Healthy South Dakota

Nutrition and Physical Activity
South Dakota Department of Health

Agenda

- Burden of Obesity
  - Adults
  - Pediatrics
- South Dakota State Plan
  - Parents and Caregivers
  - Schools
  - Worksites
  - Communities
  - Healthcare

BMI for Adults

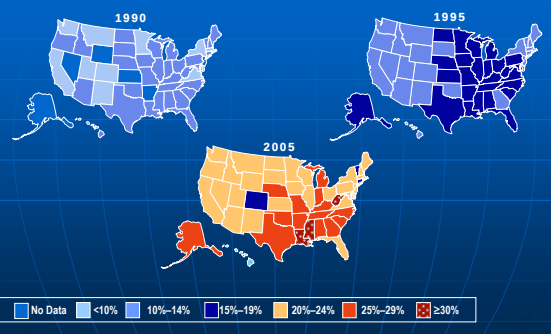
- Healthy Weight--18.5-24.9
- Overweight-- 25.0 - 29.9
- Obese--30 and over
  - Obesity class 1--30-34.9
  - Obesity class 2--35-39.9
  - Extreme obesity (class 3)--≥40

(BMI = Wgt in pounds divided by hgt in inches squared X 703)

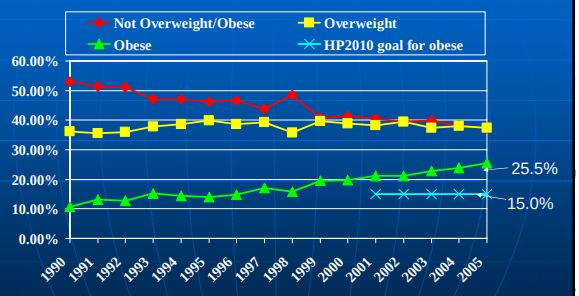
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

(*BMI ≥30, or about 30 lbs overweight for 5'4" person)

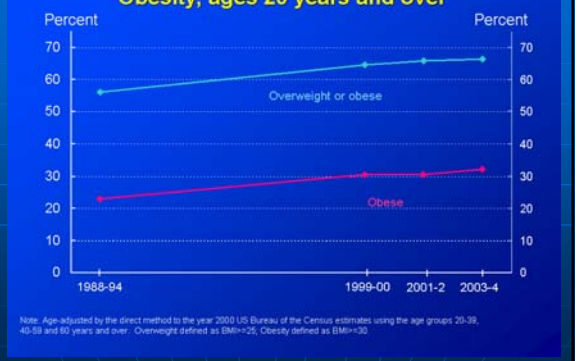


South Dakota Adults 1990-2005



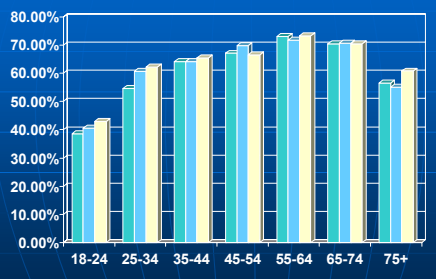
SD BRFSS

Figure 1. Trends in Adult Overweight and Obesity, ages 20 years and over



NHANES

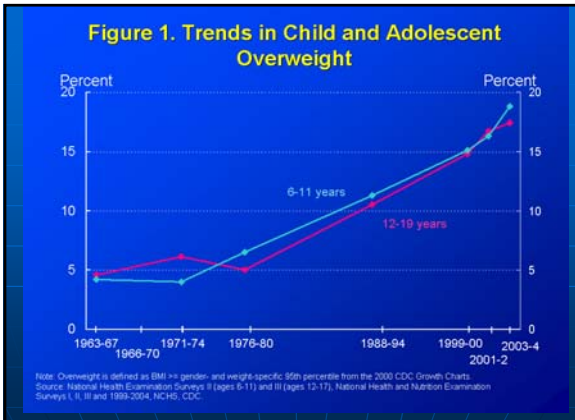
Overweight/Obese
South Dakota Adults--Age



SD BRFSS 2003, 2004, 2005

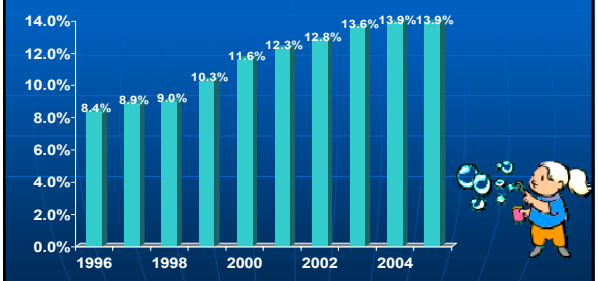
Definitions
Child Growth Charts

- Overweight and Obese: 95th percentile and above BMI-for-age
- At Risk of Overweight: 85th - 94th percentile BMI-for-age
- Underweight: 5th percentile and below



NHANES

South Dakota 2-5 Years Olds Overweight, BMI-for-Age



WIC Pediatric Nutrition Surveillance (PedNSS)

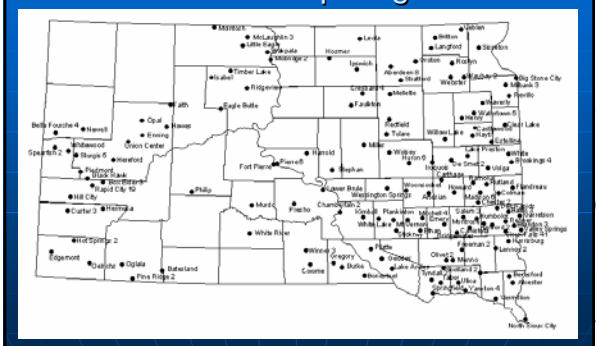
South Dakota Department of Health

School Height & Weight Report For South Dakota Students Started 1998-1999

Optional Participation

- 1998-1999: 110 schools; 16,723
- 1999-2000: 95 schools; 15,062
- 2000-2001: 86 schools; 12,493
- 2001-2002: 130 schools; 16,781
- 2002-2003: 145 schools; 20,449
- 2003-2004: 196 schools; 28,699
- 2004-2005: 229 schools; 35,489
- 2005-2006: 276 schools; 46,391
- 2006-2007: ?

2005-2006 Participating Schools



South Dakota School Height and Weight 2005-2006 School Year

At Risk For Overweight and Overweight Body Mass Index By Age

Age	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight and Overweight Combined
5-8 years	14,460	16.1%	15.5%	31.6%
9-11 years	14,135	17.2%	18.1%	35.3%
12-14 years	12,491	17.1%	17.1%	34.2%
15-19 years	4,165	17.8%	16.7%	34.5%
Total	45,251	16.9%	16.9%	33.8%

HP2010 Goal Overweight 5%

South Dakota School Height and Weight 2005-2006 School Year

At Risk For Overweight and Overweight Body Mass Index By Age, By Race

Race	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight and Overweight Combined
White	34,980	16.6%	15.0%	31.6%
American Indian	6,075	19.5%	27.1%	46.6%
Total	45,251	16.9%	16.9%	33.8%

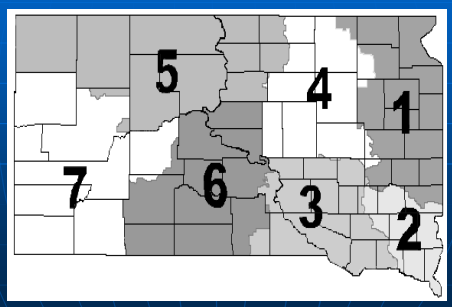
South Dakota School Height and Weight 2005-2006 School Year

At Risk For Overweight and Overweight Body Mass Index By Gender

Gender	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight and Overweight Combined
Female	21,943	17.3%	15.3%	32.6%
Male	23,303	16.5%	18.3%	34.8%
Total	45,251	16.9%	16.9%	33.8%

HP2010 Goal Overweight 5%

Educational Service Agencies Region Map



	School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index, By Regions			
Region	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
1	9,097	17.8%	17.3%	35.1%
2	9,722	16.5%	14.0%	30.5%
3	4,355	16.5%	19.2%	35.7%
4	6,042	16.7%	17.7%	34.4%
5	1,945	19.0%	25.7%	44.7%
6	3,477	17.8%	19.0%	36.8%
7	10,613	16.1%	15.4%	31.5%
Total	45,251	16.9%	16.9%	33.8%

South Dakota Information

- Full Report, report form, Infinite Campus directions, sample letter to parent, etc. www.state.sd.us/doh/SchoolWeight
- For more hgt wgt brochures: kristin.biskeborn@state.sd.us
- For schools with success stories: http://www.healthysd.gov/Schools.html

Overweight in Early Childhood Increases Chances for Obesity at Age 12

- Pediatrics September 5, 2006
- *Children who are ever >85th %ile during the preschool period(2-5 years) were >5 times as likely to be overweight at age 12 years.*

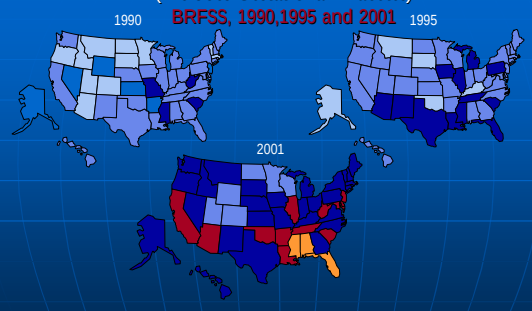
- *"60% of children who were overweight at any time during the preschool period and 80% of children who were overweight at any time during the elementary period were overweight at age 12 years."*

Pediatrics 2006; 118

Underweight

- SD Preschool children, limited income, 0-5 yrs-- 3.2%
- SD School students—2.4%
- SD Adults—1.4%

Diabetes Trends* Among Adults in the U.S.,
(Includes Gestational Diabetes)

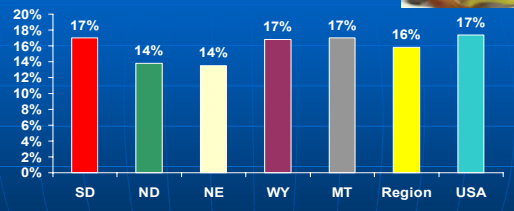


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

Fruit & Vegetables

- 5 to 9 and more servings
- Nat'l goal 75% eat 5 or more servings
- Cups versus servings
- "5 A Day" = "Fruits & Veggies—More Matters"

Percentage of HS students who ate fruits and vegetables ≥5 times per day.* (Table 51)

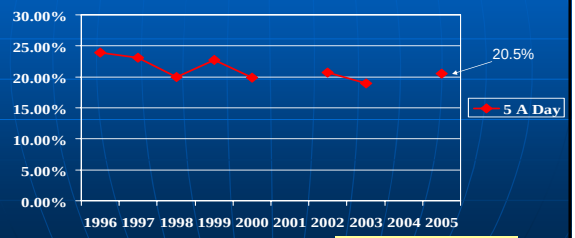


South Dakota was even with the national percentage of HS students who ate fruits and vegetables ≥ 5 times per day.

* Had consumed 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables ≥5 times per day during the 7 days preceding the survey.

YRBS 2005

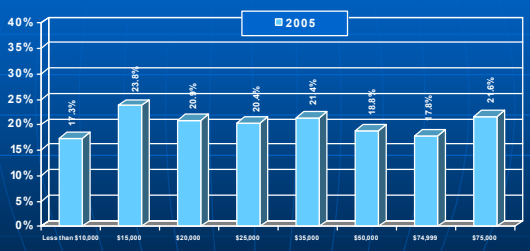
South Dakota Adults Who Consume At Least Five Servings of Fruits and Vegetables Every Day, 1996-2005



HP2010 goal 75%

SD BRFSS

5 A Day Intake South Dakota Adults--Income



BRFSS, 2005

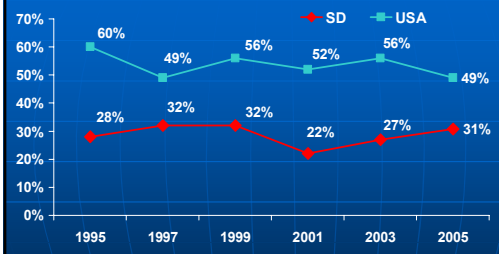
Physical Activity

Recommendations

- Adults: 30-60 minutes of moderate physical activity most days of the week
- Young People: 60 minutes of age appropriate activity everyday

CDC

Trends in HS students who were enrolled in a physical education (PE) class.* (Table 57)



South Dakota has had consistently lower PE enrollment rates as compared to national levels. The average difference between the national average and South Dakota is 25 percentage points.

* On one or more days in an average week when they were in school.

YRBS

SD Adults Lacking Physical Activity

- 52% of SD adults do not have a total of 30 minutes or more of moderate activity per day
- 77% of SD adults no vigorous physical activity

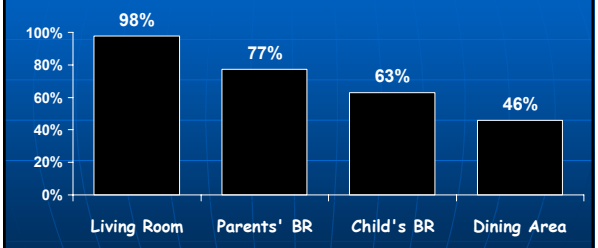
BRFSS 2005

Inactivity—TV Viewing

HP2010 Objective:

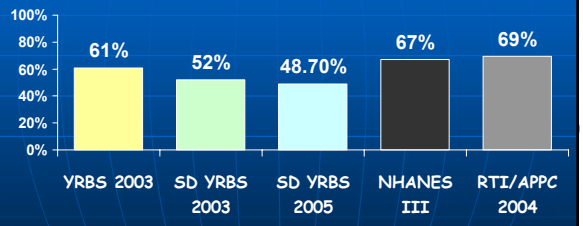
Increase the proportion of children and adolescents who view television 2 or fewer hours per day to 75%.

Television Availability

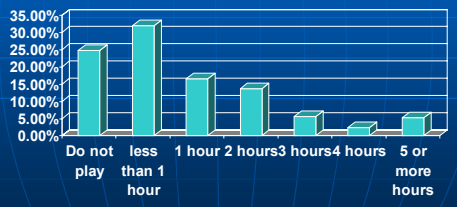


Source: RTI/APPC 2004

Percent of Children Watching at Least 2 hrs of TV/day



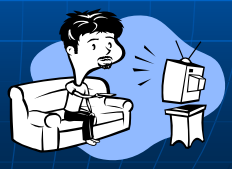
On average school day, how many hours do you play video games or use a computer for fun?



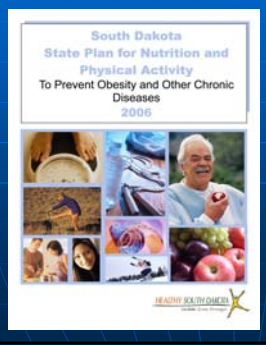
SD YRBS 2005

TV Viewing SD Adults

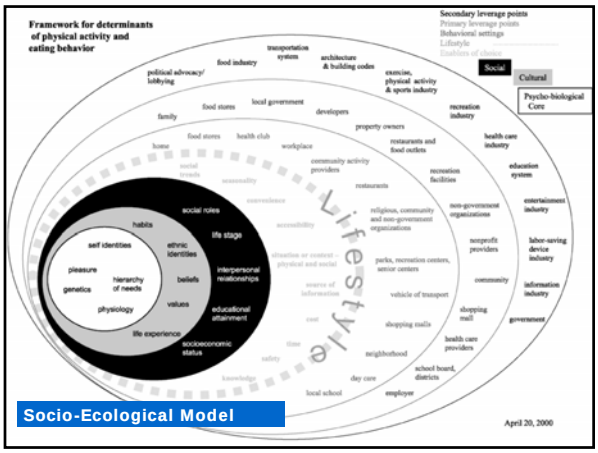
- SD adults:
  - 61% 2 hours or less in 2004
  - 60% 2 hours or less in 2005
- Strategies
  - No TV bedrooms
  - No TV while eating



SD State Plan for Nutrition and Physical Activity



Process and Development



Science-Based Strategies

1. Inc Physical Activity
2. Dec Television Time
3. Inc Fruits & Veggies
4. Inc Breastfeeding
5. Improved Calorie Intake/Quality of Diet

1. Inc Physical Activity
2. Dec Television Time
3. Inc Fruits & Veggies
4. Inc Breastfeeding
5. Control Portion Size
6. Dec sweetened beverages

Target Groups

- Parents and Caregivers
- Schools and Youth Organizations
- Workplace
- Community
- Health Care

Parents and Caregivers

- **Objective 1.5: By 2010, increase to 40% the proportion of children ages 2 – 18 who consume five or more servings of fruit and vegetables per day.**

Parents and Caregivers

- **Objective 1.3: By 2010, reduce to 20% the proportion of children and adolescents who are at risk of overweight or overweight.**

Parents and Caregivers

- **Objective 1.2: By 2008, increase by 15% the proportion of early childhood programs that adopt a physical activity program policy for children.**

Parents and Caregivers Activities

- ***Fit From The Start:*** Launched Feb. 2007
  - Media
  - Daycare, WIC
  - Grocery Stores
- Daycare Collaboration (DSS, DOE, DOH)
- Healthy SD Evaluated Intervention (DSS)
- HealthySD.gov

Schools and Youth Organizations

- **Objective 2.1: By 2010, all South Dakota K-8 schools will provide 150 minutes per week of physical education and 25% of South Dakota high schools will provide 225 minutes per week of physical education.**

Schools and Youth Organizations

- **Objective 2.2: By 2010, establish comprehensive, sequential K-12 health education, including nutrition education in all South Dakota schools.**

Schools and Youth Organizations

- **Objective 2.3: By 2010, all South Dakota schools and youth organizations that serve food will adopt nutrition standards as outlined in the South Dakota Department of Education Model School Wellness Policy.**

Schools and Youth Organizations Activities

- Coordinated School Health and Team Nutrition
- School Wellness Policies (DOE)
- Healthy Schools Awards (DOE)
- School Height and Weight data (due June 15, 2007)
  - Scales/Stadiometers
- MCH Mini-grants Schools Walk and Schools Walk Healthy Challenge
- HealthySD.gov

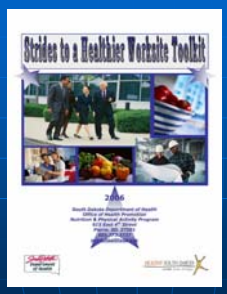
Workplace

- **Objective 3.1: By 2010, establish 50 additional workplace wellness programs that support an environment for healthy eating and physical activity.**
- **Objective 3.2: By 2008, develop and implement a statewide data collection system to evaluate the impact of South Dakota workplace wellness programs.**

Workplace Activities

- Strides to a Healthier Worksite
  - Pilot with Great Western Bank
  - Guidelines on website
  - Toolkit
- Stairwell to Better Health
- DOH/Extension Worksite Consultants
- Healthy States grant
- HealthySD.gov

Strides to a Healthier Worksite Toolkit



Community

- **Objective 4.1: By 2010, establish 25 additional municipalities that create policies and environments that support healthy eating and physical activity.**
- **Objective 4.2: By 2008, develop and implement a statewide data collection system to evaluate the wellness of South Dakota communities.**

Community Activities

- Strides to a Healthier Community
  - Pilots-Brookings & Sisseton
  - Healthy Pierre, Yankton, Winner, Lemmon, Newell, Irene
- Sioux Falls Growing Healthy Initiative
- SD Mile Pins

Community Activities

- Healthy Hunter
  - 50,000 Post Cards
  - TV/Radio
  - Web Site
- Challenge Toolkits
- Web site Challenges
- Great Day of Play, August 15th

Health Care

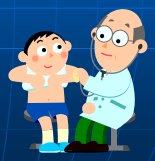
- **Objective 5.1: By 2007, provide obesity prevention resources and tools to 90% of practicing health care providers in South Dakota.**

Health Care

- **Objective 5.3: By 2010, increase by 75% the proportion of South Dakota medical, nursing, and allied health programs, where appropriate, that include core competencies in obesity prevention, assessment of weight status, and weight management in their curricula.**

Health Care Activities

- Clinical Toolkit for Healthcare Providers
- Continuing Education



Healthy South Dakota website

www.healthysd.gov

HEALTHY SOUTH DAKOTA
Live Better. Grow Stronger.

www.healthysd.gov

- Jan 2005--Governor launches expanded website
- April 2005--Personal Health Journal
- Oct–Nov 2005--Step Challenge
- Oct-Dec 2005--Healthy Hunter
- March 2006--5 A Day Challenge
- July 2006—SD On the Move Challenge
- Oct 2006—SD Schools Walk Challenge
- Oct-Nov 2006—Healthy Hunter
- Jan 15-Feb 15 2007—3 Dairy A Day Challenge
- April—Next Challenge

Thank You!

HEALTHY SOUTH DAKOTA
Live Better. Grow Stronger.

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