

2019 South Dakota State Plan Update

Nutrition and Physical Activity State Plan to Prevent Obesity and Other Chronic Diseases



Year at a Glance

As reported by the 2018 Behavioral Risk Factor Surveillance System (BRFSS), 30.1% of South Dakota adults are obese. In addition, 37.8% of South Dakotans are overweight, for a combined percentage of 67.8% or about two-thirds of adults above the recommended healthy weight range.

According to the South Dakota Department of Health's 2018-2019 School Height and Weight report, 16.2% of South Dakota 15-19-year-old students are overweight (85th-94th percentile), and 19.5% of South Dakota 15-19-year-old students are obese (95th percentile or above). For school-aged children, the percentage of students who are overweight during the 2018-2019 school year is 16.0%. The percentage of obese school children is 16.4%.

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 18.7% met both the aerobic and muscle-strengthening guidelines each week. Regarding fruit and vegetable intake, 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

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

2019 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.

2019 Update: Resources specific to this strategy were posted on Child and Nutrition Services (CANS) website. The South Dakota Department of Education also sent out a monthly nutrition bulletin. It provided regular communication and notifications to food service directors.

The Alliance for a Healthier Generation provides ongoing resources to schools. They also have the Smart Snack Calculator available at the following link:

<https://foodplanner.healthiergeneration.org/>

The South Dakota Department of Education held a multi-track training geared toward food service and business office staff.

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

2019 Update: Midwest Dairy provided funding to three schools in 2019. Due to fewer funding opportunities, this number is lower than in previous years. None of these schools selected the breakfast "play" through Fuel Up to Play 60. We did provide funding to Rapid City to incorporate smoothies and hot chocolate milk into their breakfast (6 schools).

Midwest Dairy promoted alternate types of breakfast (2nd chance breakfast, breakfast in the classroom, grab-n-go breakfast) to the schools they work with.

The Department of Education-CANS program provided 10 school districts with equipment assistance grants to support the purchase of equipment to serve healthier meals that meet the updated meal patterns, with emphasis on more fruit and vegetables, improved food safety, and expand access.

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

2019 Update: Thirty-one schools were involved in Fuel Up to Play 60 in 2018-2019 School Year. Currently, 9 schools are engaged in the program. Provided nutrition bulletin posts to food service directors and/or authorized representatives regarding the availability of FUTP60.

► Parents & Caregivers:

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

2019 Update: The two South Dakota Early Learning Guidelines 4-class series for Infant and Toddler Caregivers and Preschool Caregivers were combined into 1 series that will be offered through the statewide online calendar four times annually. The first series with

the new curriculum will be held in January 2020. In 2019, 93 childcare providers attended these training opportunities on the Early Learning Guidelines.

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

2019 Update: Sanford Children's CHILD Services developed and implemented a program on physical activity policy in 12 childcare programs, reaching 331 child care providers and impacting 1,146 from April to December 2019.

Child Care Services continues to collaborate with the Department of Health to expand the Physical Activity Technical Assistance program utilizing current funding for fitCare in 2020.

The fitCare curriculum will undergo a revision in 2020. This work will be led by staff from Sanford fit and Sanford Children's CHILD Services.

► Community:

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

2019 Update: **Wellmark Healthy Hometown Communities: Fort Pierre:** Approached businesses about the HH Healthy Restaurant and C-Store Guide, educated them on healthier options/practices, and asked them to commit to making changes. Drifters Restaurant made several menu changes, increased use of locally sourced foods, and rented two community garden beds to produce fresh veggies for the restaurant. The local ice cream shop added real fruit smoothies to their menu. Pizza Ranch added calorie information to their food bar, increased the number of sugar-free drinks, and increased fruit offerings on the salad bar. **Dell Rapids:** Made changes to local menu offerings and set individual goals for each business based on their current menu offerings. They will ask those establishments to commit to increasing options. **Deadwood:** Expanding their Farmer's Market to add an additional location/day in Lead. **Aberdeen:** Focusing on increasing healthy donations to the local food pantries. Sanford Hospital recently organized a healthy food drive. It encouraged employees to donate healthy items needed for the weekend backpack program (through the Salvation Army food pantry). They used the Foods to Encourage list from Feeding America to educate staff and created an 'Aberdeen Healthy Foods to Encourage' graphic that can be used by any organization/group doing food drives with an emphasis on the summer backpack program. **Dell Rapids:** A grocery store partnered with Avera Dells Hospital and offered taste testing and recipe demonstrations in the store. Enhancements include a provider-led education session focused on colon health with education/food sampling (i.e., Brussel sprouts/apple walnut salad) and Q & A offered with the provider. **Live Well Black Hills:** Added the Double Up Food Buck program to the Rapid City farmer's market. **Live Well Sioux Falls:** Continued Cooking Matters tours for patients of Falls Community Health and for the general public. These are offered at no cost to the participant.

Strategy II.5. Develop and promote a list of community resources that provide access to healthy foods and beverages.

2019 Update: Aberdeen's Healthy Hometown (HH) committee is focusing on increasing healthy donations to the local food pantries. The HH committee is making an *Aberdeen Healthy* foods to encourage graphic that can be used by any organization/group doing food drives with an emphasis on the summer backpack program.

Live Well Sioux Falls Healthy Place Program – has eight participating sites in the Healthy Place program, and we continue to recruit additional local restaurants.

Sioux Falls Food Council built a microsite within the livewellsiouxfalls.org website that highlights the work of the council and local resources available for healthy foods.

Strategy VIII.1. Support and increase in the number of communities that complete a built environment assessment/audit with an emphasis on improving walkability.

2019 Update: LiveWell Sioux Falls worked with SDSU as part of the SDSU/DOH active transportation technical assistance program. They evaluated and compared a core school neighborhood in Sioux Falls and a newer development around a Harrisburg elementary school. Live Well Sioux Falls also worked with America Walks and a team from Flint, Michigan, on traffic calming. This partnership came about through a Sioux Falls resident who was part of the America Walks Walking College. The City of Sioux Falls has a team looking at neighborhood traffic calming and is hoping to coordinate their efforts with the Flint, MI, project.

SDDOH completed built environment assessments in the communities of Sioux Falls and Harrisburg, which brings the total number of SDDOH supported communities to 17, with 19 assessments conducted within those 17 communities.

Wellmark HH completed walk audits in Summerset and Lead/Deadwood. Post-Walk audit implementation includes the following per community:

- **Flandreau:** Prioritization of painting crosswalks that help kids get to school safely. The goal is to paint bike lanes on Pipestone Ave. to connect bike paths and through the community. Bike week events include a demonstration project with other activities throughout the week. Significant increase in community engagement.
- **Dell Rapids:** Ongoing trails expansion with enhancements such as a pergola, flower garden, benches, bike racks. They will install additional bike racks in key areas in the community.
- **Aberdeen:** Development of a master bike/pedestrian plan (trails plan) process nearly complete. It will include additional walk audits in certain areas of town. This information, along with the HH walk audit, will help them prioritize areas for crosswalks, bike lanes, and trails expansion. Potentially starting a bike share program pending funding.
- **Baltic:** Identified 5 critical areas on Lovely Ave. to paint high visibility crosswalks with plans to add one solar-powered flashing crosswalk sign. Continuing with seeking funding for trail expansion.
- **Custer:** Prioritized locations for wayfinding signage to direct cyclists and visitors to key areas in the community. Designed bike racks with a custom buffalo design and prioritized locations for adding bike parking. Established 4 locations for adding benches along Mickelson Trail in Custer. Installing a flashing crosswalk sign and high visibility crosswalk markings on Mt Rushmore Road, where the Mickelson trail crosses. Custer's SRT project (not a result of the walk audit, but relevant) that will connect the Mickelson trail to the school will be completed this summer.
- **Scotland:** Community is making DIY bike racks for two locations (Swimming Pool and Ball Fields) that can be stored during winter months. Two permanent bike racks will be installed at downtown locations. The hospital is seeking a grant for a bike rack there. City painting additional crosswalks near the school, park, Youth Center using

highly visible markings. The community will need to work with SDDOT on additional crossings over a state highway.

- **Rapid City:** Adding 1 bike repair station and 3 bike parking racks with HH Award funds (Live Well Black Hills report). One bike parking location will be at the Farmer's Market to promote biking to that destination. Bike repair station at Canyon Lake Park.

► **Worksites:**

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

2019 Update: The South Dakota WorkWell program provides support to an estimated 390 wellness contacts and 200-225 worksite contacts. The WorkWell Mini-Grant program awarded 17 worksites up to \$2,000 for the 2019-2020 grant year. Among these 17 worksites, funding supported interventions that strategically address environmental and policy change related to preventing, reducing, and managing chronic disease. WorkWell hosts quarterly webinars to worksites across the state. These webinars focused on four chronic disease self-management workshops and resources on how employers can help curb the addiction crisis. Work Well also provides employers with monthly newsletters and posters that observe current health topics for each month that prevent, reduce, and manage chronic disease.

► **Healthcare:**

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

2019 Update: In April 2019, the SD Medicaid office began coverage of services performed by a Community Health Worker to prevent disease, disability, and other health conditions and assist individuals to self-manage chronic conditions.

SDSU Extension employed 2 Community Health Workers through shared positions as Nutrition Assistants with specific funding received from the Administration of Community Living.

SD DOH received funds through the Diabetes and Heart Disease and Stroke programs to build capacity for community health workers in South Dakota. The goal is to build infrastructure for this emerging profession that will provide support of integration into healthcare teams and sustainability for training, supervision, and reimbursement.

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

2019 Update: The South Dakota Heart Disease & Stroke Program (SDHDSP) worked with Huron Clinic and Coteau des Prairies to review performance measures and develop a Plan-Do-Study-Act (PDSA) based on identified needs for quality improvement.

The SDHDSP partnered with Sanford Clinic in Brookings to employ a social worker who will assist in improving the care coordination of patients. Additionally, the Huron Clinic, through support from the SDHDSP, employed a chronic disease coordinator who is

tasked with assisting individuals diagnosed with a chronic disease to develop self-management skills, ensure adherence to treatment regimens and assist with completion of annual wellness visits for Medicare recipients.

The SDHDSP entered the second of a five-year project working with the SDSU School of Pharmacy to bring awareness and educate the healthcare community on medication therapy management. Efforts focused on the development of education and engaging the patient, practitioner, and payer groups on the creation of a community-based practice model of care.

The SDHDSP partnered with Huron Clinic and Sanford Clinic-Brookings to implement a self-measured blood pressure monitoring program.

The SDHDSP partnered with Community Pharmacy Enhanced Services Network (CPESN) SD to develop a hypertension management program.

**South Dakota Department of Health
Office of Chronic Disease Prevention and Health Promotion**