

2010 UPDATE



**South Dakota State Plan
for
Nutrition and Physical Activity**

To Prevent Obesity and Chronic Diseases

Summary of Key Activities since December 2009





Year at a Glance

Burden of Overweight and Obesity

At the close of 2010, the prevalence of overweight and obesity showed a slight increase in South Dakota adults but a decrease in the nation. Data also showed a slight decrease in both the overweight and obese categories in South Dakota school students, a positive but not statistically significant finding. Overall, trend data shows the percent of respondents who are overweight or obese has been increasing since the data was first collected in 1993.

The 2009 South Dakota (SD) Behavioral Risk Factor Surveillance System (BRFSS) 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 30.3% as compared to the national average of 26.9%. The total overweight and obese percentages for South Dakota is now 67.1% as compared to 64% nationwide.

The 2009-2010 SD School Height and Weight survey reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) decreased slightly to 16.0%. This was down from 16.6% in the 2008-2009 school year. In addition, students who are overweight (85th-94th percentile BMI-for-age) decreased from 17.0% in the 2008-2009 school year to 16.7% in the 2009-2010 school year. This is a total of 32.7% of K-12 students who are either overweight or obese.

South Dakota continues to be affected by three of the four leading causes of death reported in 2009— heart disease, cancer, and cerebrovascular diseases, which are greatly attributable to obesity. According to the 2009 South Dakota Vital Statistics Report, heart disease accounted for 25.7% of state resident deaths, which is an increase of 1.9% from 2008.

Parents & Caregivers

- ▶ Three Head Start programs received grant funds to implement the Head Start Body Start program which aims to increase physical activity, outdoor play, and healthy eating for the nation's Head Start children, their families, and staff. The three recipients were Oahe Child Development (Murdo), TREC– Badlands Head Start: Prenatal to Five (Lemmon), and the University of South Dakota– Watch Puppy Depot Head Start (Vermillion).
- ▶ The Game Fish and Parks Department (GFP) developed the Backpack Grant program giving away 181 backpacks to licensed daycares in South Dakota. The program provides resources and ideas to encourage outdoor exploration, discovery and build healthy life-long skills by preschool-age children in a child care or school setting.
- ▶ M & M Daycare Center in Huron is in its sixth year of implementing their garden project with the preschool and school-age children that attend their center. Children prep the garden, plant the produce, and are responsible for taking care of the garden. Harvested produce is then served at meal or snack times at the center.

Workplace

- ▶ Sanford Health's Partner in Prevention program implemented Wellness Coaching into their comprehensive worksite wellness program which includes nurse case managers, wellness educators, and life advocates. Wellness Coaches assist individuals with development of a personal wellness plan, identifying strengths and obstacles, creating accountability and providing support and encouragement.
- ▶ The State of South Dakota took another step toward promoting wellness and prevention for employees by partnering with HealthFitness, a health management company based in Minneapolis. Under this new partnership, the State will continue to promote all wellness programs under a new name known as 'Latitude.'
- ▶ The State of South Dakota also launched a new program 'EMPOWERED' Lifestyle Coaching. The program offers the opportunity for employees to receive coaching with 13 focus areas that include physical activity and healthy eating.
- ▶ The City of Brookings organized annual wellness activities for city employees with the purpose of motivating them to modify their lifestyle to improve their overall health and quality of life. Activities included physical activity/wellness challenges, health education seminars, and promotion of health screenings and tobacco cessation.
- ▶ The SD Department of Health (DOH) continued to provide resources and technical assistance to businesses statewide. The department also continues to manage trained worksite wellness consultants providing outreach to businesses in communities.



Schools & Youth Organizations

- ▶ Huron's Holy Trinity school has implemented a before-school time walking group that walks each morning and tracks their miles. The Huron middle school has Monday and Wednesday "Walks for Wellness" in which they walk to music in their school gymnasium before classes begin those two mornings.
- ▶ DOH/DOE Coordinated School Health began implementing the Healthy Schools Project, by working with two Education Service Agency regions to provide training and technical assistance to schools regarding developing school health councils, conducting self assessments, and implementing policy, programs and practices to improve nutrition and physical activity. An emphasis will be placed on 10 pilot schools which will receive grant funding and additional training to reach their goals.
- ▶ Through funds from USDA, 80 schools participated in the Fresh Fruit & Vegetable Program that makes fruit and vegetable snacks available at no cost to all children in those schools. Some changes to the program occurred this year including: no dips served with fruit, only elementary schools are eligible, and the snack needs to be served "bell to bell".
- ▶ Girls on the Run, a program for girls in the 3rd-5th grades that promotes positive self esteem, body image, and teaches girls how to set goals and reach them, has been organized by the Sioux Falls YWCA since 2005. Since that time, almost 2,000 girls have completed the program. In 2010, 511 girls participated in the program led by 205 volunteer coaches at 34 sites.
- ▶ Team Nutrition offered mini-grants to promote the consumption of fruit and vegetables. They included "Gardening", "Fresh Fruit & Vegetable Event", "Family Nutrition Adventure" and "Super Star Veggie Rock Challenge".

Community

- ▶ The DOH launched the Healthy Concessions project with the intent to develop model 'healthy concessions' policy that will be piloted with non-school youth sport organizations. A parallel media and marketing campaign will run alongside the promotion of the model policy which will be launched in 2011.
- ▶ GFP supports South Dakota Public Broadcasting in their efforts to provide programming that reminds children to take the time to get outside. One such program is the Buddy Character who is widely known among South Dakota children. GFP will use "Buddy" to help publicize their efforts on healthy habits in the outdoors.
- ▶ The Rapid City Lemmon Avenue community garden project came to fruition after several months of planning. This garden is a cooperative venture between the City of Rapid City, local residents, Box Elder Job Corps, local businesses, and NeighborWorks, a nonprofit organization created by Congress to revitalize communities. Plots have been allocated, and youth have priority. The Boys Club, the Girls Club (now Youth and Family Services), and General Beadle School each had two plots to care for over the summer.
- ▶ Huron's Day of Caring is a community sponsored project in which community members volunteer efforts to complete projects that focus on the beautification of the community to make it a safe, healthy and fun place to live.
- ▶ Through a project funded by the *Communities Putting Prevention to Work* grant, DOH provided 39 trailhead markers and 30 signs to 13 communities across the state to assist in identifying and promoting local recreational trails with the intent to increase physical activity.



Health Care

- ▶ The DOH Maternal and Child Health Program provided grants to seven Registered Dietitians to attend the training course to obtain a Certificate of Training in Pediatric Weight Management. The training was sponsored by the Commission on Dietetic Registration and includes a self-study module, a 2 1/2 day workshop, and a post test. Participants must pass the pretest to attend the course and must pass the post-test to receive the certificate.
- ▶ The SD State Medical Association Alliance promoted the "Smoking Makes You Ugly" campaign that includes a short video focused on the internal, external, financial and second-hand smoke effects of tobacco use. The video is available across the state to schools, Boys/Girls Clubs and other places where children congregate. In Sioux Falls the Sheriff's Office liaisons and police liaisons have used the video in a school setting.

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