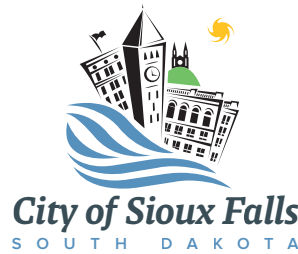


# OUR

## COMMUNITY'S HEALTH

2016



[www.livewellsiouxfalls.org](http://www.livewellsiouxfalls.org)

### TOP 3 HEALTH PRIORITIES

1. Obesity
2. Behavioral Health and Substance Use
3. Access to Care

### TOP 3 COLLABORATIVE STRATEGIES

1. Coordinate Community-based Behavioral Health Strategies
2. Implement Hayward THRIVE Pilot Project
3. Support the Sioux Empire Network of Care

### BENEFITS OF PREVENTION

Every \$1 spent on programs to increase physical activity, improve nutrition, and prevent tobacco use saves \$5.60 in health spending within 5 years and up to \$6.20 within 10 years.

*\*Trust for America's Health*

### WHAT IMPACTS OUR HEALTH?



Jobs



Neighborhood



Education



Nutrition



Community Support



Access to Care



Housing



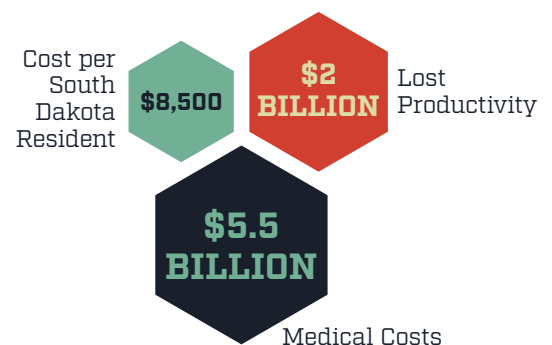
Transportation

### ACCESS TO CARE: IDENTIFIED NEEDS

- Coordinate care and information-sharing across the continuum of health services.
- Assist with navigating the cost of care and accessing affordable health coverage.
- Enhance health promotion, prevention, and screening to foster good health.
- Address quality of life issues such as housing and transportation that impact health.

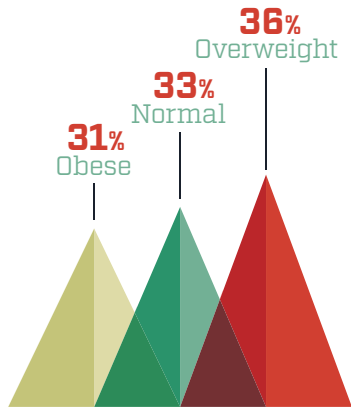
*\*2015 CHNA Sioux Falls Focus Group Report*

### COST OF CHRONIC DISEASE IN SOUTH DAKOTA



*\*Annual Costs as reported by [fightchronicdisease.org](http://fightchronicdisease.org), 2016*

## OBESITY



Residents' Weight Status Based on Body Mass Index

\*2015 CHNA Sioux Falls Resident Survey

## FRUIT AND VEGETABLE CONSUMPTION

Sioux Falls Residents who consumed 4 or 5 servings of fruit

6.1%

Sioux Falls Residents who consumed 4 or 5 vegetables

8.1%

South Dakota Adults met recommendation for fruit

10.3%

South Dakota Adults meeting recommendation for vegetables

6.8%

South Dakota Adolescents who consumed less than 1 fruit daily

41%

South Dakota Adolescents who consumed less than 1 vegetable daily

39%

\*2015 CHNA Sioux Falls Resident Survey and Behavioral Risk Factor Surveillance System 2006-2012

## BINGE DRINKING

Men: 5 or more drinks on one occasion  
Women: 4 or more drinks on one occasion

18.5%



South Dakota

20.3%



Sioux Falls MSA

\*Behavioral Risk Factor Surveillance System, 2006-2012

## SUBSTANCE USE BY THE NUMBERS

\$151.4 BILLION

Cost of Drug Abuse in the U.S.

7.6%

Sioux Falls MSA

Adults who tested positive for marijuana within the past year.

43.3%

Sioux Falls

Increase in drug arrests from 2012-2013.

21%

South Dakota

Reported first use of alcohol/drugs at or before age 12.

\*Minnehaha County State's Attorney, SD Dept. of Human Services, Focus on South Dakota

## TOBACCO USE

United States Adult Smoking Rate

17.8%

South Dakota Adult Smoking Rate

19.5%

Sioux Falls Adult Smoking Rate

16.7%

High School Students Smoking

16.5%

High School Students Chewing

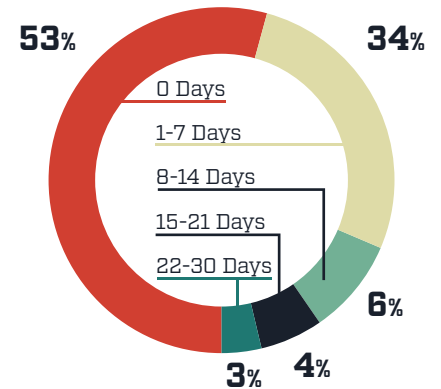
11.5%

e-cigarettes/vaping has **DOUBLED** in South Dakota middle schools.

\*Behavioral Risk Factor Surveillance System, 2014

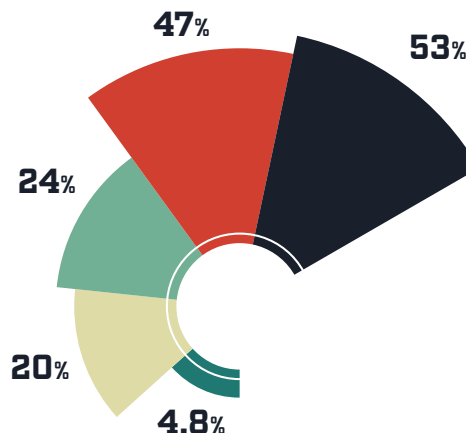
\*Youth Risk Factor Surveillance System

## POOR MENTAL HEALTH DAYS FOR THE LAST MONTH



\*2015 CHNA Sioux Falls Resident Survey

## PHYSICAL ACTIVITY



\*Behavioral Risk Factor Surveillance System 2006-2012

Percent of South Dakota adults who regularly bike/walk to work.

Percent of Sioux Falls adults that have not engaged in any physical activity for the past 30 days.

Percent of South Dakota adolescents who watched TV for 3 or more hours per day on an average school day.

Percent of South Dakota grades 9-12 that were physically active for at least 60 minutes/day, 5 of 7 days a week.

Percent of South Dakota adults who engaged in 150 minutes/week of physical activity.