

2013 Update

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

Summary of Key 2013 Activities



Year at a Glance



IN 2012, the prevalence of overweight and obesity in South Dakota adults was similar to the national median. Data showed a very small increase in the obese category and no change in the overweight category of South Dakota school students.

The 2012 South Dakota (SD) Behavioral Risk Factor Surveillance System (BRFSS) reported the percentage of overweight or obese adults to be very similar to the national median. The prevalence of obese adults in South Dakota was 28.1% as compared to the national median of 27.6%. The combined overweight and obese percentage for South Dakota was 66%, compared to 63.4% nationwide.

The 2012-2013 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 from 15.9% in the 2011-2012 school year to 16.0% in the 2012-2013 school year. Students who are overweight (85th-94th percentile BMI-for-age) remained at the same percentage as the 2011-2012 school year, with 16.6% of students in 2012-2013 being overweight. This represents a total of 32.6% 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 2012—cancer, heart disease, and cerebrovascular diseases, which are greatly attributable to obesity. According to BRFSS 2012 data, 7.8% of South Dakotans over the age of 17 had been told they have diabetes, 3.9% of South Dakota adults were diagnosed with heart disease and 2.6% with cerebrovascular disease.

Most recent physical activity data from the 2011 BRFSS show that 46.1% of South Dakota adults participate in 150 minutes or more of aerobic physical activity and 26.1% of adults participated in muscle strengthening exercises 2 or more times each week. Data from 2011 BRFSS show that 26.3% of adults consume 2 or more fruits per day and 9.4% of adults consume 3 or more vegetables per day.

Parents & Caregivers



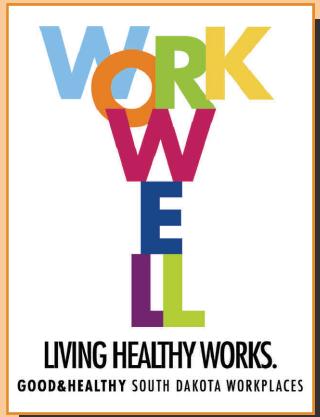
→ The South Dakota Discovery Center developed a curriculum to enhance the Harvest of the Month (HOM) program. The Headstart program in Pierre piloted HOM in-class with Pre-K students and home-visit learning plans at the St. Joseph School in Pierre. HOM was also piloted by the Oahe Child Development Center staff with HOM Pre-K home-visit learning plans.

→ The fitCare program initiative continues to reach more child care providers. The 8-hour fitCare best practices instructional classes were held in Aberdeen, Chamberlain, Huron, Mitchell, Mobridge, Redfield, Pierre, Sioux Falls, Spearfish, Rapid City, Vermillion and Yankton, with 313 child care providers reached. Additionally, a new online version of the fitCare series was offered to child care providers.

→ South Dakota State University (SDSU) Extension continued to offer the iGrow Readers program throughout South Dakota in afterschool and early childhood programs; park and recreation departments, libraries, Head Start, and schools. An additional five books have been added to the series and modifications have been made to the program to make it more conducive to preschool settings. A partnership with Oregon State University Extension has been established to further promote the usage of the program.

Workplace

→ The South Dakota Department of Health (DOH) held its annual Worksite Wellness Summit in Sioux Falls, SD. The event was a success with over 175 worksites in attendance. Worksites were also informed about upcoming grant opportunities and technical assistance offered through the DOH. Ten worksites will be awarded physical activity assistance to implement the CDC's Steps to Wellness, A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace. Other worksites will be awarded grants to focus on wellness environmental and policy changes.



→ In May, DOH held the first west river wellness event. DOH will continue to work with west river to increase workplace wellness participation. DOH plans to continually work with partners throughout South Dakota in promoting healthy worksites. DOH is working to create monthly webinars geared toward wellness in the workplace, available on the new Good & Healthy SD website:

www.goodandhealthysd.org

→ The Rapid City YMCA developed a Healthy Workplace Toolkit for the Rapid City workforce. The toolkit is currently being piloted with 4 businesses in Rapid City. Each business gets a toolkit filled with ideas for their business, stretch band, pedometer, tape measure, water bottle, healthy snacks, a "Stairwell to Health" plan, and a Healthy Workplace Toolkit folder filled with information.

→ The City of Brookings provided its employees with recommendations for environmental and policy changes and with materials needed to implement various wellness incentive programs. A needs assessment for the Brookings School District was also completed. The results were used to share findings and make recommendations.

School & Youth Organizations

→ The School Health and Team Nutrition programs in the Department of Education partnered with South Dakota's Alliance for a Healthier Generation Healthy Schools Program to conduct a School Wellness Policy Summit. Fifty school personnel, representing 24 school districts, attended the summit which was designed to help school districts develop or enhance their local school wellness policies in accordance with the Healthy, Hunger Free Kids Act of 2010.

→ The Alliance for a Healthier Generation's Healthy Schools Program provided training and technical assistance to create healthier school environments. Nearly 20 districts and 100 schools are working towards implementing best practices in policy, nutrition education, physical education, staff wellness, student wellness, school meals and healthy vending



American Heart Association



→ The Midwest Dairy Council and Fuel up to Play 60 continue to recruit schools to engage in the program and create healthy, sustainable changes to school environments. One hundred sixty one school districts are enrolled in the program, and 6-8 schools are actively engaged. Midwest Dairy Council also supports school breakfast expansion programs to increase participation in the School Breakfast Program to provide quick and easy access to nutrient rich foods. As of 2013, only one school district in South Dakota is actively expanding their breakfast program.

→ DOH provided new equipment (stadiometers and scales) to 21 South Dakota schools to assist and encourage height and weight data recording.

→ Voices for Healthy Kids, a collaboration between the American Heart Association and the Robert Wood Johnson Foundation, is working to engage, organize and mobilize people to improve the health of their communities and reverse the childhood obesity epidemic. The American Heart Association held many Hoops for Heart and Jump Rope for Heart events to educate kids about the benefits of physical activity, and participating schools earn gift certificates to purchase physical education equipment each year.

Communities

→ The DOH held its first *Good & Healthy Community Summit*, which focused on *Community Assessment, Collaboration, and Collective Impact*, with 91 participants. Resources and information regarding community health needs assessment and improvement planning, as well as how to conduct needs assessment in their community, were provided. Resources included the promotion of the forthcoming web-based *South Dakota Good & Healthy Community Health Needs Assessment and Improvement Planning Toolkit*.

→ The Rapid City YMCA's Pioneering Healthier Communities committee partnered with the DOH to get Rapid City adults more active. The committee did a community wide campaign, radio and TV public service announcements, developed a Facebook page, displayed banners and posted flyers in businesses.

→ The DOH Nutrition and Physical Activity Program continued success and outreach in their YUM!, Healthy SD Trails, and Munch Code Facebook pages.

→ The SD Department of Transportation awarded over \$899,154.96 in grants to 10 South Dakota communities as part of the Safe Routes to School program. The programs include activities which encourage walking and biking, as well as small-scale construction projects which fill gaps in existing bicycle and pedestrian routes for school children.

→ SDSU Extension began its work for the *Voices for Food* project in South Dakota. The first year of the project was spent planning the various components of the five year program, such as designing a food policy development toolkit, designing the evaluation components, and securing the locations that will begin to develop Food Policy councils in year two.

→ The DOH Nutrition and Physical Activity Program developed physical activity and nutrition informational palm and rack cards for a disparate population workgroup in South Dakota.

Healthcare

→ The DOH Oral Health program translated a Sippy Cup brochure into Spanish and is in the process of translating a Sugar Sweetened Beverage brochure into Spanish.

→ The DOH Nutrition and Physical Activity program updated an obesity toolkit that was developed by the DOH and other partners to make it easier for South Dakota primary care providers to address the obesity epidemic with their patients.

→ A workgroup, comprised of key partners supporting arthritis and chronic disease prevention efforts, is working with the Arthritis

Foundation to provide support and resources for those with arthritis. Health promotion activities included recognition of the State Arthritis Day on October 12 and an information card, shared at senior meal sites, with physical activity recommendations for those with arthritis pain.

→ In an effort to get more hospitals in South Dakota breastfeeding friendly, Dr. Neifert, a Clinical Professor of Pediatrics from the University of Colorado Denver School of Medicine and Managing Member of Dr. Mom® Presentations, LLC, spoke about a Baby-Friendly Hospital Initiative (BFHI) to encourage promotion and support of breastfeeding in hospitals. Currently South Dakota Indian Health Services and the Brookings Health System are implementing the 10 step process to become a Baby-Friendly hospital.



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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