
Physical Activity

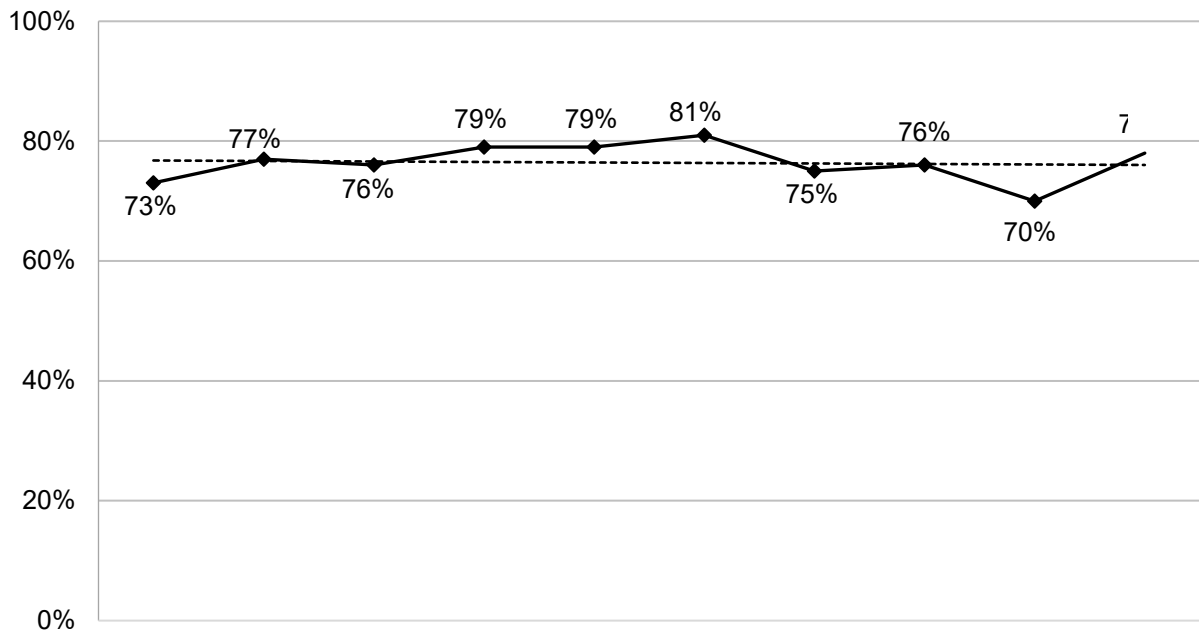
LEISURE TIME PHYSICAL ACTIVITY

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 78%
- Nationwide median 78%

Figure 5
Percentage of South Dakotans Who Reported Leisure Time Physical Activity, 2011-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2020

Table 8
South Dakotans Who Reported Leisure Time Physical Activity, 2016-2020

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	75%	74.0%	76.7%
	Female	77%	75.4%	77.8%
Age	18-29	84%	81.9%	86.1%
	30-39	82%	79.5%	84.0%
	40-49	78%	75.1%	79.9%
	50-59	72%	70.1%	74.4%
	60-69	70%	68.2%	72.2%
	70-79	68%	65.5%	70.5%
	80+	64%	61.0%	67.9%
Race/Ethnicity	White, Non-Hispanic	76%	75.2%	77.1%
	American Indian, Non-Hispanic	73%	69.2%	76.1%
	American Indian/White, Non-Hispanic	80%	72.3%	86.3%
	Hispanic	75%	67.7%	81.9%
Household Income	Less than \$35,000	70%	67.6%	71.4%
	\$35,000-\$74,999	77%	75.3%	78.6%
	\$75,000+	83%	81.9%	84.9%
Education	Less than High School, G.E.D.	62%	57.3%	66.1%
	High School, G.E.D.	71%	69.1%	72.5%
	Some Post-High School	77%	75.9%	78.9%
	College Graduate	85%	84.3%	86.5%
Employment Status	Employed for Wages	79%	78.2%	80.7%
	Self-employed	72%	69.2%	74.7%
	Unemployed	74%	67.8%	79.1%
	Homemaker	77%	72.4%	81.4%
	Student	89%	84.6%	92.2%
	Retired	71%	69.2%	72.7%
	Unable to Work	52%	47.8%	56.8%
Marital Status	Married/Unmarried Couple	77%	76.1%	78.4%
	Divorced/Separated	70%	66.8%	72.2%
	Widowed	66%	62.6%	68.5%
	Never Married	79%	76.6%	80.8%
Home Ownership Status	Own Home	76%	75.2%	77.2%
	Rent Home	75%	72.6%	76.8%
Children Status	Children in Household (Ages 18-44)	82%	80.0%	83.7%
	No Children in Household (Ages 18-44)	83%	81.0%	85.4%
Phone Status	Landline	70%	68.7%	71.8%
	Cell Phone	78%	77.0%	79.2%
Pregnancy Status	Pregnant (Ages 18-44)	85%	74.7%	91.1%
	Not Pregnant (Ages 18-44)	84%	82.2%	86.1%
County	Minnehaha	77%	74.3%	78.9%
	Pennington	77%	74.4%	78.6%
	Lincoln	81%	74.8%	85.9%
	Brown	73%	69.9%	75.5%
	Brookings	78%	74.7%	81.4%
	Codington	72%	68.7%	75.0%
	Meade	76%	72.0%	80.4%
	Lawrence	82%	77.3%	86.3%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

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 50s are reached.
Race/Ethnicity	The prevalence of leisure time physical activity does not seem to 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 education increases. This includes significant increases as the high school graduate, some post-high school, and college graduate levels are reached.
Employment	Those who are 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 change based on home ownership.
Children Status	The prevalence of leisure time physical activity among adults does not seem to change based on the presence of children in the household.
Phone Status	Those who primarily use a cell phone show a significantly higher prevalence of leisure time physical activity than those who primarily use a landline phone.
Pregnancy Status	The prevalence of leisure time physical activity does not seem to change based on pregnancy status.
County	Residents of Lawrence county exhibit a very high prevalence of leisure time physical activity, while residents of Brown and Codrington counties show a very low prevalence.