

Promoting Healthy Living in South Dakota: South Dakota State University's High Obesity Program



University Partnership

CDC's High Obesity Program (HOP) promotes healthy eating and active living in counties that have more than 40% prevalence of adult obesity. CDC provides funds to land grant universities that work with communities—mostly in rural areas—whose residents may have less access to healthy foods and fewer opportunities to be physically active.

South Dakota State University works with 6 county Extensions and their partners to:

- Create community programs and resources such as community gardens and shared spaces for physical activity.
- Promote farmers' markets and other healthier retail locations.
- Develop safe places for physical activity like walking and biking paths.

Programs in Action

- Several Extension-led wellness coalitions provided a 2.5 day training to predominately American Indian communities on promoting culturally-tailored opportunities for physical activity.
- The Elk Point Wellness Coalition in Union County launched the Pick it, Try it, Like it program to increase awareness about healthy eating. The program provides nutritional information about the fruits and vegetables grown in the community gardens as well as healthy recipes in the local newspaper and grocery stores.
- In Buffalo County, on the Crow Creek Indian Reservation, the Extension is working to establish a walking path around the downtown area, connecting it with community destinations such as the Indian Health Service office and local grocery store. They are also implementing Smarter Lunchroom changes—a movement aimed to improve healthy food consumption and reduce food waste—in all schools within the community.

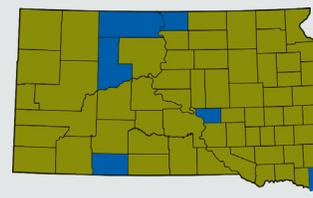


South Dakota by the Numbers*

South Dakota HOP counties include: Bennett, Buffalo, Campbell, Corson, Union, and Ziebach.

In these counties:

- The estimated adult obesity prevalence ranges from 40.6% to 45.5%, well above the state adult obesity prevalence of 28.1%.
- The percentage of adults that report no leisure-time physical activity ranges from 28–38%.
- In the five counties with data, the percentage of children enrolled in public school eligible for free and reduced lunch ranges from 21.5% to 97.1%.



*These data were obtained at the time of funding.

Voice from the Community

"Our coalition is very diverse. We have one member who is a pastor and head of the food bank, one on the health board, a school superintendent and teacher, a parks and recreation representative, as well as the Extension office, parents, and other community members. I think we have a nice mix of people that have access to other organizations within our community, so that helps with getting the information out so it's not just from one perspective on what is best to serve our community."

—Maggie Grassel, Elk Point Wellness Coalition Director