

GET MOVIN'!

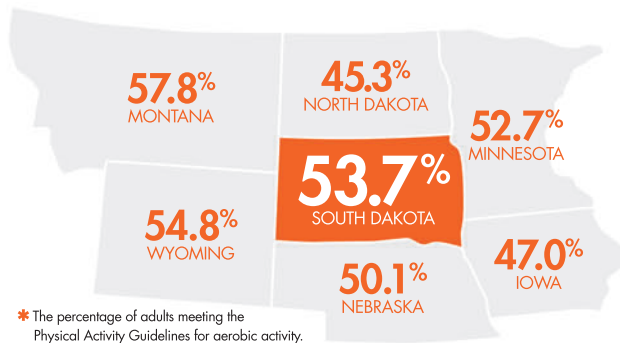
TAKE THE 150 MINUTES CHALLENGE

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.

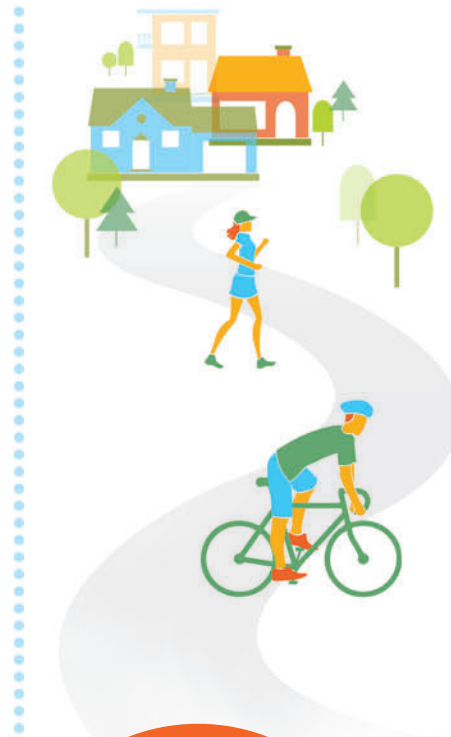
- 53.7% of South Dakotans get the recommended 150 minutes of **aerobic activity** per week.*
- 27.7% of South Dakotans get the recommended 2 sessions of **muscle strengthening** per week.
- Only 18.4% of South Dakotans get the recommended amounts of both **aerobic activity & muscle strengthening combined**.



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.

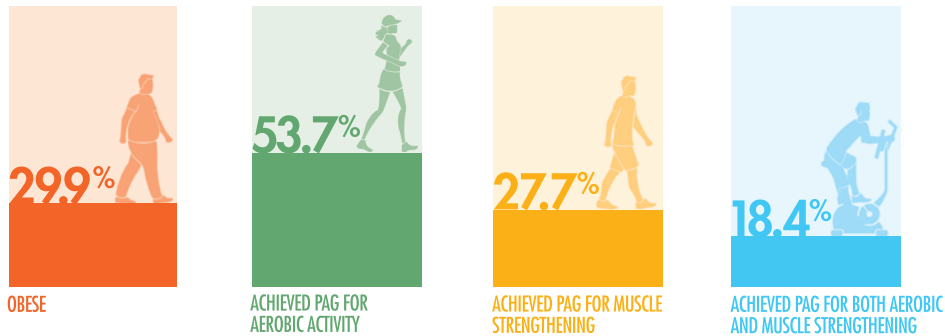
4 Let's work together!

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.

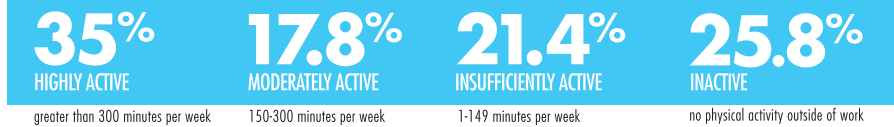
BY 2030 **42%** OF AMERICANS WILL BE **OBESE!**
UNLESS WE CHANGE the culture and create policies & environments that support active lifestyles.

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):



ADULTS



YOUTH



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

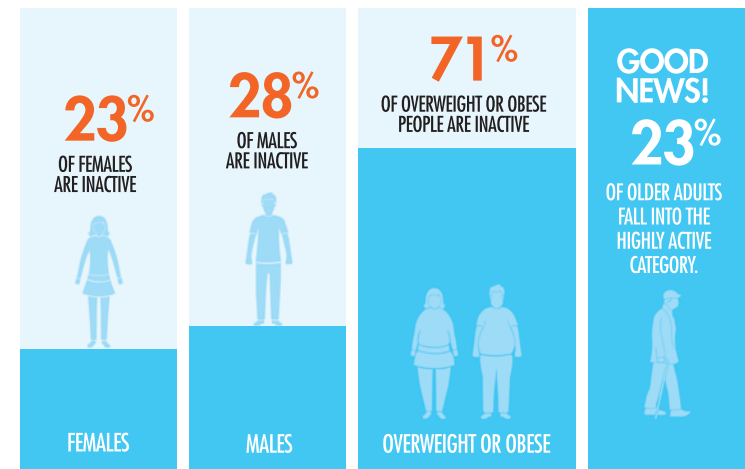


Some Cancers

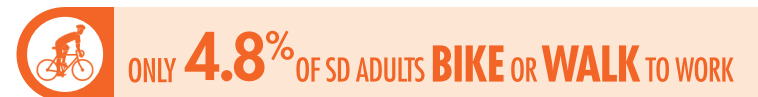


Depression

PHYSICAL ACTIVITY SOUTH DAKOTA BY DEMOGRAPHIC



MORE ACCESS, MORE ACTIVE!



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

3,000 copies of this document were printed by the SD Dept. of Health at a cost of 18¢ each.

Visit HealthySD.gov for more information and resources.

