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## ***2009 UPDATE***

# **South Dakota State Plan for Nutrition and Physical Activity** To Prevent Obesity and Chronic Diseases

Summary of Key Activities since December 2008

## **Year at a Glance**

### **Burden of Overweight and Obesity**

At the close of 2009, the prevalence of overweight and obesity showed an increase throughout the nation and in South Dakota adults. Data also showed a slight increase in both the overweight and obese categories in South Dakota school students.

The 2008 South Dakota (SD) BRFSS (Behavioral Risk Factor Surveillance System) reported that adults continue to increase in the percentage of overweight and obese and now exceed the national average in both. The prevalence of obese adults increased to 28.1% as compared to the national average of 26.7%. The total overweight and obese percentages for South Dakota is now 65% as compared to 63.4% nationwide.

The 2008-2009 SD School Height and Weight survey reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) increased slightly to 16.6%. This was up from 16.3% in the 2007-2008 school year. In addition, students who are overweight (85th-94th percentile BMI-for-age) increased from 16.8% in the 2007-2008 school year to 17.0% in the 2008-2009 school year. This is a total of 33.6% of K-12 students who are either overweight or obese.



South Dakota continues to be affected by three of the five leading causes of death reported in 2008— heart disease, cancer, and cerebrovascular diseases, which are greatly attributable to obesity. According to the 2008 South Dakota Vital Statistics Report, heart disease accounted for 23.8% of state resident deaths in 2008, which decreased by 0.1% in 2007.

### **Parents & Caregivers**

The WIC program saw a few changes this past year with the inclusion of a fruit and vegetable voucher. The program also continued promotion of breastfeeding, enhanced food packs, breast pumps and less formula.

The Fit from the Start Initiative, a collaborative effort between DSS and DOH, was implemented in child care facilities across the state to increase vegetable intake and physical activity in children 2-5 years old. The project was funded primarily by the Wellmark Foundation and will be evaluated in 2010.

The WIC Breastfeeding Peer Counseling program continues to provide basic breastfeeding information and encouragement to WIC pregnant and breastfeeding mothers either by telephone or in the local agency. Currently, counselors are located in WIC offices in Belle Fourche, Spearfish, Huron, Sisseton, Mitchell, Rapid City and Sioux Falls, with plans to locate additional counselors in Watertown, Aberdeen and Pine Ridge.

## ***Schools & Youth Organizations***

St. Joseph's School in Pierre has adopted the "Harvest of the Month" with the goal of increasing the consumption of fruits and vegetables. Parent Tiffany Sanchez has volunteered to provide lessons to Grades 1-5 once a month about a specific fruit or vegetable and serves as a mentor to other schools who wish to adopt the program.

Grants coordinated by DOE-CANS and funded by a USDA Team Nutrition grant, 21st Century Learning Center grant, and SD Coordinated School Health funded gardening mini-grants to various organizations that included one school, four child care centers, one out-of-school time program and one child care institute.

2009 was the 7<sup>th</sup> year Coordinated School Health has sponsored the South Dakota Schools walk program and the second year to include After School Time Programs. The walk was implemented to help combat childhood obesity by providing free incentives for participants and the coordinators of the program. There were 37 school districts participating in the program in the 2008-2009 school year. A total of 6,404 students in grades K-6 along with 310 staff participated.



The SD Board of Education revised the high school graduation requirements. Beginning in the fall of 2010, incoming freshmen will be required to take a ½ unit of physical education. Then beginning in the fall of 2013, a ½ unit of health education will also be required but this could be fulfilled at the middle school level. Schools also have the option to fulfill the health education requirement through health integration.

## ***Workplace***

The DOH provided two trainings to worksite wellness consultants; the first to train 18 additional consultants; the second to provide updated information and resources to 25 previously trained consultants.

CDC unveiled, *LEANWorks!*, an online tool for worksites of all sizes to utilize. DOH's Diabetes Prevention & Control Program promoted the resource through its e-newsletter. *LEANWorks!* website is designed to help businesses combat obesity.

The DOH funded small grants to four worksites to implement wellness programs supporting increased physical activity, healthy eating, and a tobacco-free workplace. The four businesses include: Aberdeen American News– Aberdeen, Youth & Family Services– Rapid City, ESCO Manufacturing Incorporated– Watertown, and Human Services Agency– Watertown.



For the second year, the City of Sioux Falls delivered comprehensive worksite wellness programming with an increase in participation during their annual health screening program. The city also implemented Phase I of a Tobacco Free Workplace Initiative, working towards Phase II set to take place in January 2011 where internal city worksites will become completely tobacco free. Rounding out the highlights were the Police and Fire Departments implementing successful programming to reduce injuries, improve fitness and increase preventative health practices.

## ***Community***

The community of Pierre received ACHIEVE (Action Communities for Health, Innovation, and EnVironmental change) funds to improve the health of its citizens. Planners will work with businesses and schools to implement policy and environmental change that include offering more nutritious foods in vending and concessions and encouraging increased physical activity where possible to improve the health of the community.

The Department of Game, Fish, and Parks is implementing programming for getting children outdoors. They provided new equipment in the state parks and grants for daycares to apply for backpacks that include ideas and equipment for outdoor physical activity for children.

Three online Healthy Challenges—Prairie Hills Hike, Veggie Madness , and Go for the Whole Grain—were conducted on the [www.HealthySD.gov](http://www.HealthySD.gov) website.

The Black Hills Forest Service at Horse Thief Lake and Bismarck Lake created walking paths and board walks for people with disabilities and their caregivers. In addition, several accessible campsites were developed.

The Hanson-Larsen Memorial Park was built in Rapid City that includes over 8 miles of world class hiking and biking trails.



DOH's Tobacco Control Program continues to support the [BeFreeSD.com](http://BeFreeSD.com) website and currently promotes 160 places to live, work, play, and be tobacco-free in South Dakota.

## ***Health Care***

First and third year medical students at the Sanford School of Medicine of USD receive formal nutrition education while first year students participate in clinical nutrition seminar with objectives to learn nutrition and how it relates to health promotion, the importance of nutrition therapy and acute and chronic diseases, and the interdisciplinary advantages of health professionals working together on this issue.

The SD Medical Association, with the support of DOH, is working to reduce the number of children exposed to secondhand smoke tobacco by talking to parents who smoke. They administered an Anti-Tobacco Project Survey for healthcare providers to complete. The initiative supports and encourages all healthcare providers talk to their patients about tobacco use each and every visit and use the five A's.

The Department of Social Services- Developmental Disabilities program is creating a workgroup to look at developing tools that will incorporate physical activity and nutrition into the lives of people with disabilities to address obesity and other health related problems associated with obesity.

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**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](http://www.healthySD.gov).**

