GET MOVIN'!

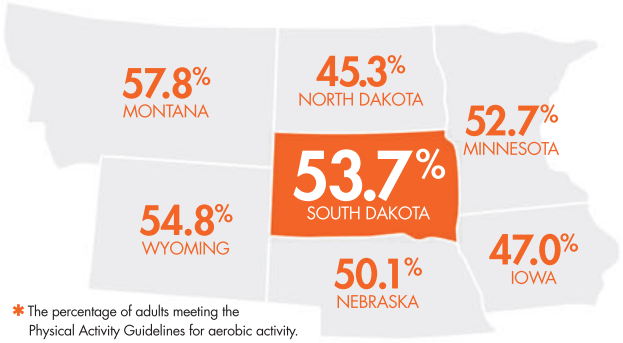
TAKE THE 150 MINUTES CHALLENGE

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.**



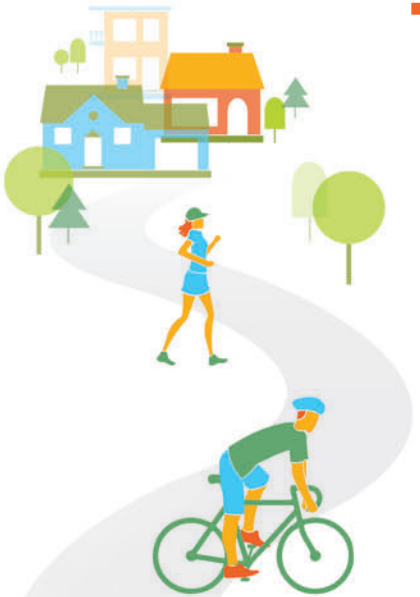
* The percentage of adults meeting the Physical Activity Guidelines for aerobic activity.

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!



BY 2030 42% OF AMERICANS WILL BE OBESE!

UNLESS WE CHANGE the culture and create policies & environments that support active lifestyles.

THE PLAN:

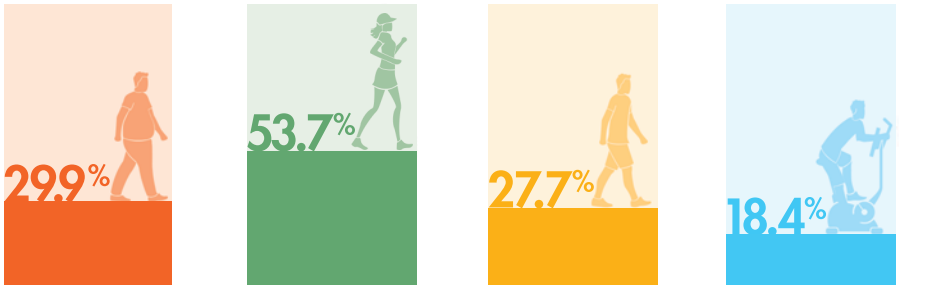
1. **Create and enhance access to places for physical activity.**
   Start thinking about how to incorporate opportunities for daily physical activity in your community, at your worksite, or school. Make a park bigger or better. Create a new space for recreation. Connect a trail and a park with a safe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

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

35%	17.8%	21.4%	25.8%
HIGHLY ACTIVE	MODERATELY ACTIVE	INSUFFICIENTLY ACTIVE	INACTIVE
greater than 300 minutes per week	150-300 minutes per week	1-149 minutes per week	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.

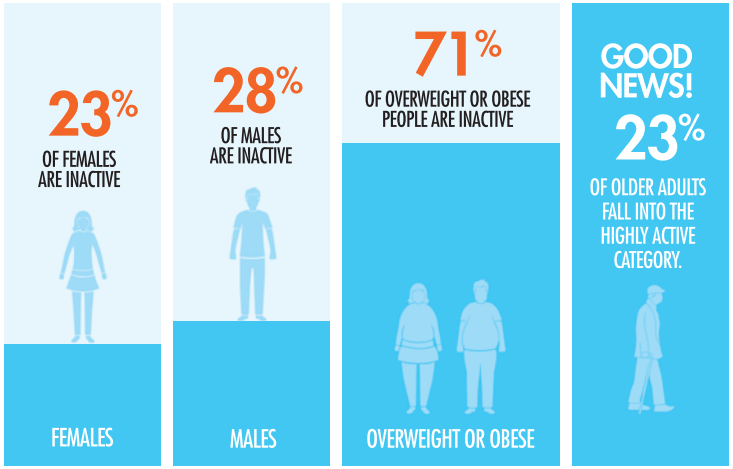
BOTTOM LINE... KIDS NEED MORE P.E. IN SCHOOL AND NEED MORE PHYSICAL ACTIVITY ALL DAY LONG

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

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

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.

HEALTHYSD.GOV
Live better. Grow stronger.

SOUTH DAKOTA DEPARTMENT OF HEALTH