



www.goodandhealthysd.org

State Plan Goal



Objective 3.2:

Through 2016, develop and disseminate quarterly informational briefs highlighting chronic disease prevention data and action recommendations to statewide community leaders and stakeholders.

- Blood Pressure
- Obesity
- Cancer Prevention

Outline



- Blood Pressure
 - Where SD ranks
 - Risks
 - Prevention
- Obesity
 - Where SD Ranks
 - Risks
 - Prevention



The Community Guide



- Systematic Reviews of Scientific Literature
- Evidence Based Recommendations
- Identifies where more research is needed
- Covers many health-related topics for behavior change, disease prevention, and environmental change
- <http://www.thecommunityguide.org/index.html>



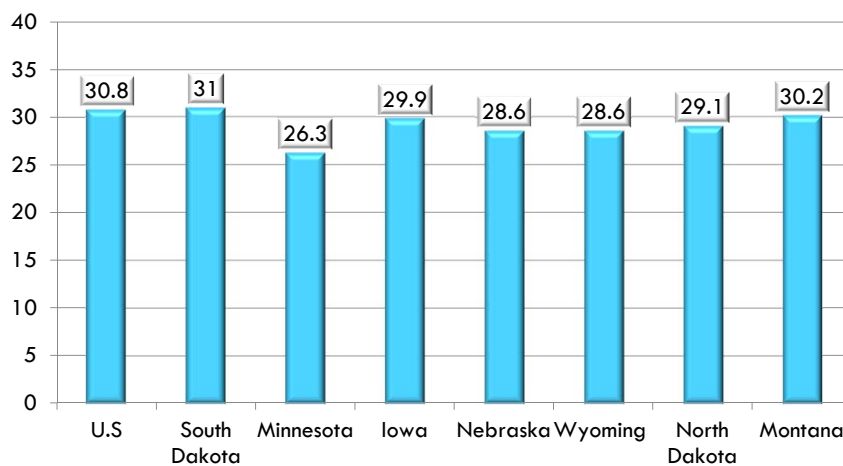
Blood Pressure



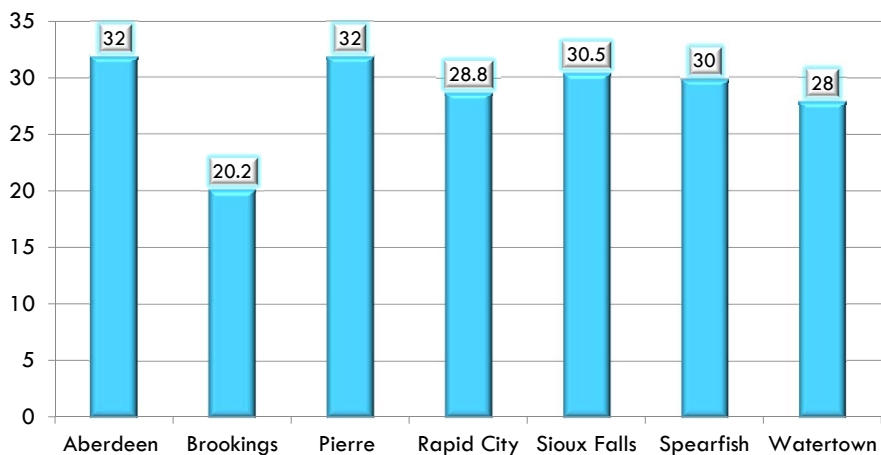
- In the U.S one in three adults have high blood pressure
- About half of adults with high BP do not have their blood pressure under control
- ABCs
 - Appropriate Aspirin Therapy for those who need it
 - Blood Pressure Control
 - Cholesterol Management
 - Smoking Cessation



High Blood Pressure, BRFSS 2011



High Blood Pressure Among Select Cities, BRFSS 2011



Risks



	Population with High Blood Pressure (%)	Total Population (%)
Heart Attack	11%	4.6%
Kidney Disease	5%	2.3%
Stroke	6%	2.6%
Coronary Heart Disease	10%	3.9%

Source: BRFSS, 2012

Prevention



	Percent	Number
Healthy Eating	73%	139,000
Reducing Salt	72%	137,000
Limit Alcohol Intake	35%	67,000
Exercise	60%	114,000
Maintaining A Healthy Weight	20%	38,000
Current Smoker	19%	36,000

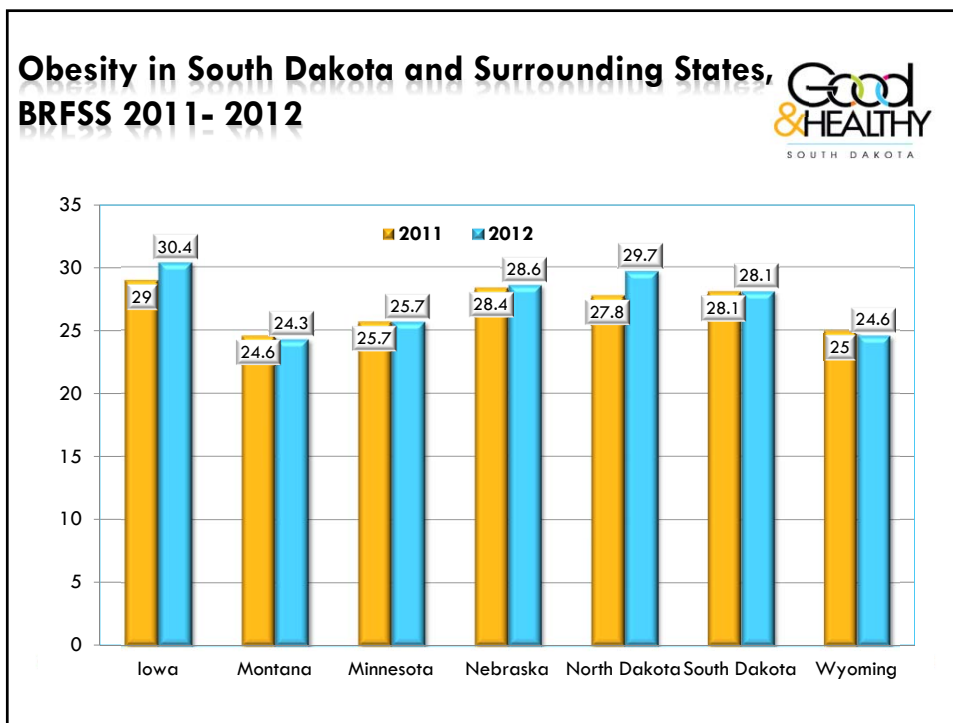
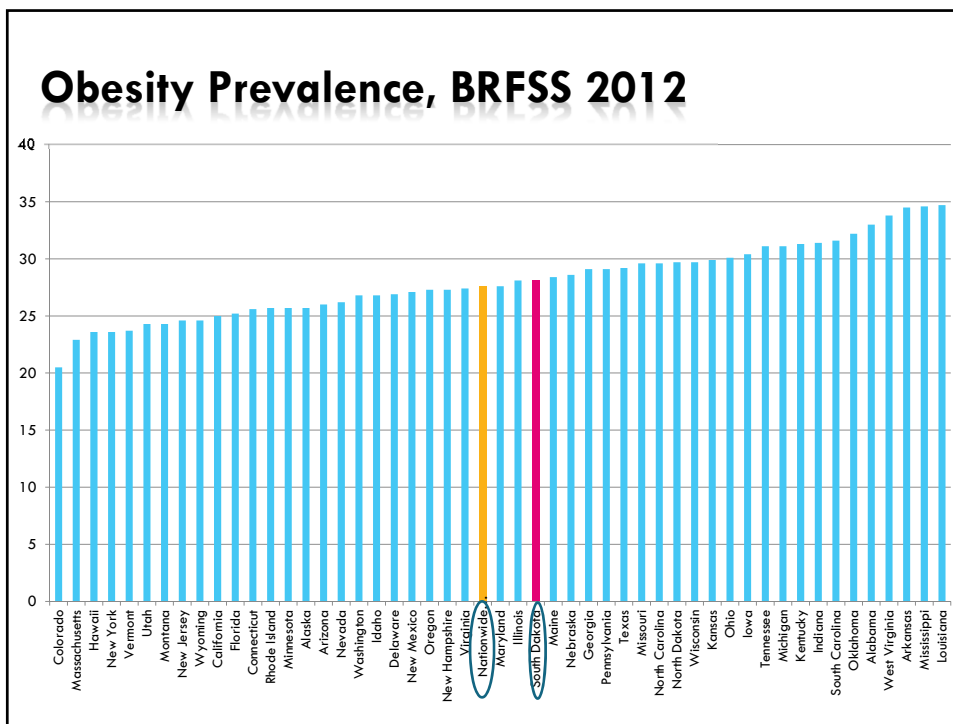
Community Guide Recommendations:

- Clinical Decision Support System
- Team Based Care

<http://www.thecommunityguide.org/cvd/index.html>

Obesity

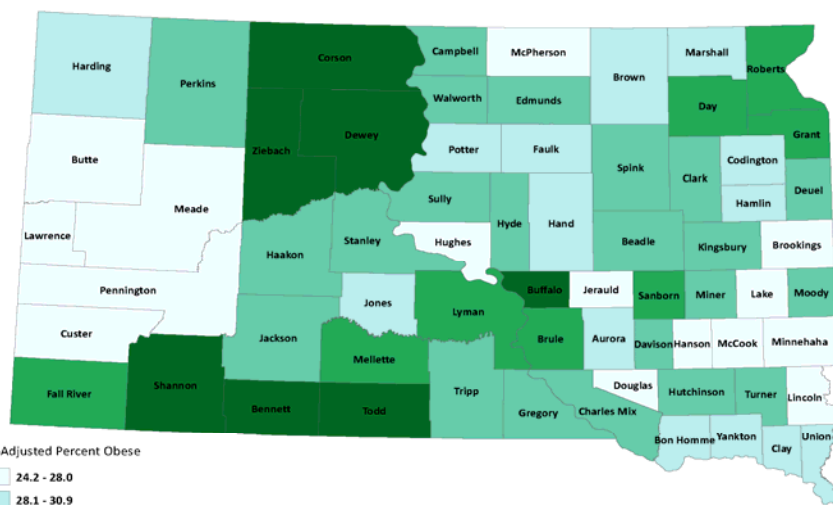




Obesity Prevalence Among Select Cities, BRFSS 2011



Obesity Among South Dakota Adults, 2011

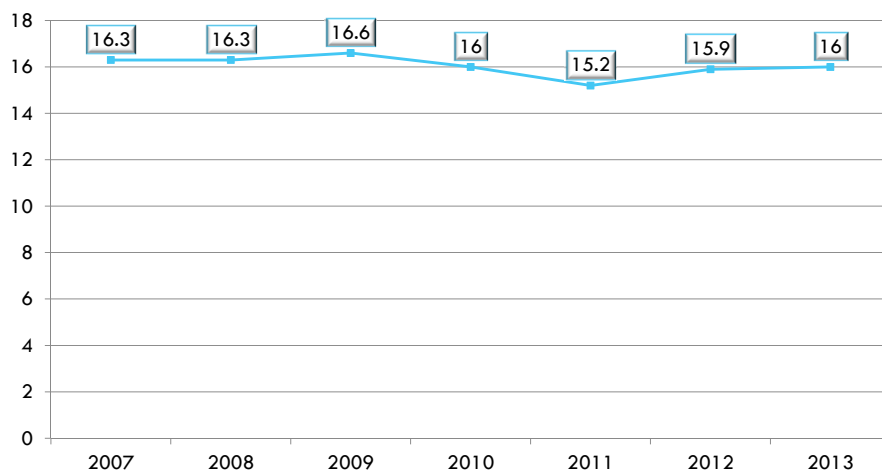


Age-Adjusted Percent Obese

- 24.2 - 28.0
- 28.1 - 30.9
- 31.0 - 33.9
- 34.0 - 37.0
- 37.1 - 43.7

Data is age-adjusted Behavioral Risk Factor Surveillance System (BRFSS) data. www.cdc.gov/diabetes/atlas/countydata/atlas.html

Obesity Among School Age Children in South Dakota, 2007-2013



Source: South Dakota Department of Health, School Height and Weight Project

Prevalence of Chronic Conditions



	Obese	Normal	Total Population
Heart Attack	6.0	3.1	4.6
Heart Disease	5.1	2.7	3.9
COPD	4.0	7.0	4.9
Cancer	7.3	6.1	6.6
Diabetes	16.0	2.5	7.9
Arthritis	31.0	18.6	23.7
High Blood Pressure	45	16.7	30
Depression	18.6	14.9	15.3

Source: BRFSS, 2012

Prevention



What You Can Do

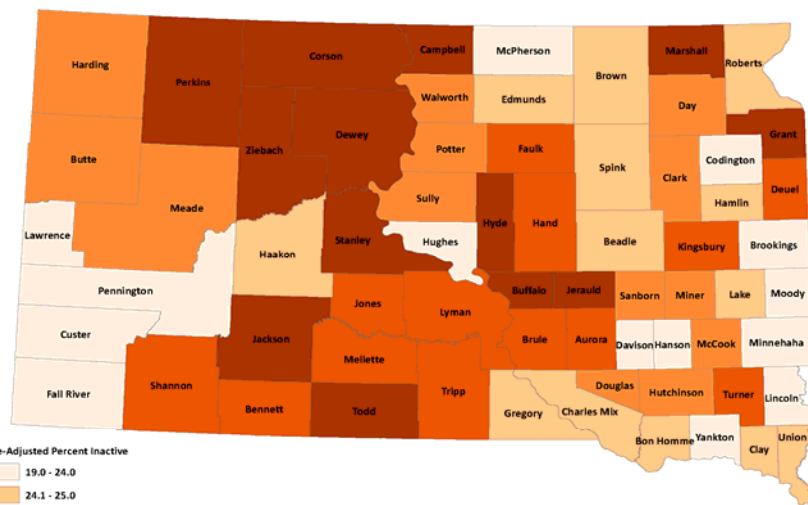
- Get moving
- Eat right and use portion control
- Reduce sugar sweetened beverage intake
- Decrease screen time

Community Guide

- Interventions to reduce screen time
- Technology supported multi-component interventions intended to reduce weight
- Worksite programs



Physical Inactivity Among South Dakota Adults, 2011



Age-Adjusted Percent Inactive

19.0 - 24.0

24.1 - 25.0

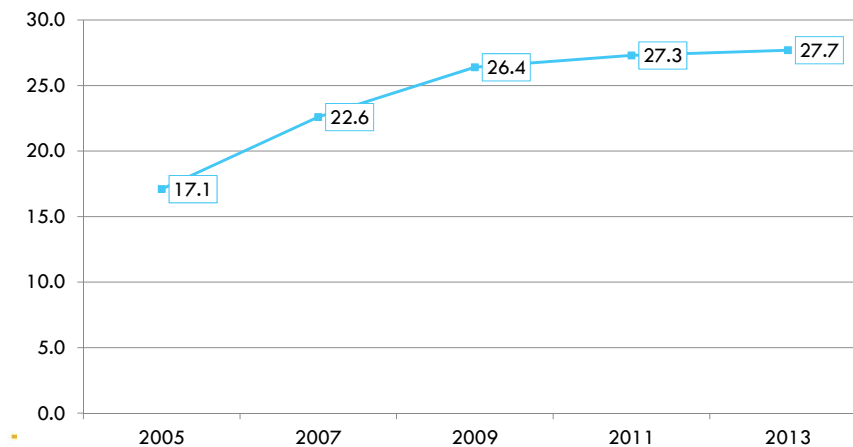
25.1 - 27.1

27.2 - 28.8

28.9 - 34.0

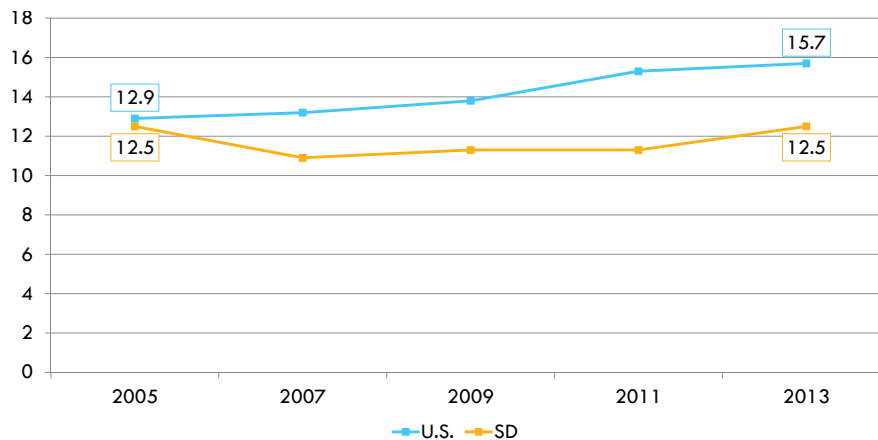
Data is age-adjusted Behavioral Risk Factor Surveillance System (BRFSS) data. www.cdc.gov/diabetes/atlas/countydata/atlas.html

High School Students Who Were Physically Active for at Least 60 Minutes on Seven of the Past Seven Days



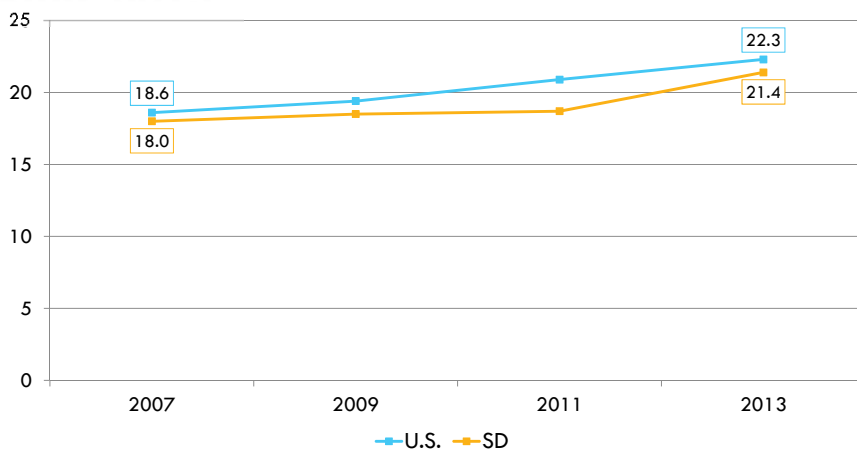
Source: Youth Risk Behavior Survey

High School Students Who Consumed Vegetables ≥ 3 Times per Day



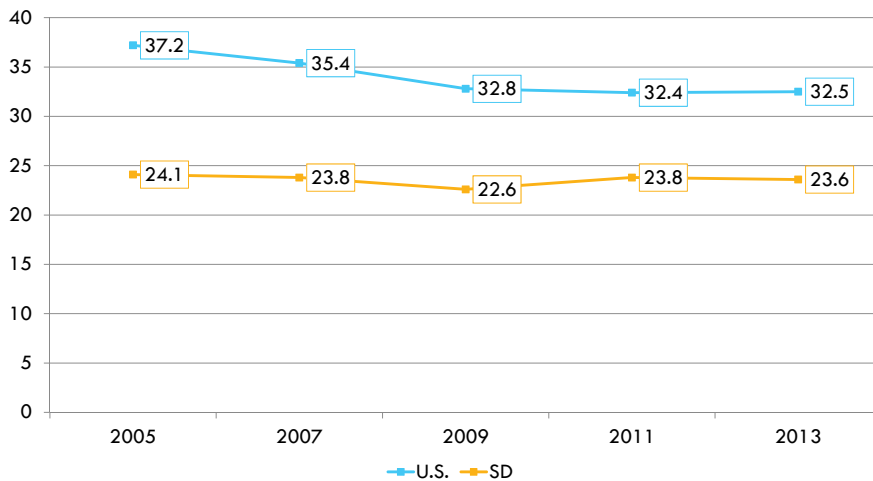
Source: Youth Risk Behavior Survey

High School Students Who Did Not Drink a Can, Glass, or Bottle of Pop, YRBS 2013



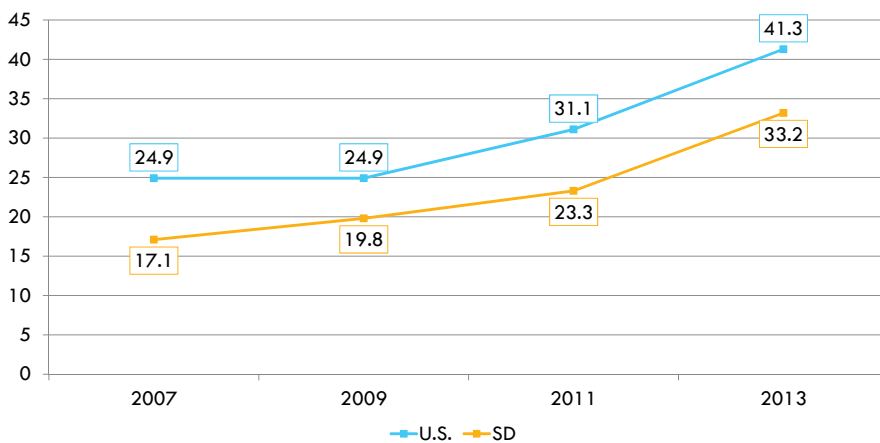
Source: Youth Risk Behavior Survey

High School Students That Watch ≥ 3 Hours of TV On An Average School Day



Source: Youth Risk Behavior Survey

High School Students Who Played Video Games or Used a Computer for ≥ 3 Hours On An Average School Day



Source: Youth Risk Behavior Survey

Prevention



What You Can do

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Questions

