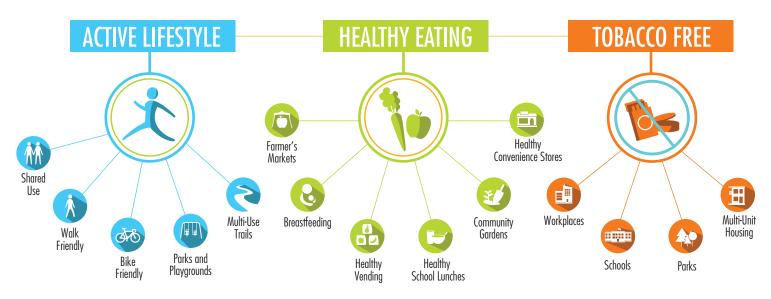


## What makes a community



Over 40% of deaths in South Dakota are attributable to the chronic diseases of Heart Disease and Cancer.<sup>1</sup>

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.<sup>2</sup>

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.<sup>3</sup>

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

 Community-based prevention and health promotion can change behaviors that contribute to chronic disease.

FACT:

Fact

FACT:

- 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.

 South Dakota 2012 Vital Statistics Report; 2 - South Dakota BRFSS 2013; 3 - US Census Bureau, American Community Survey: 2008-12
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



