
Physical Activity and Nutrition

LEISURE TIME PHYSICAL ACTIVITY

Definition: South Dakotans who report leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

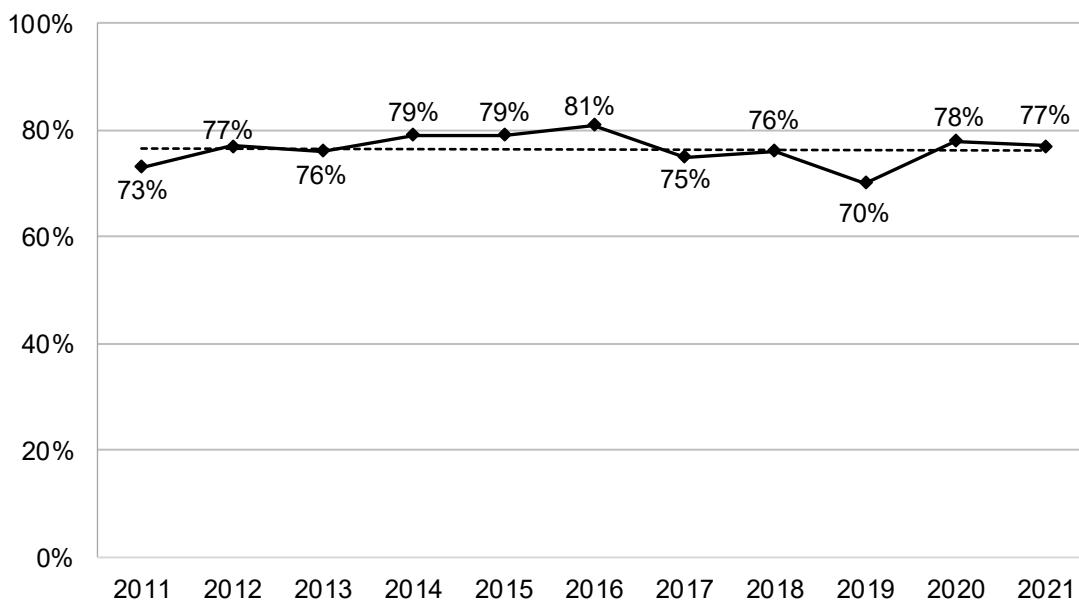
Prevalence of Leisure Time Physical Activity

- South Dakota 77%
- Nationwide median 76%

Trend Analysis

Overall, the percent of South Dakotans who reported leisure-time physical activity has been steady since 2011. In 2021, the percent of leisure time physical activity fell to 77 percent from 78 percent the previous year.

Figure 5
Percentage of South Dakotans Who Reported Leisure Time Physical Activity, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 8
South Dakotans Who Reported Leisure Time Physical Activity, 2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	75%	73.2%	76.0%
	Female	76%	74.3%	76.9%
Age	18-29	83%	80.6%	85.0%
	30-39	82%	79.5%	84.1%
	40-49	76%	73.3%	78.8%
	50-59	72%	70.1%	74.6%
	60-69	70%	67.6%	71.7%
	70-79	67%	64.4%	69.4%
Race/Ethnicity	80+	61%	57.4%	64.9%
	White, Non-Hispanic	75%	74.1%	76.1%
	American Indian, Non-Hispanic	73%	69.8%	76.6%
	American Indian/White, Non-Hispanic	83%	74.8%	88.3%
Household Income	Hispanic	75%	67.7%	81.5%
	Less than \$35,000	69%	66.9%	71.0%
	\$35,000-\$74,999	76%	73.9%	77.4%
Education	\$75,000+	83%	81.6%	84.7%
	Less than High School, G.E.D.	60%	55.5%	65.2%
	High School, G.E.D.	70%	68.3%	71.9%
	Some Post-High School	76%	74.3%	77.4%
Employment Status	College Graduate	85%	83.7%	86.0%
	Employed for Wages	79%	77.2%	79.8%
	Self-employed	71%	68.3%	74.1%
	Unemployed	75%	69.2%	80.1%
	Homemaker	75%	69.7%	80.3%
	Student	88%	83.8%	91.5%
Marital Status	Retired	70%	67.7%	71.4%
	Unable to Work	53%	48.0%	57.9%
	Married/Unmarried Couple	76%	75.0%	77.5%
	Divorced/Separated	70%	66.9%	72.4%
Home Ownership Status	Widowed	65%	61.7%	67.8%
	Never Married	78%	75.6%	79.9%
	Own Home	75%	74.3%	76.4%
Children Status	Rent Home	74%	72.1%	76.4%
	Children in Household (Ages 18-44)	81%	79.1%	83.0%
Phone Status	No Children in Household (Ages 18-44)	82%	79.6%	84.3%
	Landline	69%	67.0%	70.1%
Pregnancy Status	Cell Phone	77%	76.3%	78.6%
	Pregnant (Ages 18-44)	86%	75.7%	92.3%
County	Not Pregnant (Ages 18-44)	83%	81.1%	85.2%
	Minnehaha	77%	74.3%	78.8%
	Pennington	76%	73.5%	77.8%
	Lincoln	81%	76.9%	84.7%
	Brown	74%	71.3%	76.1%
	Brookings	79%	76.6%	82.1%
	Codington	73%	69.9%	75.1%
Meade	76%	72.3%	79.3%	

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Demographics

Gender	The prevalence of leisure time physical activity does not seem to differ based on gender.
Age	The prevalence of leisure time physical activity decreases as age increases. This includes a significant decrease when the 40s are reached.
Race/ Ethnicity	The prevalence of leisure time physical activity does not differ based on race/ethnicity.
Household Income	The prevalence of leisure time physical activity increases as household income increases. This includes significant increases when the \$35,000-\$74,999 and \$75,000+ household income levels are reached.
Education	The prevalence of leisure time physical activity increases as the education levels increase. This includes significant increases at each education level.
Employment	Students demonstrate a very high prevalence of leisure time physical activity, while those who are unable to work show a very low prevalence.
Marital Status	Those who are married or have never been married exhibit a very high prevalence of leisure time physical activity, while those who are divorced or widowed show a very low prevalence.
Home Ownership	The prevalence of leisure time physical activity does not seem to differ based on home ownership.
Children Status	The prevalence of leisure time physical activity among adults does not differ based on the presence of children in the household.
Phone Status	Those who primarily use a cell phone show a significantly higher leisure time physical activity prevalence than those who primarily use a landline phone.
Pregnancy Status	The prevalence of leisure time physical activity does not seem to differ based on pregnancy status.
County	Residents of Lincoln and Brookings counties exhibit a very high leisure time physical activity prevalence, while Brown and Codington counties show a very low prevalence.

FIVE SERVINGS OF FRUITS AND VEGETABLES

Definition: South Dakotans who report consuming at least five servings of fruits and vegetables daily.

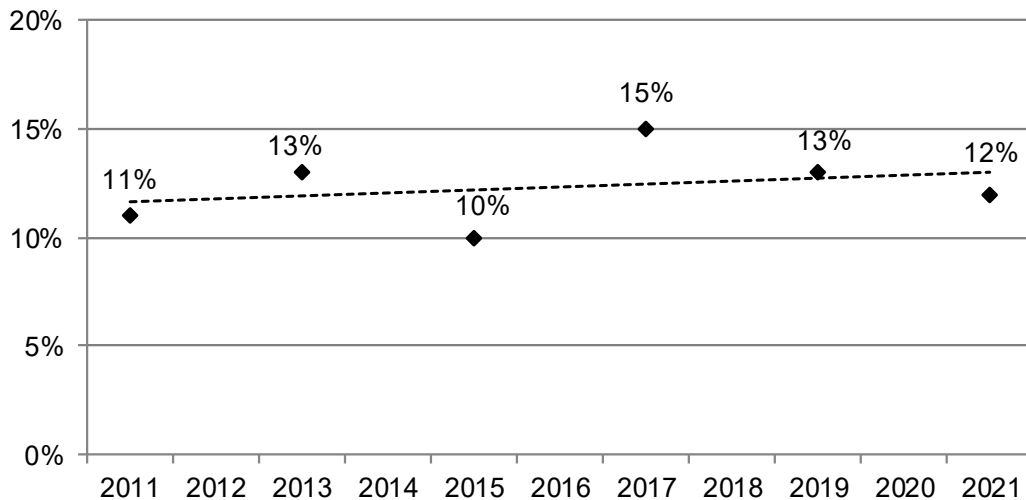
Prevalence of Consuming at Least Five Servings of Fruits and Vegetables Per Day

- South Dakota 12%
- There is no nationwide median for consuming five fruits and vegetables per day

Trend Analysis

Overall, the percent of South Dakotans who consumed five or more fruits and vegetables a day has been fairly consistent since 2011. In 2021, the percent of consuming at least five fruits and vegetables a day was 12 percent, down slightly from 13 percent in 2019.

Figure 6
Percentage of South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 9
South Dakotans Who Reported Consuming at Least Five Servings of Fruits and Vegetables Per Day, 2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	11%	9.8%	12.7%
	Female	15%	13.8%	16.7%
Age	18-29	11%	8.6%	13.6%
	30-39	17%	14.2%	20.7%
	40-49	14%	11.0%	16.6%
	50-59	13%	10.9%	15.1%
	60-69	11%	9.5%	13.0%
	70-79	13%	10.9%	15.5%
Race/Ethnicity	80+	15%	12.1%	19.4%
	White, Non-Hispanic	13%	11.6%	13.6%
	American Indian, Non-Hispanic	13%	10.0%	17.3%
	American Indian/White, Non-Hispanic	17%	7.2%	35.0%
Household Income	Hispanic	19%	12.1%	29.2%
	Less than \$35,000	14%	12.2%	16.8%
	\$35,000-\$74,999	12%	10.1%	13.6%
Education	\$75,000+	14%	12.0%	15.8%
	Less than High School, G.E.D.	17%	11.5%	23.7%
	High School, G.E.D.	11%	9.2%	12.6%
	Some Post-High School	12%	10.6%	13.9%
Employment Status	College Graduate	16%	14.6%	18.1%
	Employed for Wages	12%	10.9%	13.7%
	Self-employed	14%	10.9%	17.6%
	Unemployed	14%	9.2%	20.6%
	Homemaker	22%	15.4%	29.5%
	Student	15%	10.0%	20.9%
Marital Status	Retired	13%	11.7%	15.1%
	Unable to Work	13%	9.0%	18.4%
	Married/Unmarried Couple	14%	12.6%	15.2%
	Divorced/Separated	12%	9.7%	15.0%
Home Ownership Status	Widowed	12%	10.0%	15.1%
	Never Married	13%	10.1%	15.4%
	Own Home	13%	12.2%	14.5%
Children Status	Rent Home	13%	10.8%	15.8%
	Children in Household (Ages 18-44)	16%	13.2%	18.6%
Phone Status	No Children in Household (Ages 18-44)	12%	9.4%	14.7%
	Landline	13%	11.7%	14.8%
Pregnancy Status	Cell Phone	13%	12.0%	14.5%
	Pregnant (Ages 18-44)	16%	7.5%	29.4%
County	Not Pregnant (Ages 18-44)	16%	13.3%	18.9%
	Minnehaha	12%	9.4%	14.5%
	Pennington	13%	11.1%	15.7%
	Lincoln	11%	7.9%	15.9%
	Brown	16%	12.4%	19.4%
	Brookings	13%	10.1%	17.9%
	Codington	10%	7.6%	12.4%
Meade	16%	10.6%	23.0%	

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Gender	Females exhibit a significantly higher prevalence of eating five or more fruits and vegetables a day than males.
Age	The prevalence of eating five or more fruits and vegetables a day does not seem to consistently change as age increases.
Race/ Ethnicity	The prevalence of eating five or more fruits and vegetables a day does not seem to differ based on race/ethnicity.
Household Income	The prevalence of eating five or more fruits and vegetables a day does not seem to change as household income increases.
Education	The prevalence of eating five or more fruits and vegetables a day does not seem to change as education levels increase.
Employment	Those who are a homemaker exhibit a very high prevalence of eating five or more fruits and vegetables a day, while those who are employed for wages or retired show a very low prevalence.
Marital Status	The prevalence of eating five or more fruits and vegetables a day does not seem to differ based on marital status.
Home Ownership	The prevalence of eating five or more fruits and vegetables a day does not seem to differ based on home ownership status.
Children Status	The prevalence of eating five or more fruits and vegetables a day does not seem to differ based on the presence of children in the household.
Phone Status	The prevalence of eating five or more fruits and vegetables a day does not seem to differ based on phone status.
County	The prevalence of eating five or more fruits and vegetables a day does not seem to differ among the available counties.

TWO SERVINGS OF FRUITS PER DAY

Definition: South Dakotans who report they consume at least two servings of fruits per day.

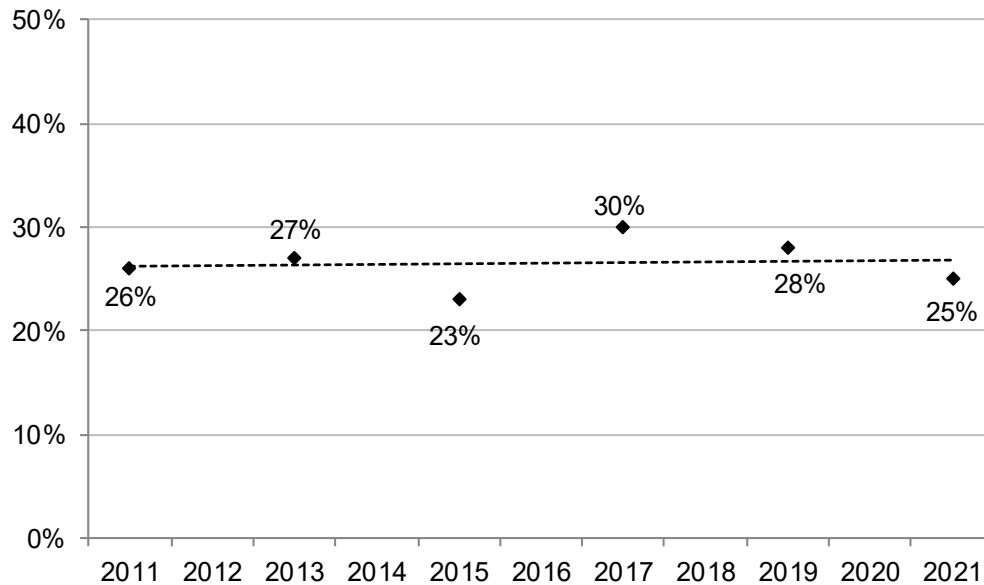
Prevalence of Consuming at Least Two Servings of Fruits Per Day

- South Dakota 25%
- There is no nationwide median for two servings of fruits per day

Trend Analysis

Overall, the percent of South Dakotans who consumed at least two servings of fruits a day has remained steady since 2011. In 2021, the percent of consuming at least two servings of fruits a day was 25 percent, down from 28 percent in 2019.

Figure 7
Percentage of South Dakotans Who Reported Consuming at Least Two Servings of Fruits Per Day, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 10
South Dakotans Who Reported Consuming at Least Two Servings of Fruits Per Day,
2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	25%	22.9%	26.7%
	Female	31%	29.2%	32.9%
Age	18-29	25%	21.8%	28.9%
	30-39	28%	24.4%	31.7%
	40-49	26%	22.7%	29.9%
	50-59	27%	24.6%	30.5%
	60-69	27%	24.3%	29.2%
	70-79	32%	28.8%	35.1%
	80+	41%	35.9%	46.2%
Race/Ethnicity	White, Non-Hispanic	28%	26.3%	29.0%
	American Indian, Non-Hispanic	26%	21.6%	30.2%
	American Indian/White, Non-Hispanic	20%	10.1%	35.7%
	Hispanic	37%	27.2%	47.3%
Household Income	Less than \$35,000	30%	27.2%	32.9%
	\$35,000-\$74,999	26%	23.7%	28.2%
	\$75,000+	28%	26.0%	31.0%
Education	Less than High School, G.E.D.	29%	22.8%	36.1%
	High School, G.E.D.	24%	21.5%	26.0%
	Some Post-High School	27%	25.1%	29.6%
	College Graduate	33%	30.7%	35.2%
Employment Status	Employed for Wages	25%	23.4%	27.0%
	Self-employed	29%	25.3%	34.0%
	Unemployed	29%	21.9%	38.1%
	Homemaker	34%	26.6%	41.8%
	Student	29%	22.1%	36.9%
	Retired	33%	30.4%	35.2%
	Unable to Work	26%	21.1%	32.3%
Marital Status	Married/Unmarried Couple	29%	27.0%	30.4%
	Divorced/Separated	25%	21.5%	28.2%
	Widowed	34%	30.2%	38.3%
	Never Married	26%	22.8%	29.1%
Home Ownership Status	Own Home	29%	27.1%	30.1%
	Rent Home	26%	23.4%	29.4%
Children Status	Children in Household (Ages 18-44)	28%	24.9%	31.1%
	No Children in Household (Ages 18-44)	25%	21.4%	28.1%
Phone Status	Landline	31%	29.0%	33.4%
	Cell Phone	27%	25.4%	28.5%
Pregnancy Status	Pregnant (Ages 18-44)	31%	19.0%	46.2%
	Not Pregnant (Ages 18-44)	29%	25.9%	32.6%
County	Minnehaha	28%	25.4%	31.7%
	Pennington	25%	22.1%	27.8%
	Lincoln	28%	22.7%	34.4%
	Brown	27%	23.3%	30.9%
	Brookings	27%	22.3%	32.4%
	Codington	26%	22.4%	29.6%
	Meade	29%	23.1%	36.1%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Gender	Females exhibit a significantly higher prevalence of eating at least two servings of fruit per day than males.
Age	The prevalence of eating at least two servings of fruit per day generally increases as age increases. This includes a significant increase as the 80's are reached.
Race/ Ethnicity	The prevalence of eating at least two servings of fruit per day does not seem to differ based on race/ethnicity.
Household Income	The prevalence of eating at least two servings of fruit per day does not seem to consistently change as household income increases.
Education	The prevalence of eating at least two servings of fruit per day does not seem to consistently change as education levels increase.
Employment	Those who are retired demonstrate a very high prevalence of eating at least two servings of fruit per day, while those who are employed for wages show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of eating at least two servings of fruit per day, while those who are divorced or have never been married show a very low prevalence.
Home Ownership	The prevalence of eating at least two servings of fruit per day does not seem to differ based on home ownership status.
Children Status	The prevalence of eating at least two servings of fruit per day does not seem to differ based on the presence of children in the household.
Phone Status	Those who primarily use a landline phone demonstrate a significantly higher prevalence of eating at least two servings of fruit per day than those who primarily use a cell phone.
Pregnancy Status	The prevalence of eating at least two servings of fruit per day does not seem to differ based on pregnancy status.
County	The prevalence of eating at least two servings of fruit per day does not seem to differ among the available counties.

THREE SERVINGS OF VEGETABLES PER DAY

Definition: South Dakotans who report they consume at least three servings of vegetables per day.

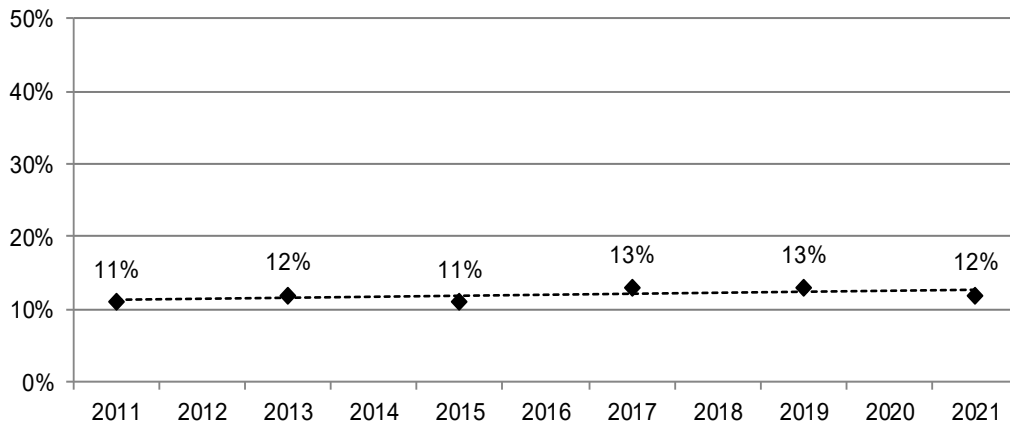
Prevalence of Consuming at Least Three Servings of Vegetables Per Day

- South Dakota 12%
- There is no nationwide median for consuming three servings of vegetables per day

Trend Analysis

Overall, the percent of South Dakotans who consumed at least three servings of vegetables a day has remained steady since 2011. In 2021, the percent of consuming at least three servings of vegetables a day was 12 percent, down slightly from 13 percent in 2019.

Figure 8
Percentage of South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 11
South Dakotans Who Reported Consuming at Least Three Servings of Vegetables Per Day,
2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	12%	10.0%	13.2%
	Female	14%	12.7%	15.6%
Age	18-29	11%	8.7%	13.7%
	30-39	16%	13.4%	20.0%
	40-49	16%	13.1%	19.9%
	50-59	11%	9.6%	13.7%
	60-69	11%	9.3%	13.0%
	70-79	10%	8.5%	12.8%
	80+	12%	9.0%	16.2%
Race/Ethnicity	White, Non-Hispanic	12%	11.2%	13.4%
	American Indian, Non-Hispanic	14%	10.4%	19.8%
	American Indian/White, Non-Hispanic	21%	10.3%	38.5%
	Hispanic	14%	8.2%	22.8%
Household Income	Less than \$35,000	13%	10.9%	15.9%
	\$35,000-\$74,999	10%	8.9%	12.2%
	\$75,000+	14%	12.5%	16.5%
Education	Less than High School, G.E.D.	18%	12.4%	25.3%
	High School, G.E.D.	11%	9.7%	13.4%
	Some Post-High School	12%	10.1%	13.4%
	College Graduate	14%	12.7%	16.1%
Employment Status	Employed for Wages	12%	10.6%	13.5%
	Self-employed	14%	11.0%	17.9%
	Unemployed	16%	9.9%	25.8%
	Homemaker	22%	15.6%	30.1%
	Student	15%	10.4%	22.4%
	Retired	11%	9.5%	12.8%
	Unable to Work	14%	9.5%	20.8%
Marital Status	Married/Unmarried Couple	14%	12.3%	15.1%
	Divorced/Separated	11%	8.1%	13.5%
	Widowed	11%	8.7%	15.1%
	Never Married	12%	10.1%	15.3%
Home Ownership Status	Own Home	13%	11.8%	14.3%
	Rent Home	13%	10.5%	15.4%
Children Status	Children in Household (Ages 18-44)	15%	12.2%	17.3%
	No Children in Household (Ages 18-44)	13%	10.6%	16.5%
Phone Status	Landline	13%	11.1%	14.2%
	Cell Phone	13%	11.6%	14.3%
Pregnancy Status	Pregnant (Ages 18-44)	8%	2.5%	21.1%
	Not Pregnant (Ages 18-44)	15%	12.4%	17.8%
County	Minnehaha	10%	8.2%	13.0%
	Pennington	13%	10.5%	15.1%
	Lincoln	10%	6.8%	13.7%
	Brown	12%	9.5%	15.9%
	Brookings	11%	8.2%	15.5%
	Codington	10%	7.6%	13.6%
	Meade	16%	10.5%	23.2%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Gender	The prevalence of eating at least three servings of vegetables per day does not seem to differ by gender.
Age	The prevalence of eating at least three servings of vegetables per day does not seem to consistently change as age increases.
Race/ Ethnicity	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on race/ethnicity.
Household Income	The prevalence of eating at least three servings of vegetables per day does not seem to consistently change as household income increases.
Education	The prevalence of eating at least three servings of vegetables per day does not seem to consistently change as education increases.
Employment	Those who are a homemaker exhibit a very high prevalence of eating at least three servings of vegetables per day, while those who are employed for wages or retired show a very low prevalence.
Marital Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on marital status.
Home Ownership	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on home ownership status.
Children Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on the presence of children in the household.
Phone Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on phone status.
Pregnancy Status	The prevalence of eating at least three servings of vegetables per day does not seem to differ based on pregnancy status.
County	The prevalence of eating at least three servings of vegetables per day does not seem to differ among the available counties.