

What makes a community HEALTHY?



FACT: Over **40%** of deaths in South Dakota are attributable to the chronic diseases of **Heart Disease** and **Cancer**.¹

FACT: Approximately **30%** of South Dakota adults are **obese**, **20%** **smoke**, and **54%** get the recommended amount of **aerobic** physical activity; risk factors for chronic disease.²

FACT: **1 out of 3** South Dakotans live with an income at or below **200%** Federal Poverty Level which creates **barriers** to health care services and healthy eating choices.³



GOOD HEALTH BEGINS where we live, learn, work and play.

- Community-based **prevention** and health **promotion** can change **behaviors** that contribute to chronic disease.
- Social** and **environmental** factors contribute to influencing healthy behaviors and exposure to risk factors.
- Changing the environment people live in can **improve** the health of the **entire community**.
- Understanding your community's needs** is the first step to building a healthy community.

Learn how a Community Health Needs Assessment and Improvement Planning Process can help, at goodandhealthysd.org/communitytoolkit.

Sources:
1 - South Dakota 2012 Vital Statistics Report; 2 - South Dakota BRFSS 2013; 3 - US Census Bureau, American Community Survey: 2008-12
4 - The Economic Burden of Chronic Disease on South Dakota From: DeVol, Ross, and Armen Bedroussian, An Unhealthy America: The Economic Burden of Chronic Disease, Milken Institute, October 2007. Report available at www.milkeninstitute.org

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AND WHAT'S THE COST OF DOING NOTHING?

\$3.8 BILLION

Is the estimated annual **COST** of lost productivity and medical treatment due to chronic disease in South Dakota



That's **\$4,559** for every person in every SD community.⁴