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.

- 59.7% 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 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!

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% HIGH AEROBIC
- 17.8% MODERATE AEROBIC
- 21.4% MODERATE RESISTANCE
- 25.8% TOTAL

YOUTH
- 31% AEROBIC
- 72% NOT MEETING DAILY RECOMMENDATIONS
- 0%

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

PHYSICAL ACTIVITY LOWERS THE RISK OF

- High blood pressure & high cholesterol
- Heart attack & coronary heart disease
- Obesity
- Depression

PHYSICAL ACTIVITY INCREASES THE RISK OF

- Injuries
- Violence
- Depression

BY 2030 42% OF AMERICANS WILL BE OBSE!
WHERE WE CHOOSE THE ACTIONS AND CREATIVITY POLICIES & ENVIRONMENTS THAT SUPPORT ACTIVE LIFESTYLES.

PHYSICAL ACTIVITY SOUTH DAKOTA BY DEMOGRAPHIC

23% OF MALES ARE OBES
28% OF FEMALES ARE OBES
71% OF OBESITY OR OBESITE PEOPLE ARE MALES
23% OF OBESITY OR OBESITE PEOPLE ARE FEMALE

MORE ACCESS, MORE ACTIVE!

- 39.9% 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
- 4.8% of SD adults bike or walk to work

Visit HealthySD.gov for more information and resources.