

**2011 UPDATE**



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

To Prevent Obesity and Chronic Diseases

Summary of Key Activities since December 2010





# Year at a Glance

## Burden of Overweight and Obesity

**A**t the close of 2011, the prevalence of overweight and obesity in South Dakota showed a significant decrease in South Dakota adults and is now similar to the national average. Data also showed a decrease in both the overweight and obese categories in South Dakota school students. Overall, increasing obesity trend data appears to be leveling and perhaps decreasing.

The 2011 South Dakota (SD) Behavioral Risk Factor Surveillance System (BRFSS) reported that the percentage of adults overweight and obese had decreased while the national average increased in both. The prevalence of obese adults increased to 27.7% as compared to the national average of 27.5%. The total overweight and obese percentages for South Dakota is now 65.7% as compared to 64.5% nationwide.

The 2010-2011 SD School Height and Weight survey reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) decreased from 16.0% in the 2009-2010 school year to 15.2% in the 2010-2011 school year. In addition, students who are overweight (85th-94th percentile BMI-for-age) decreased from 16.7% in the 2009-2010 school year to 16.1% in the 2010-2011 school year. This is a total of 31.3% 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 2010— cancer, heart disease, and cerebrovascular diseases, which are greatly attributable to obesity. According to the 2010 South Dakota Vital Statistics Report, cancer deaths accounted for 23.3% of state resident deaths, which is an increase of 6.9% from 2009.

### Parents & Caregivers

▶ The Sioux Falls YMCA received donor gifts to support their efforts with child health and fitness. Through the donations they purchased water bottles, offered swim lessons for all childcare children ages 3-5 years old at the YWCA, and were able to support a new jump rope program.

▶ The Game Fish and Parks Department (GFP) through its Backpack Grant program reached over 11,000 children in South Dakota. Nearly all counties in the state received a backpack.

▶ The Departments of Social Services and Health and Sanford Children's collaborated to update the Fit From the Start Program. The new program is called *fitCare* and provides classes, self-assessment, action planning and technical assistance to child care providers. Twenty-five trainers were trained in November and classes for providers started in early 2012. The 4 *fitCare* Best Practice classes are:

1. Being **fit** Starts with **RECHARGING**
2. **MOOD** Management Matters
3. **FOOD** for Living Life
4. **MOVING:** Good for the Body and the Brain

## Workplace

- ▶ The WIC program developed a business kit to support breastfeeding in the worksite. The kit includes sample policies for worksite lactation, and a physician's kit with breastfeeding reports, position papers, and a health provider pocket guide.
- ▶ The State of South Dakota continued to promote wellness by placing stairwell posters in many state buildings in Pierre and expanding to other cities. Posters share information about the *Latitude* program and SD State Employee Health Plan. Finally, they share information with state departments through staff meetings and developed the *Latitude* newsletter.
- ▶ The SD Farm Service Agency District 2 organized quarterly worksite wellness challenges for employees. Employees could participate in challenges that encouraged healthy eating with colorful food and increased physical activity. Another challenge focused on the importance of getting a good night's sleep by tracking nightly hours of sleep and a final challenge focused on the overall health and wellness of the employee by promoting screening tests and preventive care, learning about their family's medical history and determining their Body Mass Index (BMI).
- ▶ The SD Department of Health (DOH) trained additional worksite wellness consultants to provide outreach to businesses in communities around the state. Trained were the Tobacco Prevention Coordinators who are already providing assistance to worksites in the area of tobacco prevention. The training provided them with additional information and resources focused on nutrition and physical activity to expand their technical assistance.



## Schools & Youth Organizations

- ▶ Coordinated School Health, ESA 3 piloted several activities in five schools (Chamberlain, Miller, Mitchell, Wagner, Wolsley-Wessington). As part of the project, schools developed school health councils, performed a self-assessment using the School Health Index, staff participated in professional development, district policy work was initiated, and they purchased equipment and curriculum to promote school health.
- ▶ Eleven grants were awarded to 21st Century Community Learning Centers, to be used for out-of-school time programming for schools and other youth organizations. Centers must provide academic enrichment activities to students that attend high-poverty or Title 1 school-wide schools to help them meet state and local standards in core subjects especially reading, and mathematics. At the same time, centers help working parents by providing a safe environment for students when school is not in session.
- ▶ SDSU Cooperative Extension created the Bountiful Backpacks program an obesity prevention project working with elementary students living on the Rosebud Indian Reservation in South Dakota. The project provides food and nutrition education to these students. Activities include distribution of healthy grocery items through the backpacks once a week during the school year to address nutrition and food security issues, and interactive nutrition and cooking lesson to increase children's awareness of healthy eating habits and food preparation skills.
- ▶ Team Nutrition continues to manage the Fresh Fruit and Vegetable Program. The 2011-2012 school year included 23,449 students being served with 101 school sites participating in the program.



## Community

- ▶ The Vitality Huron Summit resulted in a strategic plan featuring community led initiatives to cultivate a culture of active healthy living.
- ▶ Through their Track Trails Program, GFP developed four brochures for this trail. Birds of the Black Hills, The Need for Trees, Nature Hide and Seek, and Nature's Relationships. These brochures are meant to help families, schools, and individuals have an educational hike on the trails without having a paid staff person take them on a hike. Plans are to change out the brochures during the year so people can travel the same trail and get a new experience each time by learning something new and getting great exercise.
- ▶ The Department of Health WIC program launched a state-wide campaign to promote breastfeeding; targeting parents, businesses and physicians. The campaign Included two radio spots - one for benefits of breastfeeding for infants and the other for benefits to employers to offer worksite lactation support. Also developed was the website - [www.bestfeeding.org](http://www.bestfeeding.org) - and several materials that are available.
- ▶ The Huron Wellness Committee and Heartland Region United Way sponsored second annual "Back to Football Friday", an event to promote healthy behaviors for individuals, businesses, and schools
- ▶ The Department of Health Healthy Communities Program sponsored a community needs assessment training attended by those looking to assess community needs and make healthy policy and environmental change and improvements. The program also received funding from a federal Communities Putting Prevention to Work grant, awarding 19 communities and organizations across the state with 57 trailhead markers and signs to recognize and promote local trails and encourage their use to increase physical activity.

## Health Care

- ▶ With grant funds provided by DOH the GFP working with children with disabilities at Sanford Children's Hospital in Sioux Falls. Beginning in June 2011, the program provides weekly lessons that focus on a nature topic that takes the children's their minds off what is going on around them. The program has seen an average of 10 children per week. They encourage children to go outside and explore once they return home and also provide two state park passes for the hospital to have for families who are in the area for a while.
- ▶ The WIC program in collaboration with Rapid City Regional Hospital hosted a breastfeeding conference featuring Dr. Neifert, a physician from Colorado who has been instrumental in implementing the Colorado-Can-Do -5 in a number of hospitals throughout the state. She focuses on maternity care practices in hospitals and promotes the use of at least 5 of the 10 Baby-Friendly Steps to improve breastfeeding initiation and duration following delivery.



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)