

# GET MOVIN'!

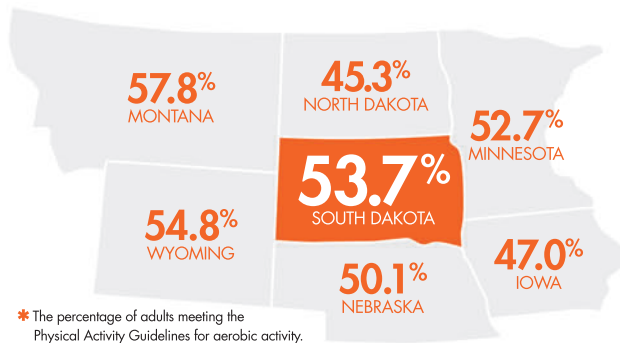
## TAKE THE 150 MINUTES CHALLENGE

GET **55.1%** OF ADULTS TO MEET THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY. THE HEALTHY PEOPLE 2020 GOAL

## THE PROBLEM:

The majority of South Dakotans **DO NOT** meet the Physical Activity Guidelines (PAG) for both aerobic activity & muscle strengthening.

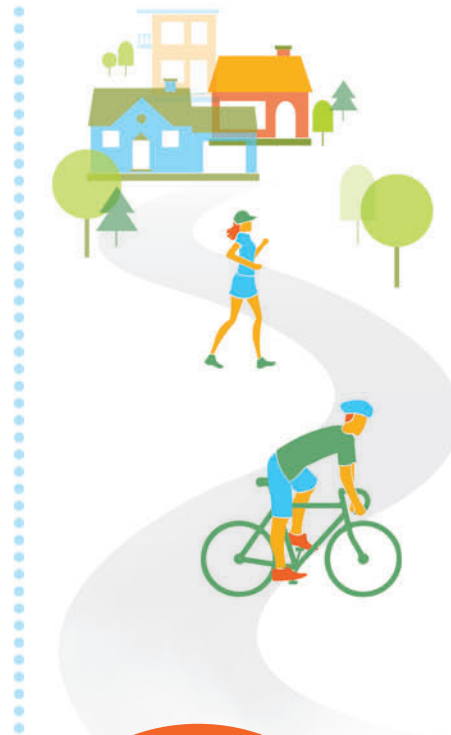
- 53.7% of South Dakotans get the recommended 150 minutes of **aerobic activity** per week.\*
- 27.7% of South Dakotans get the recommended 2 sessions of **muscle strengthening** per week.
- Only 18.4% of South Dakotans get the recommended amounts of both **aerobic activity & muscle strengthening combined**.



## THE NATIONAL MEDIAN

FOR MEETING THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY IS

**50.8%** SOUTH DAKOTA HAS SURPASSED THE NATIONAL AVG. BUT THERE IS STILL WORK TO BE DONE!



## THE PLAN:

### 1 Create and enhance access to places for physical activity.

Start thinking about how to incorporate opportunities for daily physical activity in your community, at your worksite, or school. Make a park bigger or better. Create a new space for recreation. Connect a trail and a park with a safe sidewalk or bike lane.

### 2 Enhance physical education and activity in schools and childcare settings.

Elementary kids should be required to get 30 minutes of physical education every day. High school kids should get 45 minutes a day. What is your school policy? Do schools in your community have Safe Routes to Schools Programs? Can you work with childcare providers to establish moderate to vigorous physical activity standards?

### 3 Support land use, urban design, street-scale, community-scale, and transportation policies.

Project funding is available especially for youth, elderly, low-income, and minority populations. Plan, build, or retrofit residential or mixed-use streets to reduce speeds, accommodate bicyclists and improve walkability.

### 4 Let's work together!

Through multi-sector partnerships and collaborations within communities, the goal is to get all South Dakotans physically active and to be able to live, work, and play in environments that facilitate regular physical activity.

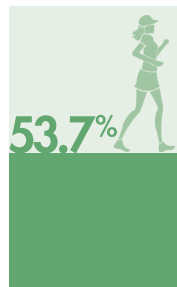
BY 2030 **42%** OF AMERICANS WILL BE **OBESE!**  
UNLESS WE CHANGE the culture and create policies & environments that support active lifestyles.

# THE EVIDENCE:

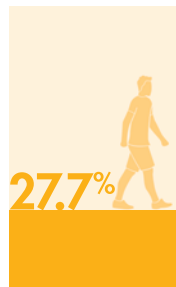
A few key statistics from **SOUTH DAKOTA'S** Behavioral Risk Factor Surveillance System (BRFSS 2013) and the Youth Risk Behavior Survey (YRBS 2013):



OBESE



ACHIEVED PAG FOR AEROBIC ACTIVITY



ACHIEVED PAG FOR MUSCLE STRENGTHENING



ACHIEVED PAG FOR BOTH AEROBIC AND MUSCLE STRENGTHENING

## ADULTS

35%  
HIGHLY ACTIVE

greater than 300 minutes per week

17.8%  
MODERATELY ACTIVE

150-300 minutes per week

21.4%  
INSUFFICIENTLY ACTIVE

1-149 minutes per week

25.8%  
INACTIVE

no physical activity outside of work

## YOUTH

31%  
ATTEND P.E. CLASSES

72%  
NOT MEETING DAILY PAG

60 minutes per day

OF THE 22 TOTAL CREDIT HOURS REQUIRED TO GRADUATE, SOUTH DAKOTA ONLY REQUIRES 1/2 CREDIT FOR P.E. AND 1/2 CREDIT FOR HEALTH.

**BOTTOM LINE... KIDS NEED MORE P.E. IN SCHOOL AND NEED MORE PHYSICAL ACTIVITY ALL DAY LONG**

## PHYSICAL ACTIVITY LOWERS THE RISK OF

There is a direct link between physical activity levels and chronic disease.



High blood pressure & high cholesterol



Heart attack & coronary heart disease



Obesity



Inflammation from Arthritis



Stroke & Diabetes



Some Cancers



Depression

Sources  
1 - BRFSS (Behavioral Risk Factor Surveillance System) 2013, SD DOH  
2 - YRBS (Youth Risk Behavior Survey) 2013, SD DOH  
3 - SIRPA (State Indicator Report on Physical Activity) CDC, 2014  
4 - Duke University and CDC, 2012

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## PHYSICAL ACTIVITY SOUTH DAKOTA BY DEMOGRAPHIC



## MORE ACCESS, MORE ACTIVE!



39.3%

of South Dakotans live within 1/2 mile of a park



58.3%

of South Dakota youth have access to parks, community centers, and sidewalks



ONLY 4.8% OF SD ADULTS BIKE OR WALK TO WORK

Visit [HealthySD.gov](http://HealthySD.gov) for more information and resources.

