

2016

South Dakota State Plan Update

Nutrition and Physical Activity To Prevent Obesity and Chronic Diseases

Thank you to all our partners working to decrease the risk of chronic disease and increase active living and nutritious eating in South Dakota!



YEAR AT A GLANCE

As reported by the 2015 Behavioral Risk Factor Surveillance System (BRFSS), 30.4% of South Dakota adults are obese and 34.1% of South Dakotans are overweight, equaling a combined percentage of 64.5% of adults above the recommended healthy weight range.

According to the South Dakota Department of Health's 2015-2016 School Height and Weight report, 17.8% of South Dakota 15-19-year-old students are overweight (85th-94th percentile), and 19.2% of South Dakota 15-19-year-old students are obese (at the 95th percentile or above). The percentage of students who are overweight stayed the same from the 2014-2015 and 2015-2016 school years at 16.2%. The percentage of obese school children went from 16% in 2014-2015 to 16.1% in 2015-2016.

The BRFSS reports 53.6% of South Dakota adults meet the recommended 150 minutes or more of aerobic physical activity per week, and 19.2% meet the aerobic and muscle strengthening guideline each week. According to the BRFSS, only 10.9% of South Dakota adults report eating 3 or more vegetables per day and just 57.6% of South Dakotans eat at least one serving of fruit per day.

State Plan Overarching Goals

- ▶ Increase the percentage of South Dakotans who meet the physical activity recommendations.
- ▶ Increase the percentage of South Dakotans who consume at least 5 servings of fruits and vegetables a day.
- ▶ Decrease obesity in South Dakota.
- ▶ Decrease mortality from chronic diseases in South Dakota.
- ▶ Eliminate disparities in the burden of chronic diseases in South Dakota.

State Plan Priority Areas 2016: Goals & Strategies

GOAL I: Promote, support, and implement the adoption of food service guidelines/nutrition standards in priority settings (early care and education, local education agencies, worksites, communities).

Strategy I.1 Provide education on school lunch requirements and smart snack regulations on all food and drink items offered to students in schools.

2016 UPDATE: 103 participants representing 36 school districts attended a Healthy School Meals training held at SDSU Extension Regional Centers across the state.



SDSU Extension and South Dakota Department of Health were awarded the 2016-2019 Team Nutrition Training Grant to further strengthen the National School Lunch Program and School Breakfast Program in South Dakota schools.

Strategy I.2 Support an increase in the number of worksites adopting the health vending and snack bar model policy.

2016 UPDATE: Since the start of the Healthy Vending and Snack Bar Project, 42 worksites have been trained on how to incorporate the Healthier Vending and Snack Bar Standards and 9 worksites have implemented a formal, written policy.

GOAL II: Increase access to healthy food & beverages.

Strategy II.4 Collaborate with worksites to provide healthy food options

2016 UPDATE: South Dakota Department of Health continues to offer and promote to worksites the Healthy Foods and Beverages at Meetings and Presentations Model Policy in addition to the Healthier Vending & Snack Bar Model Policy.



Strategy II.6 Promote access to nutrient-rich foods in South Dakota's food bank programs.

2016 UPDATE: Midwest Dairy Council raised awareness about the need for nutrient rich milk in food banks at the South Dakota Hunger Summit and worked to increase milk in local Feeding South Dakota pantries.

SDSU Extension's Voices for Food Grant is being implemented in two South Dakota communities to help in the development of Guided Client Choice Pantries (MyChoice Pantries).

GOAL III: Improve nutrition quality of foods and beverages served or available in local education agencies.

Strategy III.4 Encourage participation in programs that increase fruit and vegetable consumption in students.

2016 UPDATE: Schools/school districts and out-of-school time programs were awarded mini-grants to implement the Harvest of the Month and/or

Farmer's Grow MyPlate curriculums that engage children in learning about, exposing them to, and increasing the consumption of fruits and vegetables.

The South Dakota Discovery Center continued to host Harvest of the Month workshops and year-round school gardening via the Grow Lab curriculum.

SDSU Extension continued to promote Pick It! Try It! Like It! across the state and in garden programming with South Dakota communities and South Dakota schools.

Strategy III. 5 Ensure local education agencies have the appropriate equipment to offer healthy foods.

2016 UPDATE: Four school districts received funds through the National School Lunch Program Equipment Assistance Grant to obtain or replace kitchen equipment to serve healthier meals.

Thirteen schools were awarded Fuel Up to Play 60 Grants to support increased access to healthy eating and physical activity opportunities and five schools received Fuel Up to Play 60 Equipment Grants to expand their school breakfast program.

GOAL IV: Improve physical activity and screen time policies and practices in Early Care and Education (ECE) settings.

Strategy IV.2 Offer training to ECE directors on policy development & implementation.

2016 UPDATE: Sanford Children's Child Services and South Dakota Department of Social Services hosted training via webinar with childcare directors specific to policy development and policy implementation.

SanfordFIT is expanding programming to communities outside of the Sioux Falls area to include Yankton, Vermillion and Mitchell.

Strategy IV.4 Encourage ECE's to adopt the South Dakota Early Learning Guidelines for physical activity.

2016 UPDATE: Sanford Children's Child Services and South Dakota Department of Social Services revised and are finalizing Early Learning Guidelines for Health and Physical Development for children ages 3-5 years and are adding new guidelines for birth-3 years of age.

GOAL V: Promote the adoption of physical education/physical activity policies in local education agencies.

Strategy V.2 Promote, educate, and update the physical education/physical activity components of the local school wellness policy.

2016 UPDATE: The South Dakota Department of Health, Alliance for a Healthier Generation and SDSU provided technical assistance and



resources in the form of seed money to three local education agencies for local school wellness policy work.

Strategy V.3 Promote support for professional development on the SD Standards and Grade-level Outcomes for K-12 Physical Education.

2016 UPDATE: Forty physical educator/physical activity leaders representing 23 school districts attended training on how to increase moderate to vigorous physical activity during physical education classes. The training supported teaching to the South Dakota standards and grade-level outcomes for K-12 physical education.

GOAL VI: Implement high quality physical education and physical activity in K-12 schools.



Strategy VI.1 Promote Comprehensive School Physical Activity Programs (CSPAP) to include quality physical education and physical activity programming before, during, and after school, such as recess, classroom activity breaks, walk/bicycle to school programs, and intramurals.

2016 UPDATE: Forty physical educator/physical activity leaders representing 23 school districts were trained how to increase moderate to vigorous physical activity (MVPA) during physical education classes and in other environments.

Strategy VI.2 Support an increase in the amount of time students spend in moderate to vigorous physical activity during physical education class.

2016 UPDATE: Forty physical educator/physical activity leaders representing 23 school districts were trained how to increase moderate to vigorous physical activity (MVPA) during physical education classes and in other environments.

Thirteen schools were awarded Fuel Up to Play 60 Grants to support increased access to healthy eating and physical activity opportunities.

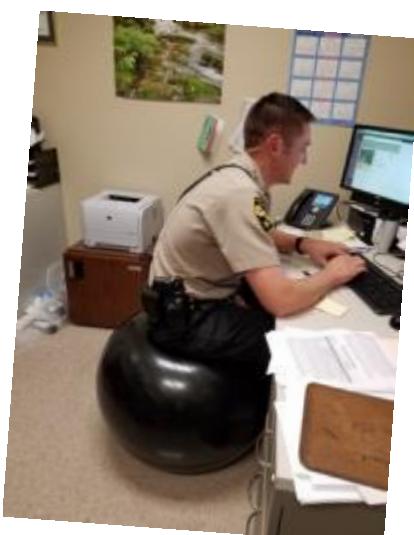
GOAL VII: Promote and implement the adoption of physical activity in worksites.

Strategy VII.3 Encourage worksites to allow for physical activity during the workday.

2016 UPDATE: Since the start of the Steps to Wellness project, 27 worksites have received training and technical assistance to enhance physical activity environments and implement policy to support active employees.

Strategy VII.4 Support comprehensive worksite wellness programs using evidence-based strategies.

2016 Update: Ten worksites were selected and awarded funds to implement policy and environmental change to support comprehensive worksite wellness.



GOAL VIII: Increase adoption of healthy community design principles and access to places and spaces to be physically active in communities.

Strategy VIII.2 Promote walk-audits, Active Transportation principles, and master pedestrian/bicycle plans



2016 Update: SDSU Extension CDC/SNAP-Ed Wellness Coalitions worked to increase active transportation concepts and to utilize walk audit assessments.

The communities of Mobridge and Keystone wrapped up South Dakota Department of Health walk audit grant activities, and Lake Andes was selected for walk audit grant funding in 2016. Ft. Pierre completed its active transportation assessment project with SDSU.

The South Dakota Department of Health implemented a Walk! Walk! Walk! Social media campaign to encourage walking, walkability and active transportation.

Strategy VIII.4 Encourage development of multi-disciplinary teams within communities to engage in healthy community design process and principles including community assessments.

2016 Update: SDSU Extension CDC/SNAP-Ed Wellness Coalitions received \$10,000 in Wellmark Kickstarter funds to extend work in their communities specific to healthy community design. One community also received South Department of Game, Fish & Parks funds to extend the work.

New, multi-disciplinary teams formed in Keystone, Mobridge, Lake Andes, and Ft. Pierre which helped launch healthy community design principles in their communities.

GOAL IX: Increase access to breastfeeding friendly environments.



Strategy IX.1 Encourage worksites to adopt the Breastfeeding Support Model Policy.

2016 Update: The South Dakota Department of Health and SDSU Extension lead the Breastfeeding-Friendly Business Initiative to encourage worksites across the state to take a pledge to support breastfeeding customers and employees. Currently, 248 businesses have taken the Breastfeeding-Friendly Business Pledge and received a kit that includes a variety of resources including the Breastfeeding Support Model Policy.

Strategy IX.4 Encourage hospitals to follow breastfeeding best practices.

2016 Update: The SD Department of Health Breastfeeding & Infant Mortality Team has discussed re-formatting and marketing the WIC Physician Breastfeeding Kit to meet this priority and work toward increasing the number of Baby-Friendly Hospital designations in the state.

GOAL X: Increase the use of community health workers supporting chronic disease prevention.



Strategy X.1 Support engagement of community health workers in the provision of self-management programs.

2016 Update: The South Dakota Department of Health and South Dakota Department of Social Services hosted a workgroup to develop recommendations for implementing Community Health Workers in South Dakota.

Strategy X.2 Promote linkages between health facilities and community resources for adults with chronic diseases.

2016 Update: As part of the South Dakota Survivorship Program, the South Dakota Department of Health is working with five cancer treatment centers to include nutrition and physical activity assessment and referral into routine patient navigation services for all eligible cancer survivors.

SDSU Extension continues to implement the Better Choices, Better Health (BCBH) program across the state. Over 300 participants have attended a BCBH workshop in one of the 26 communities where the workshops have been held.

GOAL XI: Promote adoption of healthcare provider behaviors that lead to quality care improvement changes within health systems.



Priority XI.1 Support assessment of physical activity at every visit with a healthcare professional.

2016 Update: The statewide Healthcare Physical Activity Advisory group continued promotion of physical activity assessment to healthcare providers through promotion of the Exercise is Medicine campaign, South Dakota Department of Health Rx Prescription pads and through articles and resources published on www.healthysd.gov and www.igrow.org. The South Dakota Department of Health supported one South Dakota professional to obtain the Exercise is Medicine credential to help expand work in South Dakota.

Strategy XI.4 Promote physical activity education and prescription as a preventive and treatment-focused behavior among healthcare professionals.

2016 Update: Thirty healthcare professionals piloted the South Dakota Park Prescriptions project. The project involved a free one-day pass to a state park through an exercise prescription from the healthcare provider or behavior specialist. Information was added to www.healthysd.gov and, through collaboration with South Dakota Department of Game, Fish and Parks, promotional videos were created.