



- The DOH and South Dakota Department of Game, Fish and Parks launched the first year of the Park Prescription project. Over 30 providers and counseling professionals provided patients with a prescription to a South Dakota State Park to engage in physical activity.
- The HealthySD.gov website was revamped with a clean, professional, user-friendly format to provide current key data, research, toolkits, model policies, infographics, printable materials and much more on topics of nutrition, physical activity, and general health and wellness. A new funding opportunities page has been added to list all DOH grants that will be available throughout the year.



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.