

# South Dakota State Plan Update

## Nutrition and Physical Activity To Prevent Obesity and Chronic Diseases

# 2018

### Year at a Glance

As reported by the 2016 Behavioral Risk Factor Surveillance System (BRFSS), 31.9% of South Dakota adults are obese and 35.9% of South Dakotans are overweight, equaling a combined percentage of 67.8% or approximately two-thirds of adults above the recommended healthy weight range.

According to the South Dakota Department of Health's 2017-2018 School Height and Weight report, 17.3% of South Dakota 15-19-year-old students are overweight (85th-94th percentile), and 19.8% of South Dakota 15-19-year-old students are obese (at the 95th percentile or above). For school-aged children, the percentage of students who are overweight during the 2017-2018 school year is 16.1%. The percentage of obese school children is slightly higher than other years at 16.6%.

Data from the 2017 BRFSS reports 50.9% of South Dakota adults met the recommended 150 minutes or more of aerobic physical activity per week, and only 18.7% met both the aerobic and muscle strengthening guideline each week. In regard to fruits and vegetables, only 13% of South Dakota adults report eating three or more vegetables per day, and 63.1% of South Dakotans eat at least one serving of fruit per day.

### Nutrition and Physical Activity 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 five 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.

## 2018 State Plan Priority Areas

### ► Schools & Youth Organizations:

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

**2018 Update:** The Alliance for a Healthier Generation released the Smart Snacks Calculator to help schools verify snacks compliant with the Smart Snacks Nutrition standards. This is the only tool verified by the USDA to accurately assess product's compliance.

SDSU Extension Team Nutrition provided six grant funded activities and trainings that engaged 136 school nutrition professionals, 10 activities and training that engaged 130 non-foodservice school staff, and 17 activities and trainings that engaged 2,131 students. Seven schools enrolled as Team Nutrition schools.

**Strategy II.7.** Support and increase in School Breakfast participation in local education agencies with high levels of students qualifying for free and reduced prices meals.

**2018 Update:** Midwest Dairy provided funding to 12 schools participating in the school breakfast program.

**Strategy II.8.** Encourage a decrease in access to energy dense foods and beverages in local education agencies.

**2018 Update:** Smarter Lunchroom had 1 school participate. The Crow Creek Tribal School lunchroom, now the "Chieftain's Chow House," went from a Smarter Lunchrooms score of 18 in September to a score of 35 at the end of April.

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

**2018 Update:** The South Dakota Department of Education received funding from the USDA to support equipment grants for schools. Five schools were supported to obtain or replace equipment with intent to serve healthier meals that meet the updated meal patterns, improve food safety, and expand access.

**Strategy V.3.** Provide continued support for professional development on the South Dakota Standards and Grade-level Outcomes for K-12 Physical Education.

**2018 Update:** Nearly 30 Local Education Agencies received training in 2018 that supports the South Dakota Physical Education standards and outcomes.

**Strategy V.4.** Support an increase in local education agencies participating in the Fuel Up to Play 60.

**2018 Update:** In 2018, a total of 52 schools participated in Fuel Up to Play program.

## ► Parents & Caregivers:

**Strategy IV.1.** Support and promote South Dakota Early Learning Guidelines.

**2018 Update:** The Department of Social Services Childcare Services is currently preparing content for two trainings to support the release of updated early learning guidelines. Trainings are scheduled for 2019.

**Strategy IV.2.** Offer training for ECE Directors on policy development and implementation.

**2018 Update:** Through the Sanford fitCare program, 46 different ECE programs participated in Physical Activity Technical Assistance (PATA) opportunity and this impacts over 3,496 children.

## ► Community:

**Strategy II.2.** Promote access to healthier food retail.

**2018 Update:** Live Well Sioux Falls partnered with SDSU Extension to lead grocery store tours where participants received \$10 gift cards for each different food group after completing the tour. HyVee, Walmart, Sunshine, Co-op were all participating retailers.

SDSU Extension implemented the Stock Healthy Shop Healthy program statewide, impacting ten small food retailers within nine communities. Retailers have increased shelf space dedicated to healthy food by 47 feet, approximately half of a basketball court.

**Strategy II.6.** Promote access to nutrient-rich foods (fruits, vegetables, low-fat dairy, whole grains, lean proteins) in South Dakota's food bank programs.

**2018 Update:** Aberdeen and Flandreau partnered with Feeding SD and are working in food pantries.

SDSU Extension continued leading the Voices for Food project to enhance food security in rural, high poverty communities through the development of food

councils and the transition to guided client choice (MyChoice) in local food pantries. Voices for Food has made an impact in South Dakota communities by connecting the various sectors of the food system in order to work towards common goals, maintain open communication, and serve the unique needs of each community. Additionally, communities in South Dakota have experienced impacts through the development of four local food councils, development of three community gardens, four pantries have made changes in the organization and infrastructure of pantries, and the procurement of one new pantry site better equipped to follow MyChoice.

**Strategy VI.3.** Support an increase in joint-use agreements in physical activity facilities.

**2018 Update:** Through the Wellmark Healthy Hometown initiative, two communities are working on implementing a joint-use agreement for use of physical activity facilities in their communities, Dell Rapids and Fort Pierre.

**Strategy VIII.2.** Promote walk audits, Active Transportation principles, and master pedestrian walking and bicycling plans.

**2018 Update:** Aberdeen, Baltic, Custer, Flandreau, Scotland and Dell Rapids completed walk audits through the Wellmark Healthy Hometown Initiative for a total of 6 communities. Communities can select from several tactics focused on three major topic areas: Eat Well, Move More, Feel Better. Walk Audits are a key tactic under the Move More topic area.

Burke and Tripp were selected as the Active Transportation Assessment Collaboration communities, to partner with SDSU City Planning students on built environment assessments and recommendations to improve walkability. Both communities are actively working through their final report and recommendations from SDSU.

Hermosa and Viborg received SDDOH Walk Audit Grants and are using those grant funds and SDDOH technical assistance to engage community members, conduct walk audits, and plan for future walkability enhancements.

SDSU Extension Field Specialists worked with Wellness Coalitions in Lower Brule and Wagner to facilitate and conduct community walk audits.

SDSU Extension led 12 Community Wellness Coalitions to increase physical activity in a variety of strategies. One overarching intervention is the focus on improving walking or walkability, for example through the walk to school programs, walk audits or improving or creating spaces to walk. The wellness coalition in Herreid led the resurfacing of the track/walking path in the community and in Standing Rock, the wellness coalition established a 2-mile walking route in the community and is working to improve lighting and benches along the path.

**Strategy VIII.3.** Increase connectivity and accessibility to essential community destinations to increase active transportation and other physical activity through education, advocacy, and higher levels policy adoption.

**2018 Update:** The City of Sioux Falls implemented and constructed a Pedestrian Scramble Crosswalk on the campus of Augustana University and updated their Complete Streets Standards Checklist.

South Dakota AARP awarded two communities the Community Challenge Grants, Sioux Falls and Vermillion. The grant will be used to improve transportation options and the accessibility of the Sioux Falls Bike Trail by installing benches and maintenance stations for bicycles and wheelchairs. The City of Vermillion will enhance a community park with the purchase of a cornhole game, renovations to the horseshoe pit and the installation of ADA-accessible sidewalks.

## ► **Worksites:**

**Strategy II.4.** Collaborate with worksites to provide healthy food options. (focus on F/V)

**2018 Update:** Since the start of the Healthier Vending and Snack Bar Project, 68 worksites reaching an estimated 14,500 South Dakota employees have been trained on how to incorporate [Munch Code](#) using the SD Healthier Vending and Snack Bar Standards. Currently, 29 worksites have implemented a policy.

Through the WorkWell partnership annual funding, one worksite installed a garden for employees. Additionally, two locations in Rapid City built gardens through employer's agreeing to match funds to help sustain the garden.

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

**2018 Update:** Live Well Black Hills focused their efforts on worksites in the Black Hills area to implement comprehensive worksite wellness programming.

Nine worksites were funded through the WorkWell grant. These funds supported the implementation of comprehensive worksite wellness programming using evidence-based strategies.

## ► **Healthcare:**

**Strategy X.1.** Support engagement of community health workers in the provision of self-management programs and on-going support for adults with chronic diseases.

**2018 Update:** Lake Area Technical Institute developed a Community Health Worker curriculum and is offering 3 options of completion which include, 6-month certificate, 1-year diploma, or Associates of Applied Science degree after 18 months.

The SD Department of Health is currently exploring webinar training series on the importance of Community Health Workers and webinar training on a Medicaid reimbursement model for healthcare facilities and participating providers.

The Department of Social Services Medicaid is developing a reimbursement model to support Community Health Workers. Implementation is expected for Spring 2019.

**Strategy X.3.** Support efforts by healthcare providers to establish health homes and care coordination.

**2018 Update:** The Cardiovascular Collaborative is working on promotion of the Team-Based Care (TBC) Toolkit which was created in 2018. Four TBC webinars have been developed for January, February, March and April 2019. Recordings will be available on the TBC Toolkit website indefinitely.

DOH Heart Disease and Stroke Prevention Program is working with Coteau des Prairies (Sisseton) and Huron Clinic to develop and implement at least one team-based care initiative within their facilities.

**Strategy XI.3.** Encourage chronic disease self-management referral into standards of care, care protocols, and other policies.

**2018 Update:** Better Choices Better Health (BCBH) South Dakota provided additional workshops trainings in: Diabetes Workshops, Chronic Pain Workshops, and Worksite Chronic Disease Workshops. Additionally, the annual BCBH meeting was held in conjunction with the Department of Health Chronic Disease Partners meeting.

The South Dakota Department of Health is also leading a referral processes workgroup to develop a rack card to increase referrals to evidence-based program(s) available for patients with chronic conditions.

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

**2018 Update:** The South Dakota Park Prescription project had over 81 healthcare providers participating in 2018, representing over 40 healthcare clinics and locations across the state.

**South Dakota Department of Health**  
**Office of Chronic Disease Prevention and Health Promotion**  
[www.healthysd.gov](http://www.healthysd.gov)