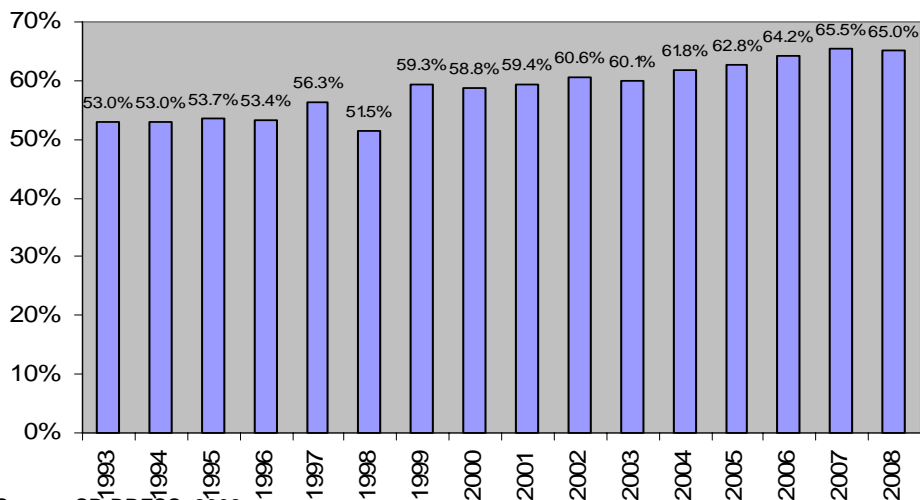


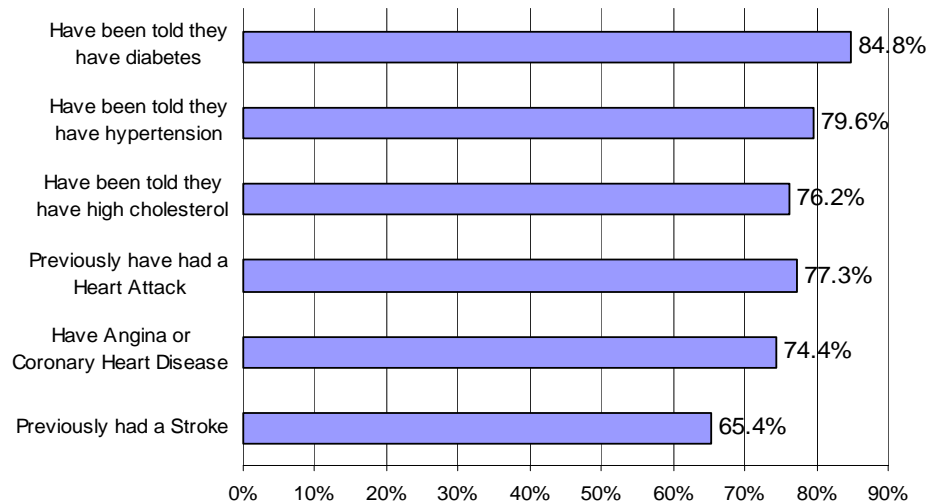
Obesity Among South Dakotans

Overweight/Obese Adults (18+) in South Dakota, 1993-2008



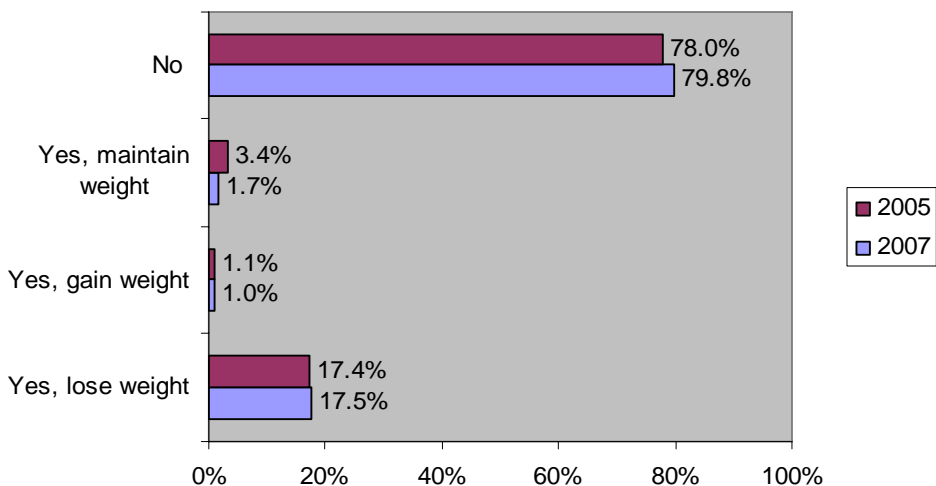
Source: SD BRFSS, 2008

Co-Morbidities among Overweight and Obese South Dakotans



Source: SD BRFSS, 2007

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?



Source: SD BRFSS, 2007

- The Healthy South Dakota website, www.HealthySD.gov, has information for all ages on how to eat healthy and be physically active. Refer it to your patients.
- A clinical obesity toolkit for health care providers is available on the Health Professionals page of the HSD website. It includes how to start the weight discussion with patients.
- Evidence-based strategies to prevent obesity are:
 - Increase physical activity
 - Increase fruit and vegetable consumption
 - Decrease sweetened beverage intake
 - Decrease TV viewing
 - Increase breastfeeding
 - Decrease portion sizes

