
Overweight and Obese

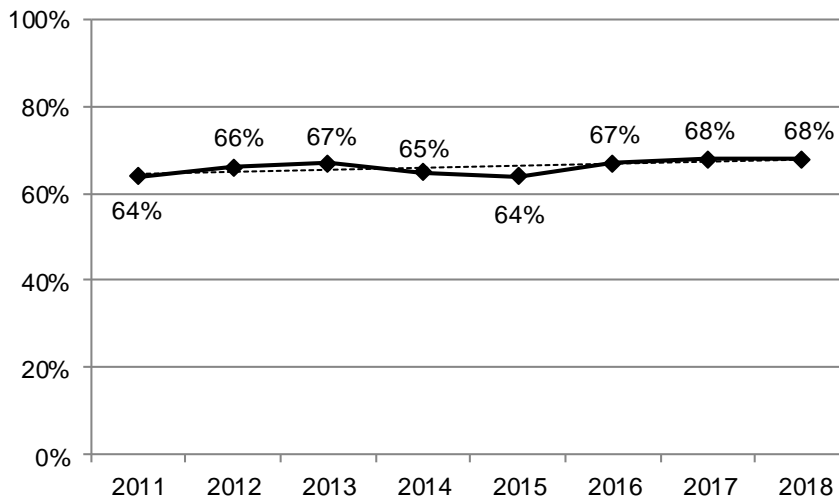
OVERWEIGHT OR OBESE

Definition: Overweight or obese is defined as having a Body Mass Index (BMI) of 25.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds, divided by their height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Overweight or Obese

- South Dakota 68%
- Nationwide median 66%

Figure 1
Percentage of South Dakotans Who Are Overweight or Obese Based on Body Mass Index, 2011-2018



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2018

**Table 4
South Dakotans Who Are Overweight or Obese, 2014-2018**

		2014-2018	95% Confidence Interval	
			Low	High
Gender	Male	73%	71.7%	74.4%
	Female	59%	57.8%	60.6%
Age	18-29	48%	45.3%	50.8%
	30-39	67%	64.1%	69.3%
	40-49	73%	70.5%	75.2%
	50-59	75%	73.0%	76.6%
	60-69	75%	73.2%	76.6%
	70-79	71%	68.7%	73.2%
	80+	60%	56.3%	62.8%
Race/Ethnicity	White, Non-Hispanic	66%	65.4%	67.5%
	American Indian, Non-Hispanic	74%	70.1%	77.1%
	Hispanic	66%	57.1%	74.2%
Household Income	Less than \$35,000	66%	64.2%	68.0%
	\$35,000-\$74,999	70%	68.0%	71.4%
	\$75,000+	68%	66.2%	69.8%
Education	Less than High School, G.E.D.	66%	61.5%	69.5%
	High School, G.E.D.	68%	65.7%	69.3%
	Some Post-High School	66%	64.6%	68.0%
	College Graduate	66%	64.0%	67.1%
Employment Status	Employed for Wages	67%	65.9%	68.7%
	Self-employed	70%	67.6%	72.9%
	Unemployed	65%	59.3%	70.6%
	Homemaker	57%	52.2%	61.9%
	Student	35%	30.3%	40.8%
	Retired	71%	69.1%	72.3%
	Unable to Work	74%	70.1%	78.0%
Marital Status	Married/Unmarried Couple	71%	69.4%	71.7%
	Divorced/Separated	69%	66.6%	71.7%
	Widowed	64%	60.9%	66.5%
	Never Married	55%	52.3%	57.4%
Home Ownership Status	Own Home	69%	68.3%	70.4%
	Rent Home	61%	58.8%	63.4%
Children Status	Children in Household (Ages 18-44)	63%	60.4%	64.8%
	No Children in Household (Ages 18-44)	55%	51.7%	57.4%
Phone Status	Landline	68%	66.6%	69.5%
	Cell Phone	66%	64.3%	66.9%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	53%	50.5%	55.7%
County	Minnehaha	65%	62.4%	67.5%
	Pennington	64%	62.0%	66.8%
	Lincoln	63%	59.2%	67.6%
	Brown	72%	69.0%	75.0%
	Brookings	62%	57.8%	66.6%
	Codington	66%	62.9%	69.9%
	Meade	63%	57.7%	67.3%
	Lawrence	61%	56.9%	64.0%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

Demographics

Gender	Males exhibit a significantly higher prevalence of being overweight than females.
Age	The prevalence of being overweight increases as age increases with a peak in the 50s and 60s including a significant increase as the 30s and 40s are reached. After that, the prevalence of being overweight decreases as age increases with a significant decrease as the 80s are reached.
Race/Ethnicity	American Indians demonstrate a significantly higher prevalence of being overweight than whites.
Household Income	The prevalence of being overweight does not seem to change as household income changes.
Education	The prevalence of being overweight does not seem to change as education levels change.
Employment	Those who are self-employed, unemployed, retired, or unable to work demonstrate a very high prevalence of being overweight, while those who are a student show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of being overweight, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home show a significantly higher prevalence of being overweight than those who rent their home.
Children Status	Those adults with children in the household demonstrate a significantly higher prevalence of being overweight than those with no children.
Phone Status	The prevalence of being overweight does not seem to differ based on phone status.
County	Brown county demonstrates a very high prevalence of being overweight, while Minnehaha, Pennington, Lincoln, Brookings, Meade, and Lawrence counties show a very low prevalence.

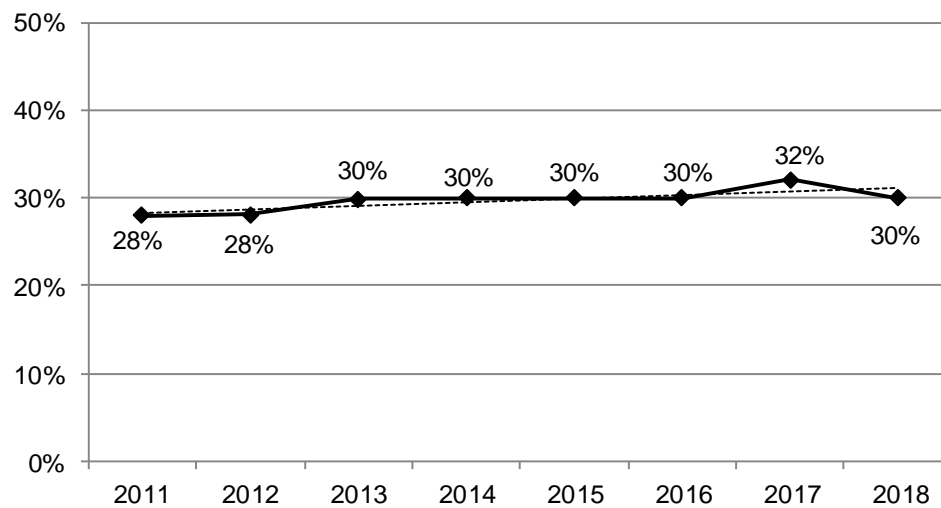
OBESE

Definition: Obese is defined as having a Body Mass Index (BMI) of 30.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Obesity

- South Dakota 32%
- Nationwide median 31%

Figure 2
Percentage of South Dakotans Who Are Obese Based on Body Mass Index, 2011-2018



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2018

**Table 5
South Dakotans Who Are Obese, 2014-2018**

		2014-2018	95% Confidence Interval	
			Low	High
Gender	Male	32%	31.0%	33.6%
	Female	28%	27.1%	29.6%
Age	18-29	19%	17.4%	21.6%
	30-39	32%	29.5%	34.4%
	40-49	36%	33.6%	38.8%
	50-59	37%	34.8%	39.0%
	60-69	35%	33.6%	37.3%
	70-79	30%	27.4%	31.8%
	80+	19%	16.3%	21.2%
Race/Ethnicity	White, Non-Hispanic	30%	28.7%	30.6%
	American Indian, Non-Hispanic	43%	39.3%	46.5%
	Hispanic	31%	23.8%	39.7%
Household Income	Less than \$35,000	33%	31.3%	34.9%
	\$35,000-\$74,999	31%	29.6%	32.8%
	\$75,000+	30%	28.0%	31.4%
Education	Less than High School, G.E.D.	32%	28.1%	35.4%
	High School, G.E.D.	30%	28.7%	31.9%
	Some Post-High School	32%	30.1%	33.3%
	College Graduate	28%	26.7%	29.5%
Employment Status	Employed for Wages	32%	30.2%	32.9%
	Self-employed	30%	27.7%	32.8%
	Unemployed	32%	26.9%	37.1%
	Homemaker	23%	19.5%	27.4%
	Student	13%	10.3%	17.4%
	Retired	29%	27.7%	30.9%
	Unable to Work	46%	42.2%	50.6%
Marital Status	Married/Unmarried Couple	32%	30.9%	33.3%
	Divorced/Separated	34%	31.0%	36.1%
	Widowed	27%	24.8%	29.9%
	Never Married	25%	23.1%	27.1%
Home Ownership Status	Own Home	31%	30.2%	32.3%
	Rent Home	29%	27.5%	31.5%
Children Status	Children in Household (Ages 18-44)	29%	26.7%	30.7%
	No Children in Household (Ages 18-44)	24%	22.2%	26.8%
Phone Status	Landline	31%	30.1%	32.8%
	Cell Phone	30%	28.7%	31.0%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	26%	24.0%	28.5%
County	Minnehaha	29%	26.7%	31.3%
	Pennington	28%	26.2%	30.7%
	Lincoln	27%	24.0%	31.2%
	Brown	35%	31.8%	38.0%
	Brookings	25%	21.9%	28.6%
	Codington	31%	28.1%	34.3%
	Meade	26%	22.1%	29.2%
Lawrence	25%	22.2%	27.8%	

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

Demographics

Gender	Males exhibit a significantly higher prevalence obesity than females.
Age	The prevalence of obesity increases as age increases with a peak in the 50s including a significant increase as the 30s are reached. After that, the prevalence of obesity decreases as age increases with significant decreases as the 70s and 80s are reached.
Race/Ethnicity	American Indians demonstrate a significantly higher prevalence of obesity than whites.
Household Income	The prevalence of obesity decreases as household income increases.
Education	The prevalence of obesity does not seem to change as education levels change.
Employment	Those who are unable to work demonstrate a very high prevalence of obesity, while those who are a student show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of obesity, while those who are widowed or have never been married show a very low prevalence.
Home Ownership	The prevalence of obesity does not seem to change based on home ownership.
Children Status	The prevalence of the adults being obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of obesity does not seem to change based on phone status.
County	Brown and Codington counties demonstrate a very high prevalence of obesity, while the other six available counties show a very low prevalence.

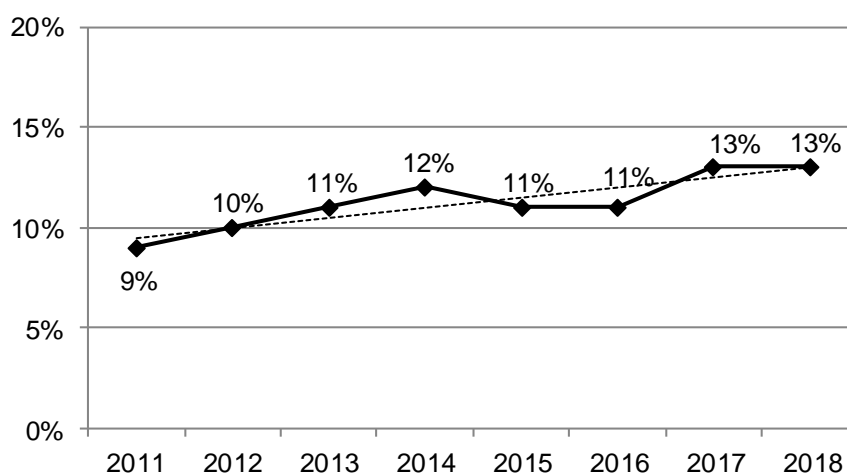
SEVERELY OBESE

Definition: Severely Obese is defined as having a Body Mass Index (BMI) of 35.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Severe Obesity

- South Dakota 13%
- There is no nationwide median for severe obesity.

Figure 3
Percentage of South Dakotans Who Are Severely Obese Based on Body Mass Index, 2011-2018



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2018

**Table 6
South Dakotans Who Are Severely Obese, 2014-2018**

		2014-2018	95% Confidence Interval	
			Low	High
Gender	Male	12%	10.9%	12.7%
	Female	12%	11.4%	13.2%
Age	18-29	9%	7.1%	10.2%
	30-39	13%	11.0%	14.4%
	40-49	15%	13.2%	17.1%
	50-59	15%	13.2%	16.2%
	60-69	14%	12.5%	15.1%
	70-79	10%	8.5%	11.2%
	80+	6%	4.8%	8.3%
Race/Ethnicity	White, Non-Hispanic	12%	11.0%	12.3%
	American Indian, Non-Hispanic	18%	15.6%	21.3%
	Hispanic	11%	7.1%	17.6%
Household Income	Less than \$35,000	15%	13.7%	16.3%
	\$35,000-\$74,999	12%	11.1%	13.3%
	\$75,000+	10%	8.8%	11.0%
Education	Less than High School, G.E.D.	13%	10.3%	15.7%
	High School, G.E.D.	12%	11.0%	13.3%
	Some Post-High School	13%	11.7%	13.9%
	College Graduate	11%	9.7%	11.6%
Employment Status	Employed for Wages	13%	11.7%	13.6%
	Self-employed	10%	8.6%	12.1%
	Unemployed	13%	10.4%	17.1%
	Homemaker	10%	7.8%	13.6%
	Student	5%	3.3%	8.4%
	Retired	10%	9.2%	11.4%
	Unable to Work	25%	21.5%	28.6%
Marital Status	Married/Unmarried Couple	12%	10.8%	12.4%
	Divorced/Separated	15%	13.2%	16.9%
	Widowed	12%	10.2%	14.2%
	Never Married	12%	10.4%	13.2%
Home Ownership Status	Own Home	11%	10.8%	12.2%
	Rent Home	14%	12.3%	15.2%
Children Status	Children in Household (Ages 18-44)	12%	10.3%	13.3%
	No Children in Household (Ages 18-44)	11%	9.2%	12.2%
Phone Status	Landline	13%	12.2%	14.3%
	Cell Phone	11%	10.7%	12.3%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	12%	10.3%	13.5%
County	Minnehaha	11%	9.4%	12.4%
	Pennington	11%	9.9%	13.3%
	Lincoln	10%	7.6%	11.9%
	Brown	14%	12.3%	16.7%
	Brookings	10%	7.6%	12.4%
	Codington	12%	9.8%	14.1%
	Meade	10%	7.5%	12.2%
	Lawrence	7%	5.8%	8.6%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

Demographics

Gender	The prevalence of severe obesity does not seem to differ based on gender.
Age	The prevalence of being severely obese increases as age increases with a peak in the 40s and 50s including a significant increase as the 30s are reached. After that, the prevalence of being severely obese decreases as age increases with significant decreases as the 70s and 80s are reached.
Race/Ethnicity	American Indians demonstrate a significantly higher prevalence of being severely obese than whites.
Household Income	The prevalence of being severely obese decreases as household income increases. This includes significant decreases as the \$35,000-\$74,999 and \$75,000+ income groups are reached.
Education	The prevalence of being severely obese does not seem to change as education levels change.
Employment	Those who are unable to work demonstrate a very high prevalence of being severely obese, while those who are a homemaker or a student show a very low prevalence.
Marital Status	Those who are divorced exhibit a very high prevalence of being severely obese, while those who are married show a very low prevalence.
Home Ownership	Those who rent their home show a significantly higher prevalence of being severely obese than those who own their home.
Children Status	The prevalence of the adults being severely obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of being severely obese does not seem to change based on phone status.
County	Minnehaha, Pennington, Brown, and Codington counties demonstrate a very high prevalence of being severely obese, while Lincoln, Meade, and Lawrence counties show a very low prevalence.

MORBIDLY OBESE

Definition: Morbidly Obesity is defined as having a Body Mass Index (BMI) of 40.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.

Prevalence of Morbid Obesity

- South Dakota 5%
- There is no nationwide median for morbid obesity.

Table 7				
South Dakotans Who Are Morbidly Obese, 2014-2018				
		2014-2018	95% Confidence Interval	
			Low	High
Gender	Male	4%	3.3%	4.3%
	Female	5%	4.2%	5.4%
Age	18-29	3%	2.6%	4.7%
	30-39	5%	4.0%	6.2%
	40-49	5%	3.9%	5.9%
	50-59	5%	4.4%	6.3%
	60-69	5%	3.9%	5.4%
	70-79	3%	2.1%	3.6%
	80+	2%	1.0%	2.7%
Race/Ethnicity	White, Non-Hispanic	4%	3.7%	4.5%
	American Indian, Non-Hispanic	6%	4.3%	7.7%
	Hispanic	4%	2.5%	7.5%
Household Income	Less than \$35,000	6%	4.8%	6.6%
	\$35,000-\$74,999	4%	3.7%	5.1%
	\$75,000+	3%	2.1%	3.1%
Education	Less than High School, G.E.D.	4%	2.9%	5.9%
	High School, G.E.D.	4%	3.7%	5.0%
	Some Post-High School	5%	3.8%	5.3%
	College Graduate	4%	3.3%	4.5%
Employment Status	Employed for Wages	4%	3.8%	5.0%
	Self-employed	4%	2.6%	5.0%
	Unemployed	4%	3.0%	6.3%
	Homemaker	3%	2.2%	5.4%
	Student	2%	0.7%	3.7%
	Retired	3%	2.8%	4.1%
	Unable to Work	12%	9.6%	14.7%
Marital Status	Married/Unmarried Couple	4%	3.3%	4.3%
	Divorced/Separated	5%	4.2%	6.4%
	Widowed	5%	3.5%	5.9%
	Never Married	5%	4.0%	5.8%
Home Ownership Status	Own Home	4%	3.5%	4.4%
	Rent Home	5%	4.4%	6.2%
Children Status	Children in Household (Ages 18-44)	4%	3.2%	5.0%
	No Children in Household (Ages 18-44)	5%	3.8%	5.9%
Phone Status	Landline	5%	4.3%	5.7%
	Cell Phone	4%	3.4%	4.4%

**Table 7 (continued)
South Dakotans Who Are Morbidly Obese, 2014-2018**

		2014-2018	95% Confidence Interval	
			Low	High
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	5%	4.0%	6.2%
County	Minnehaha	4%	3.1%	5.1%
	Pennington	4%	3.0%	5.1%
	Lincoln	4%	2.7%	5.9%
	Brown	6%	4.8%	8.0%
	Brookings	3%	2.0%	4.8%
	Codington	5%	3.3%	6.4%
	Meade	4%	3.1%	6.4%
Lawrence	2%	1.5%	2.9%	

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

Demographics

- Gender** The prevalence of morbid obesity does not seem to differ based on gender.
- Age** The prevalence of morbid obesity does not seem to change as age changes, but it does show a significant decrease as the 70s are reached.
- Race/Ethnicity** The prevalence of morbid obesity does not seem to differ based on race or ethnicity.
- Household Income** The prevalence of morbid obesity decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
- Education** The prevalence of morbid obesity does not seem to change as education levels change.
- Employment** Those who are unable to work demonstrate a very high prevalence of morbid obesity, while those who are self-employed, unemployed, a homemaker, a student, or retired show a very low prevalence.
- Marital Status** The prevalence of morbid obesity does not seem to differ based on marital status.
- Home Ownership** The prevalence of morbid obesity does not seem to change based on home ownership.
- Children Status** The prevalence of the adults being morbidly obese does not seem to change based on the presence of children in the household.
- Phone Status** The prevalence of morbid obesity does not seem to change based on phone status.
- County** Minnehaha, Pennington, Brown, Codington, and Meade counties demonstrate a very high prevalence of morbid obesity, while Lawrence county shows a very low prevalence.