



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



**SOUTH DAKOTA  
DEPARTMENT OF HEALTH**

# **Better Choices, Better Health-SD Chronic Disease Self-Management Workshops Annual Report Brief**

March 2026

# Demographics of CDSME Participants

Figure 1. Gender of BCBH-SD CDSME Participants

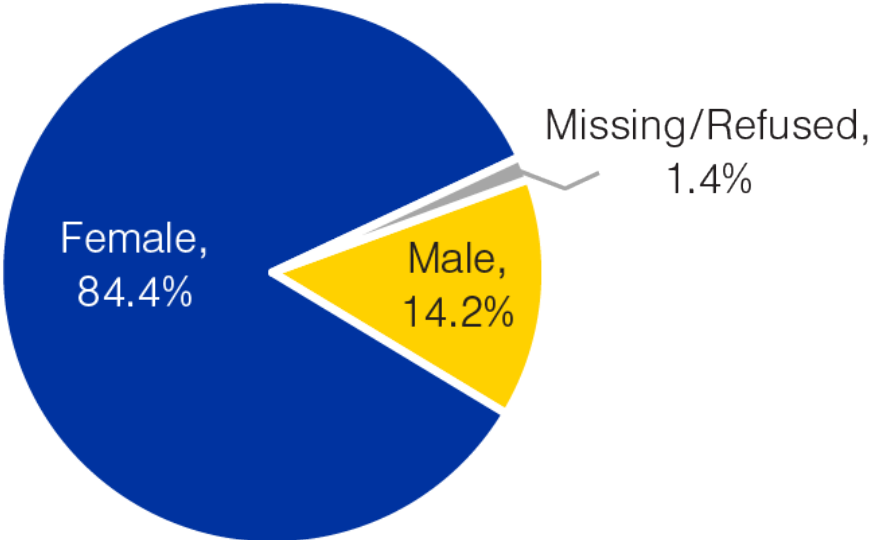


Figure 2. Race of BCBH-SD CDSME Participants

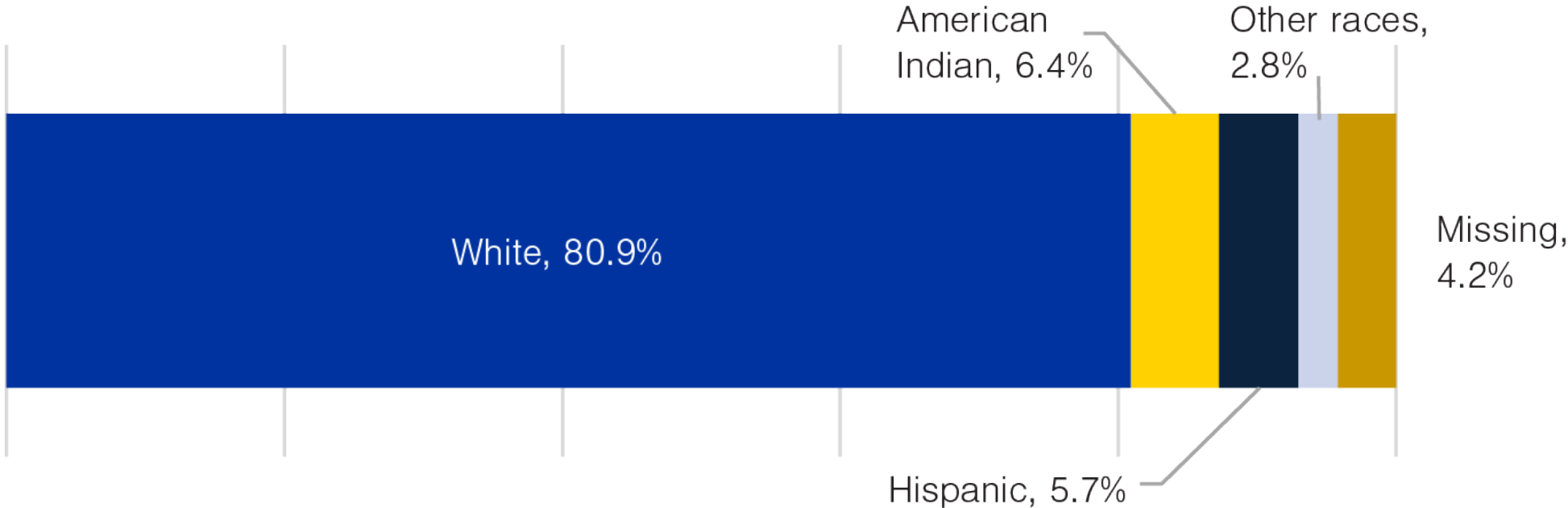
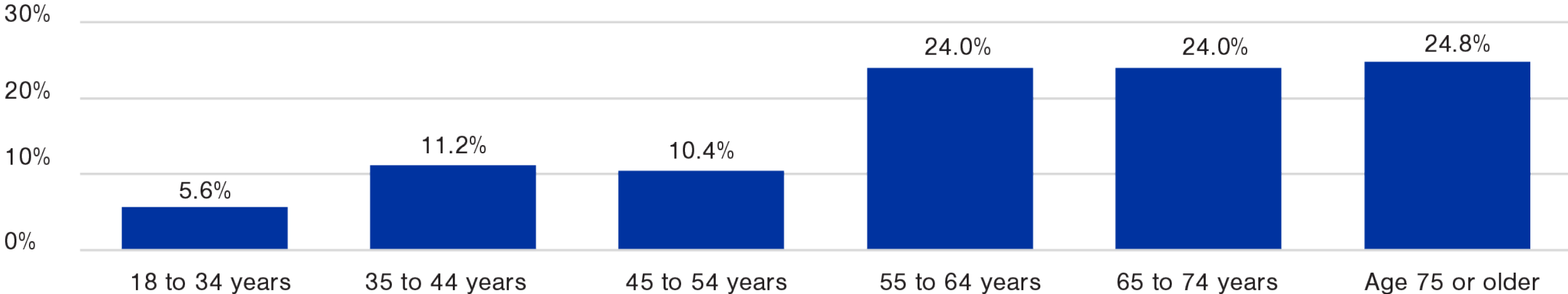


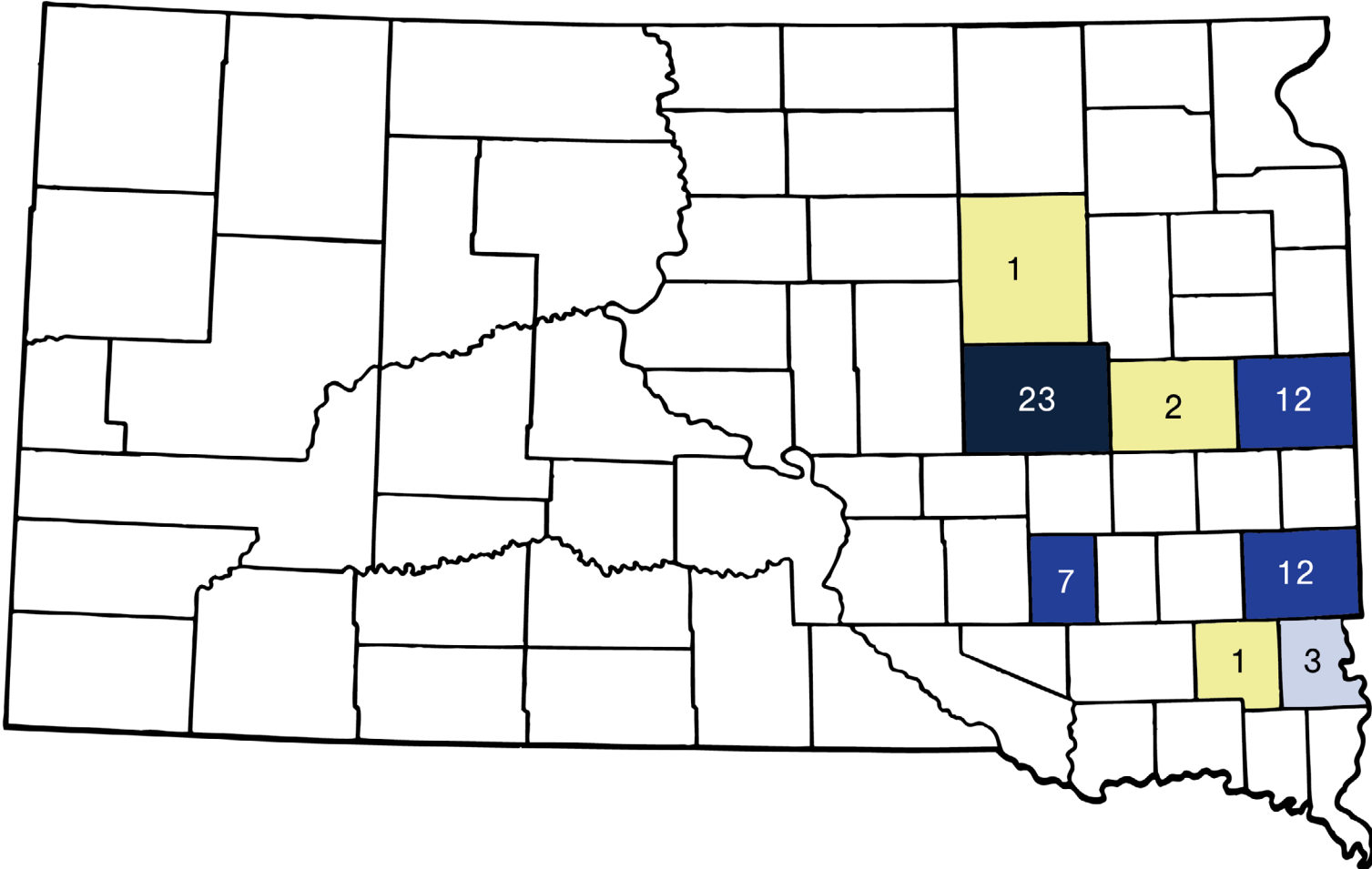
Figure 3. Age of BCBH-SD CDSME Participants\*



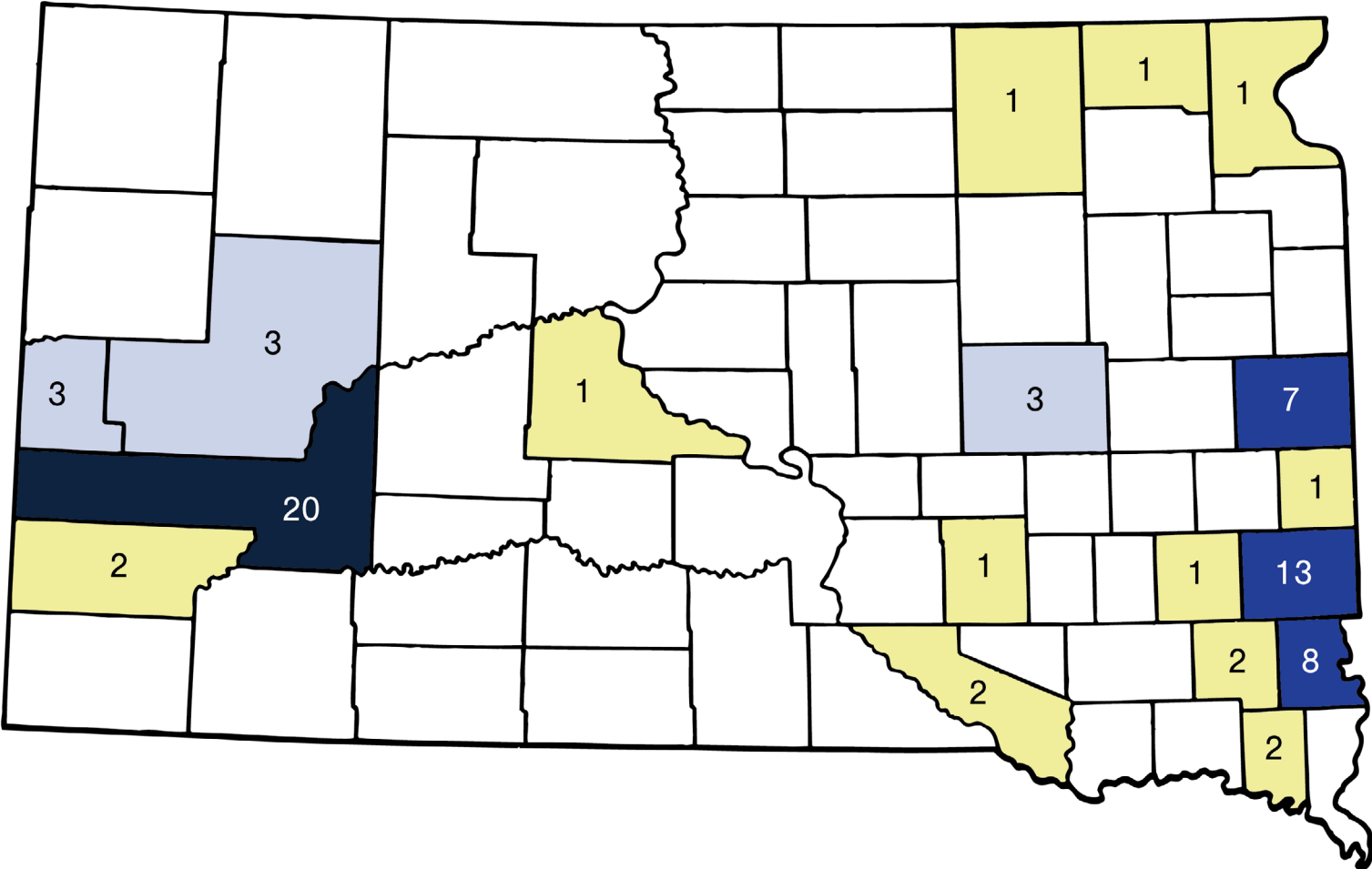
\*Age was missing for 16 participants. Only respondents shown.

# CDSME Workshops Participants by County of Residence, 2025

BCBH-SD CDSME In-person Workshop Participants



BCBH-SD CDSME Virtual Workshop Participants



# Demographics of CDSME Participants

**One or more chronic disease**

**85.1%**

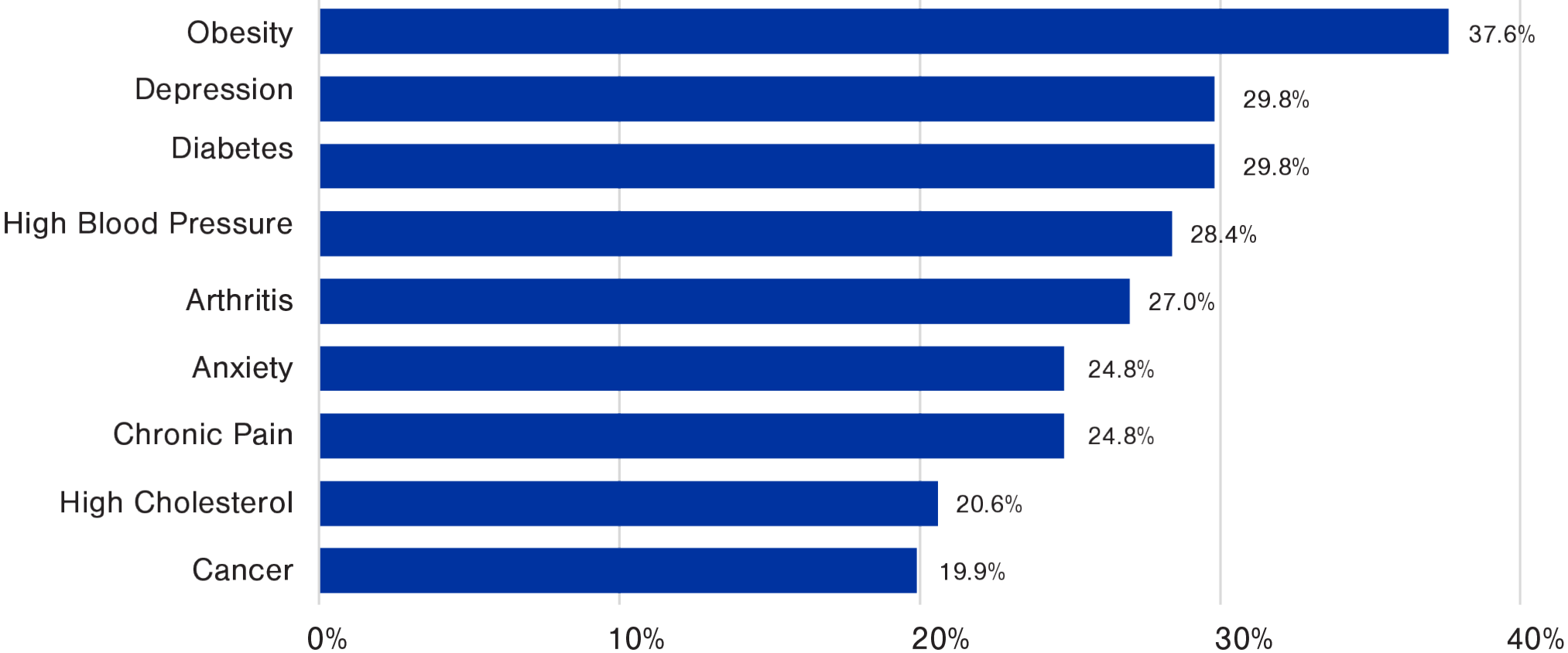
**Disability**

**30.2%**

**Caregiver**

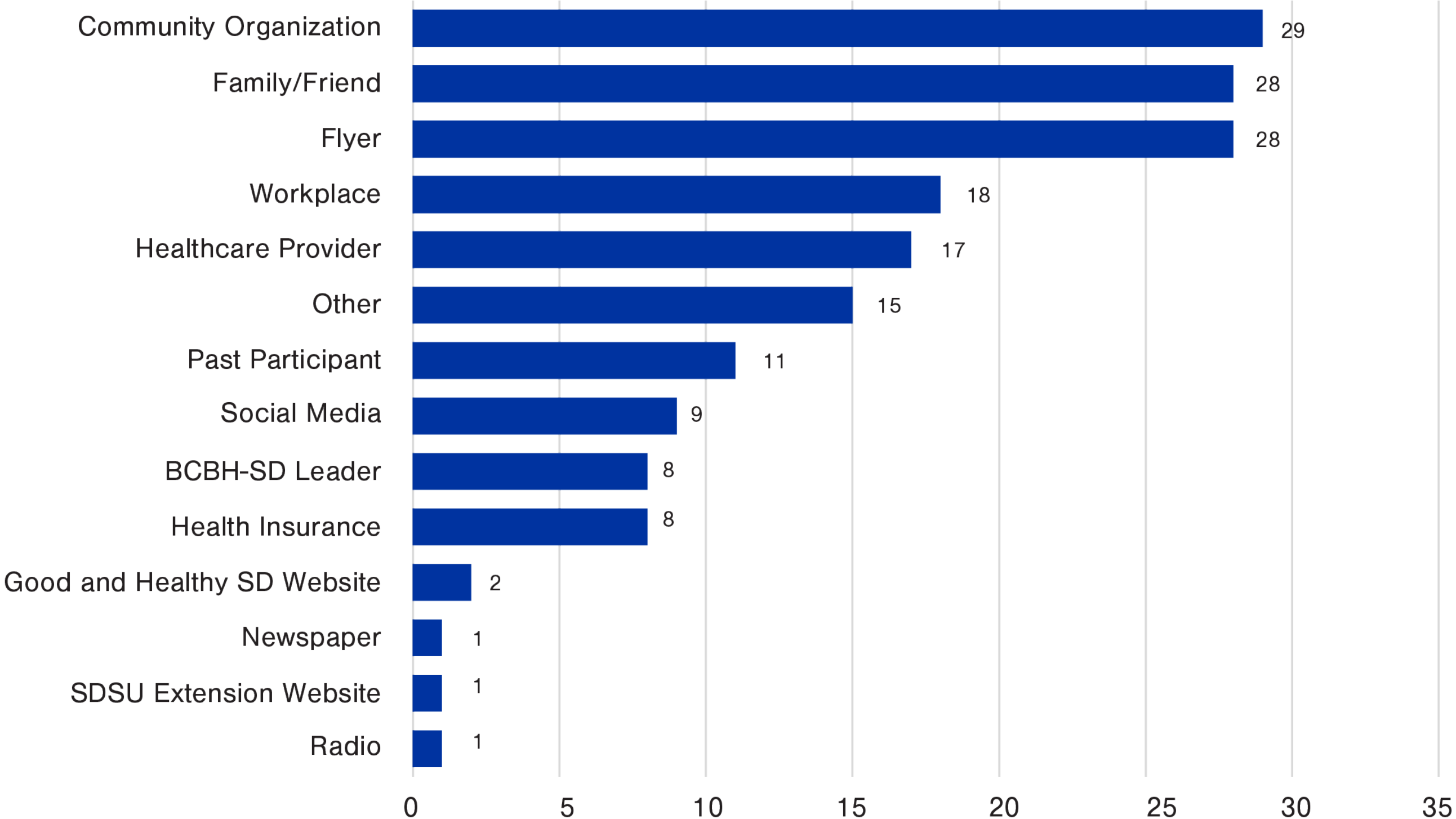
**25.4%**

Most Common Chronic Health Conditions Reported by BCBH-SD CDSME Participants, 2025



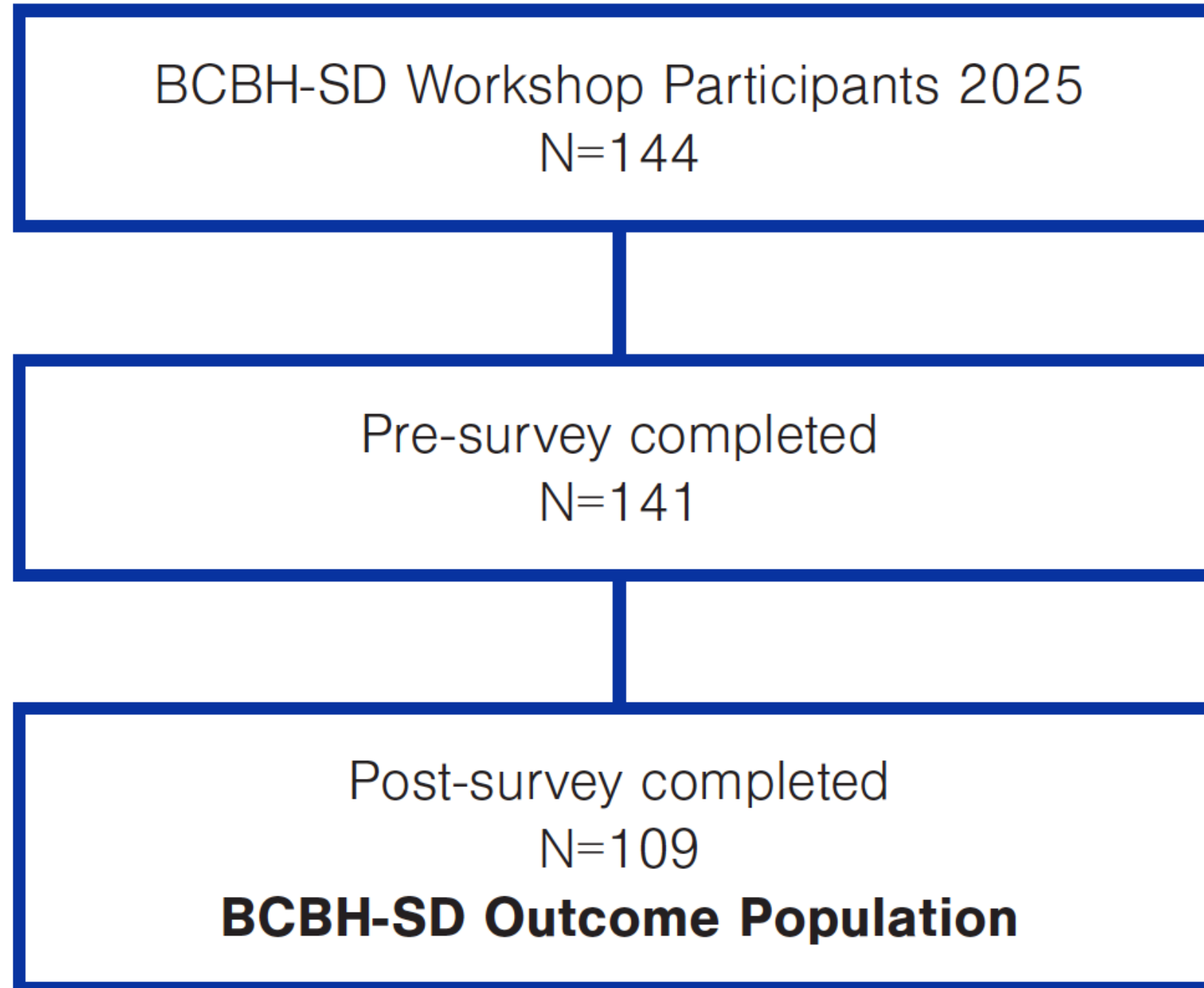
# Avenues to Enrollment - CDSME Participants

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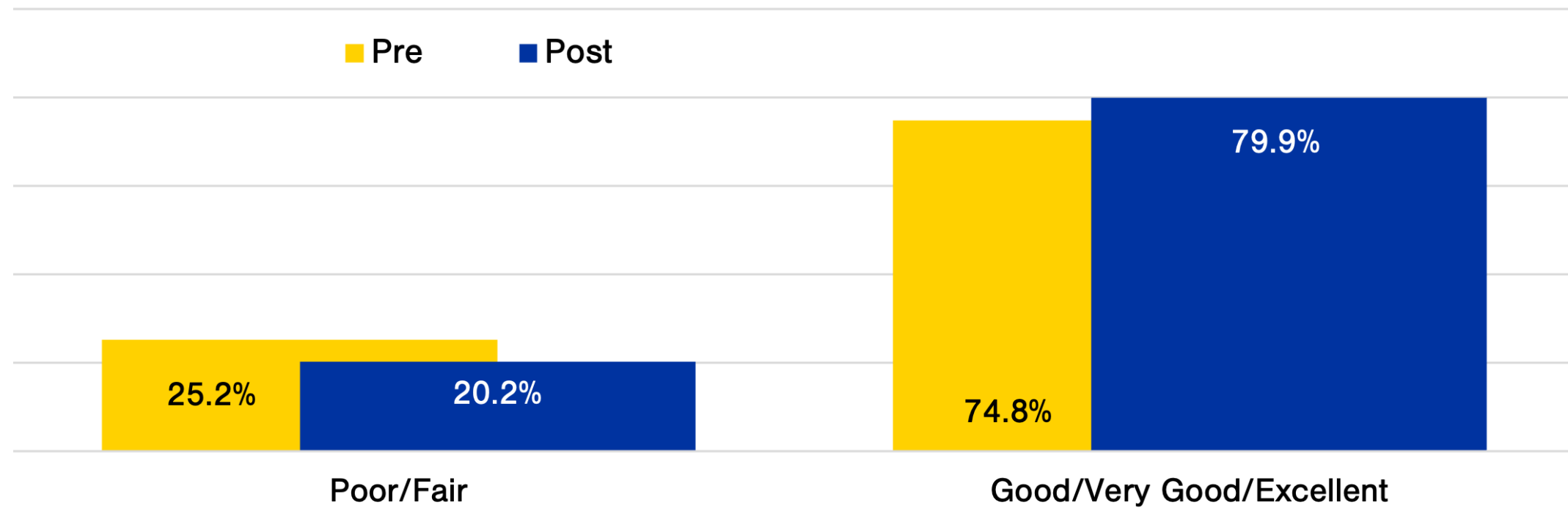
# Outcomes - CDSME Programs - 2025

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# CDSME Program Outcomes: Self-rated Health\*

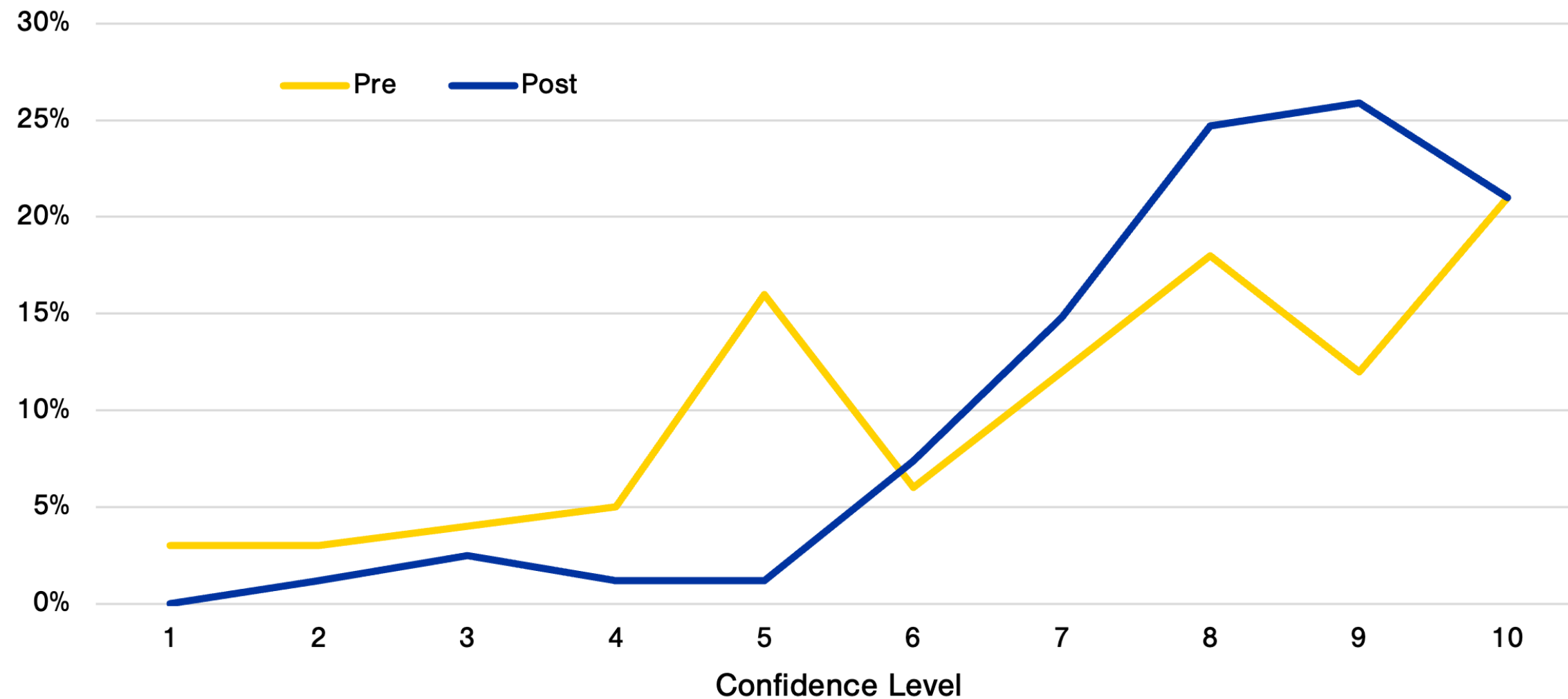
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- Self-rated health is a key outcome measure for CDSME programs.
- Over 1 in 5 participants showed improvement after participating in the 6-week workshop.
- Overall, participants rated highly at 25.2% both timepoints.

\*Only participants who responded at both timepoints are included.

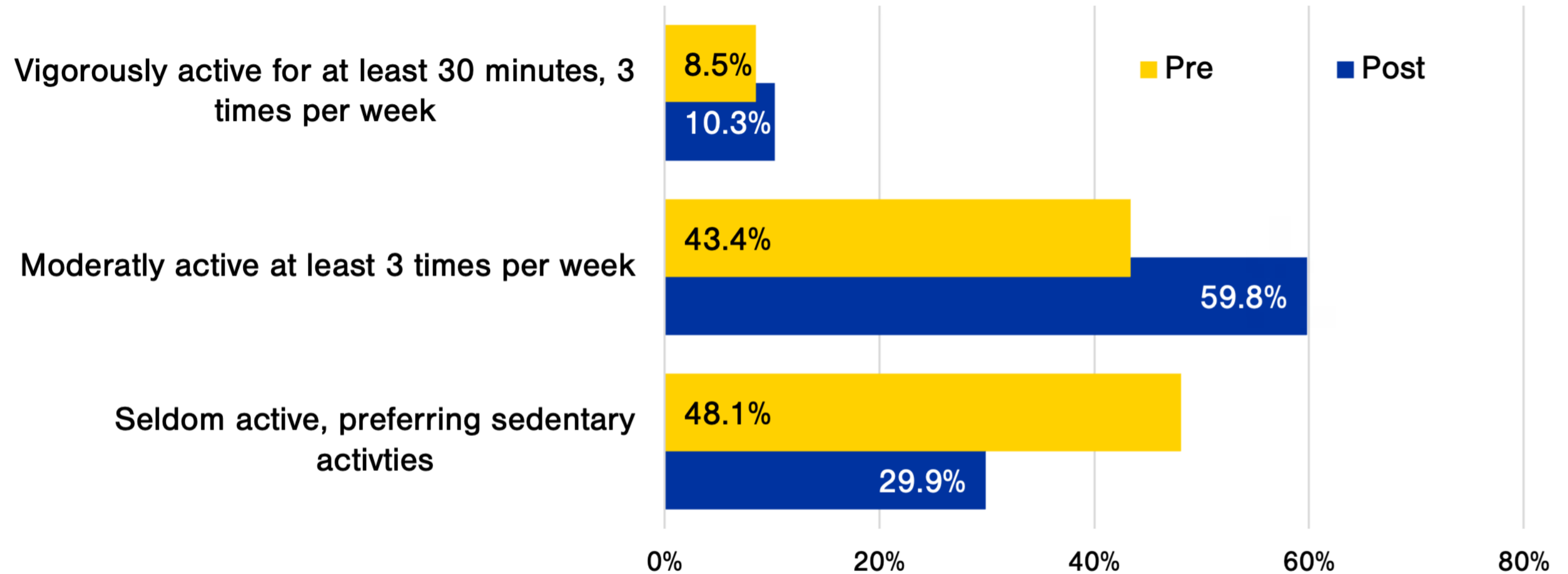
# CDSME Program Outcomes: Confidence\*



- Confidence in managing chronic condition is another outcome measure for CDSME programs.
- Rated on a 1 to 10 scale, with higher scores indicating more confidence 41% of participants reported a higher confidence level after participating in the 6-week workshop.
- Overall, participants rated highly at both timepoints.

\*Only participants who responded at both timepoints are included.

# CDSME Program Outcomes: Confidence\*



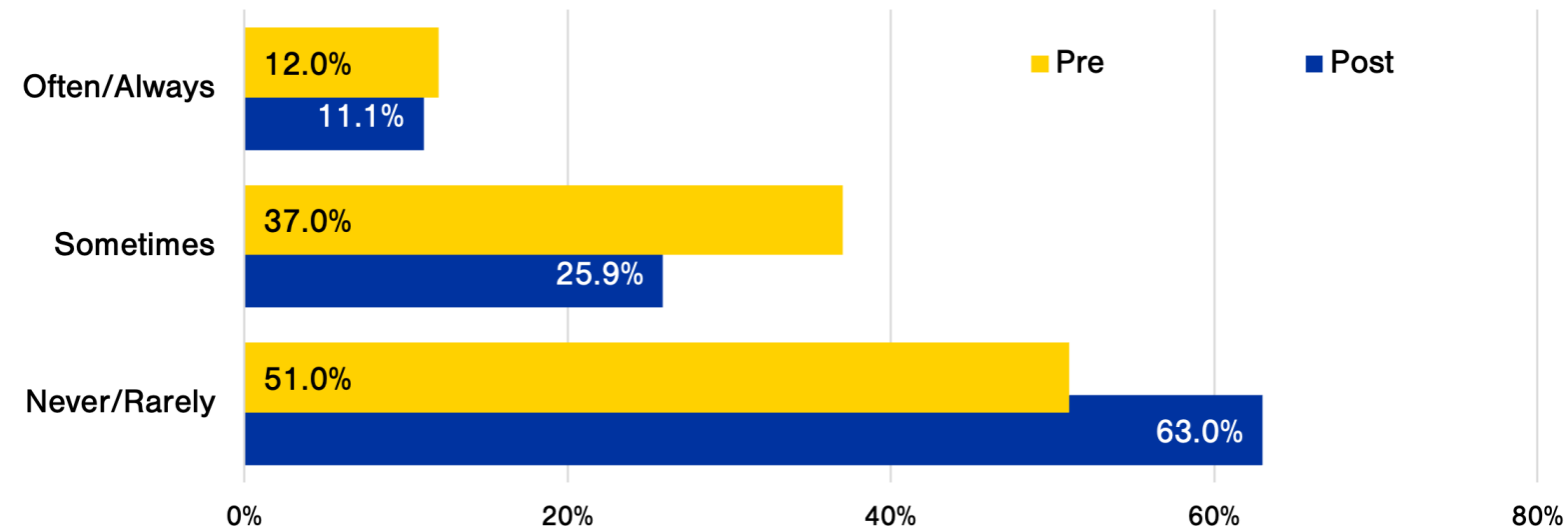
- Activity level increased from pre to post workshop participation for 28.8% of participants.

\*3 survey participants at the pre-survey timepoint and 2 participants at the post-survey timepoint did not respond. Only respondents shown in graph.

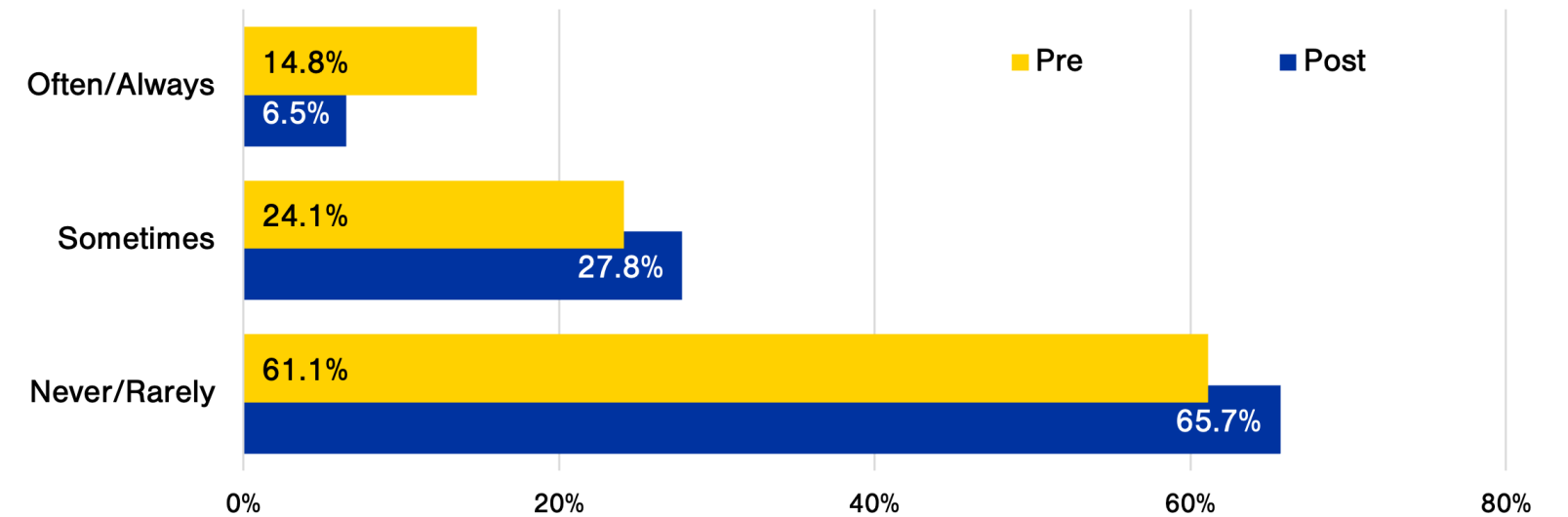
# CDSME Program Outcomes: Confidence\*

- Loneliness and isolation scores were unchanged from pre to post workshop participation overall.
- About one-third of participants indicated less frequent feelings of loneliness and isolation after participating.

## Loneliness

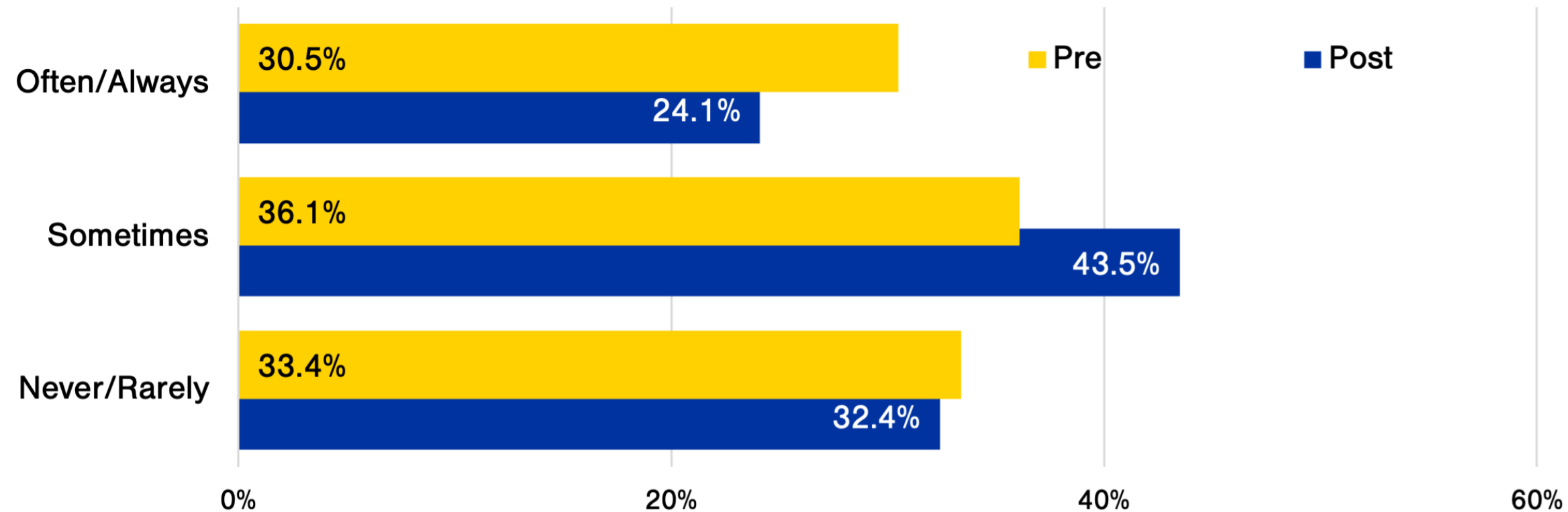


## Isolation



\*Only participants who responded at both timepoints are included.

# CDSME Program Outcomes: Stress\*



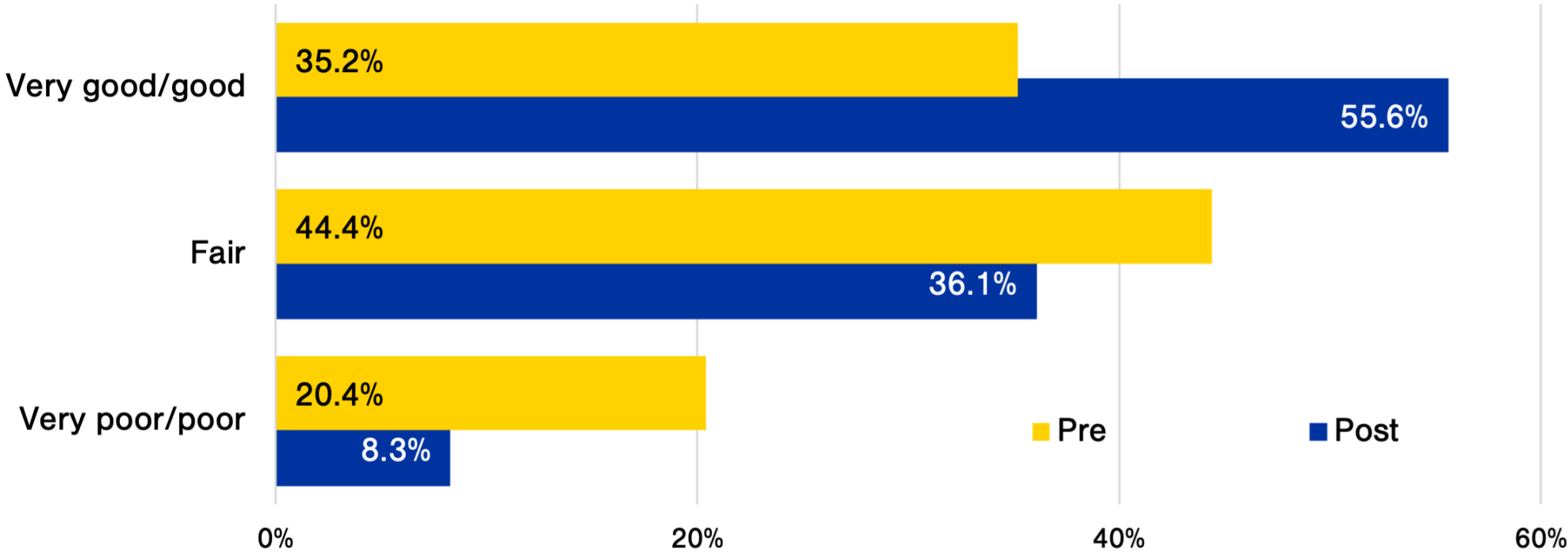
- Participants are asked to rate how often they feel stressed or nervous in the past month.
- 26.0% reported lower frequency of stress after participating.
- 21.3% reported a higher frequency of stress from pre to post workshop.

\*Only participants who responded at both timepoints are included.

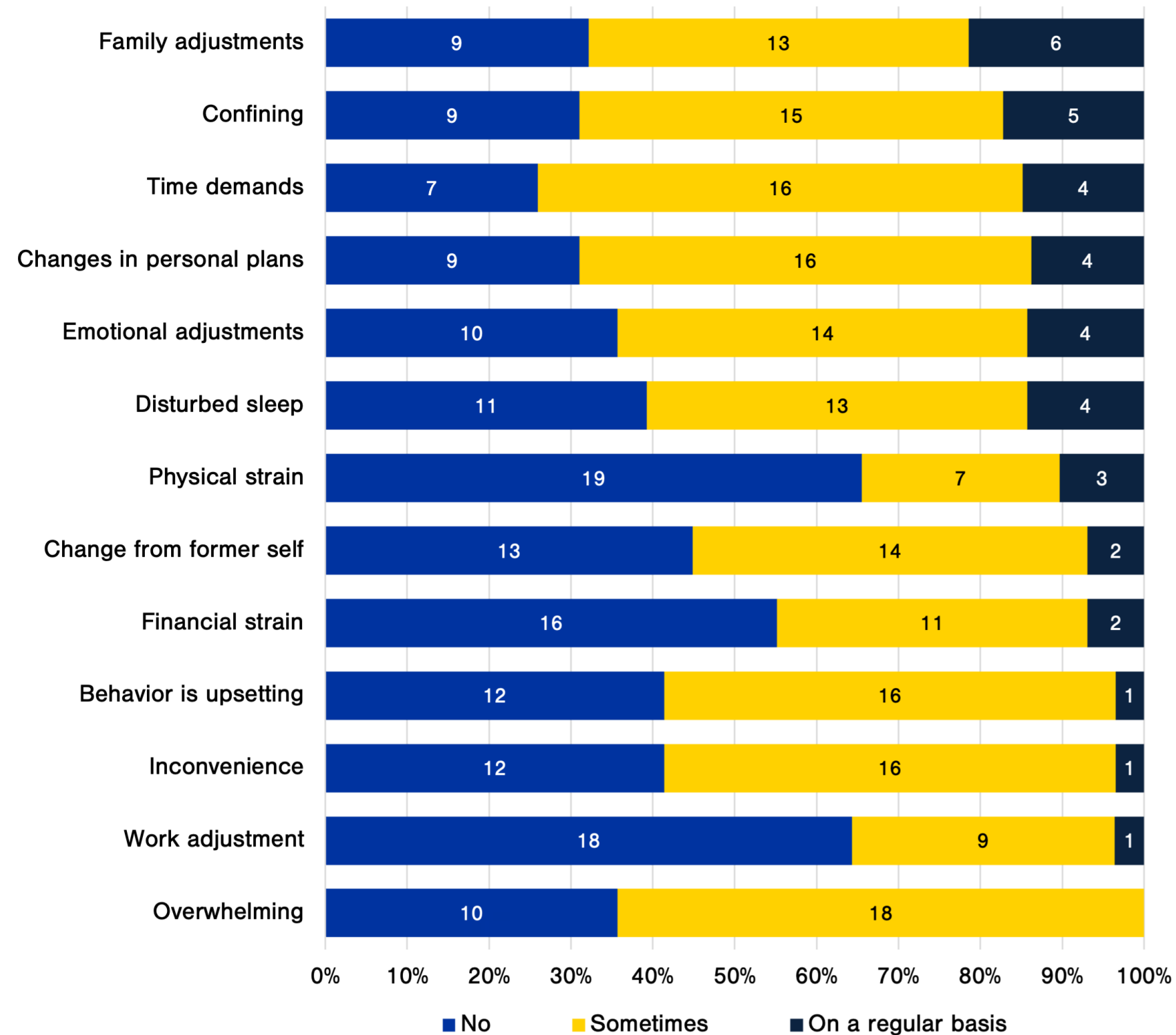
# CDSME Program Outcomes: Sleep Quality\*

Sleep quality improved from pre to post workshop participation for

**40.2%**  
of participants.



# Caregiver Strain Index\* (CDSME)



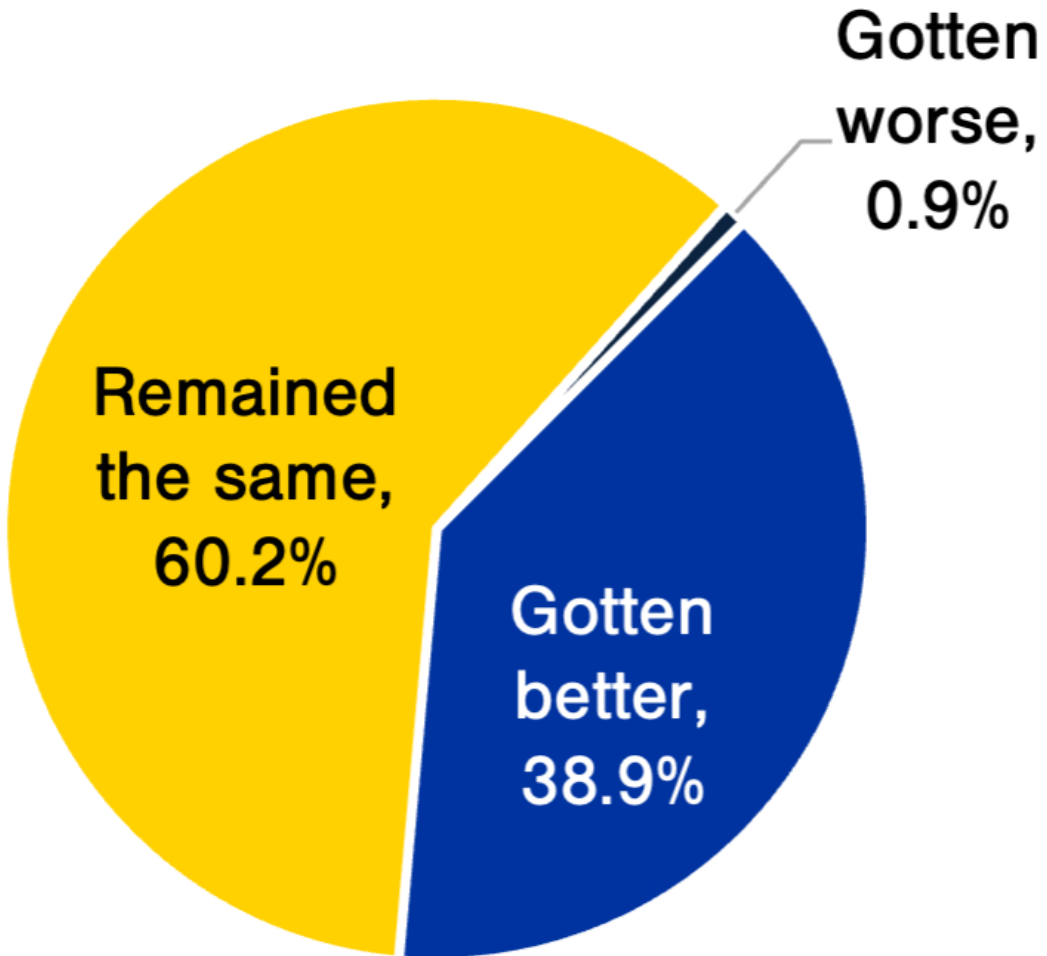
- Thirty respondents
- Mean score was 8.7 on a scale from 0 to 26, where higher indicates more strain.
- Most frequent areas selected were family adjustments, caregiving was confining, and time demands.
- Pre/post for BBC – too low 10 to report

\*Only asked of participants who reported providing care (n=30).

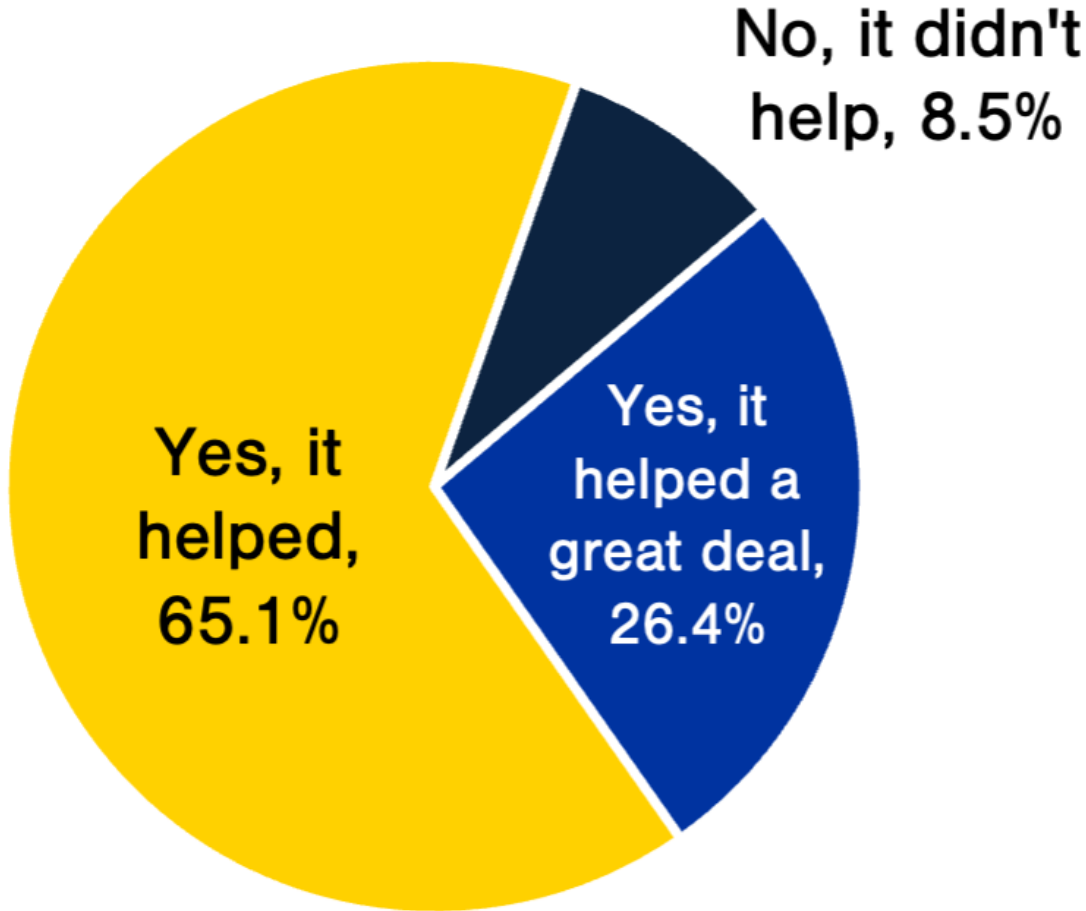
# Health Changes since Participating in CDSME Workshops

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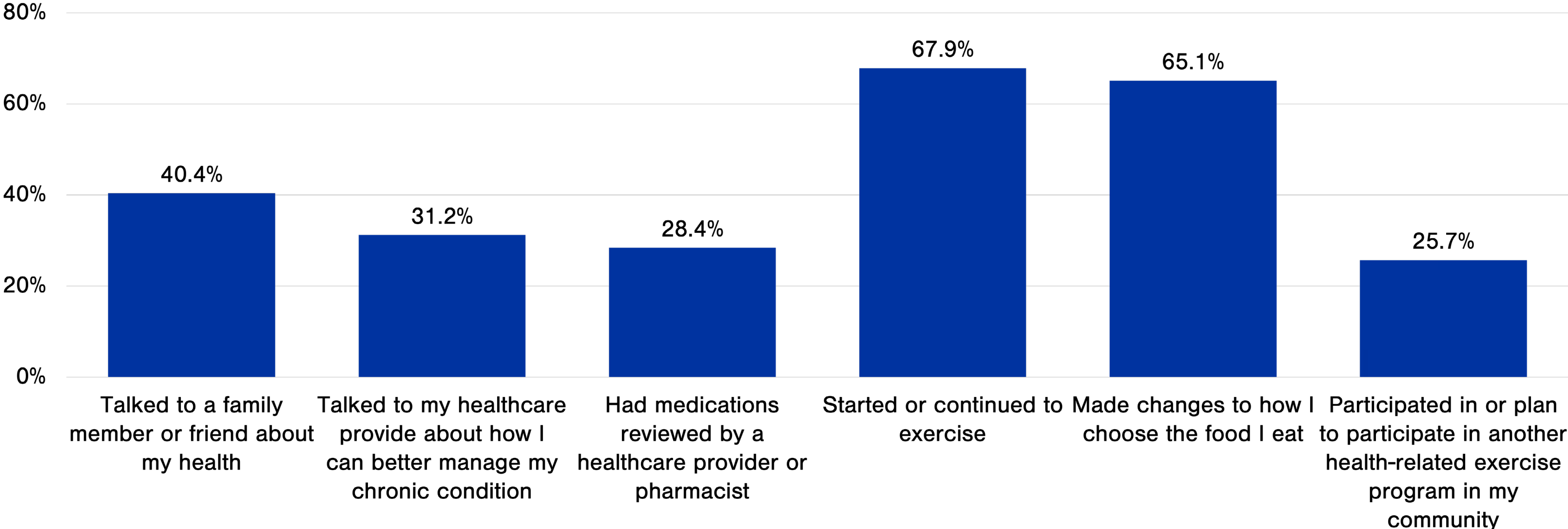
Would you say your physical health has...



Has the workshop helped you deal more effectively with your health?



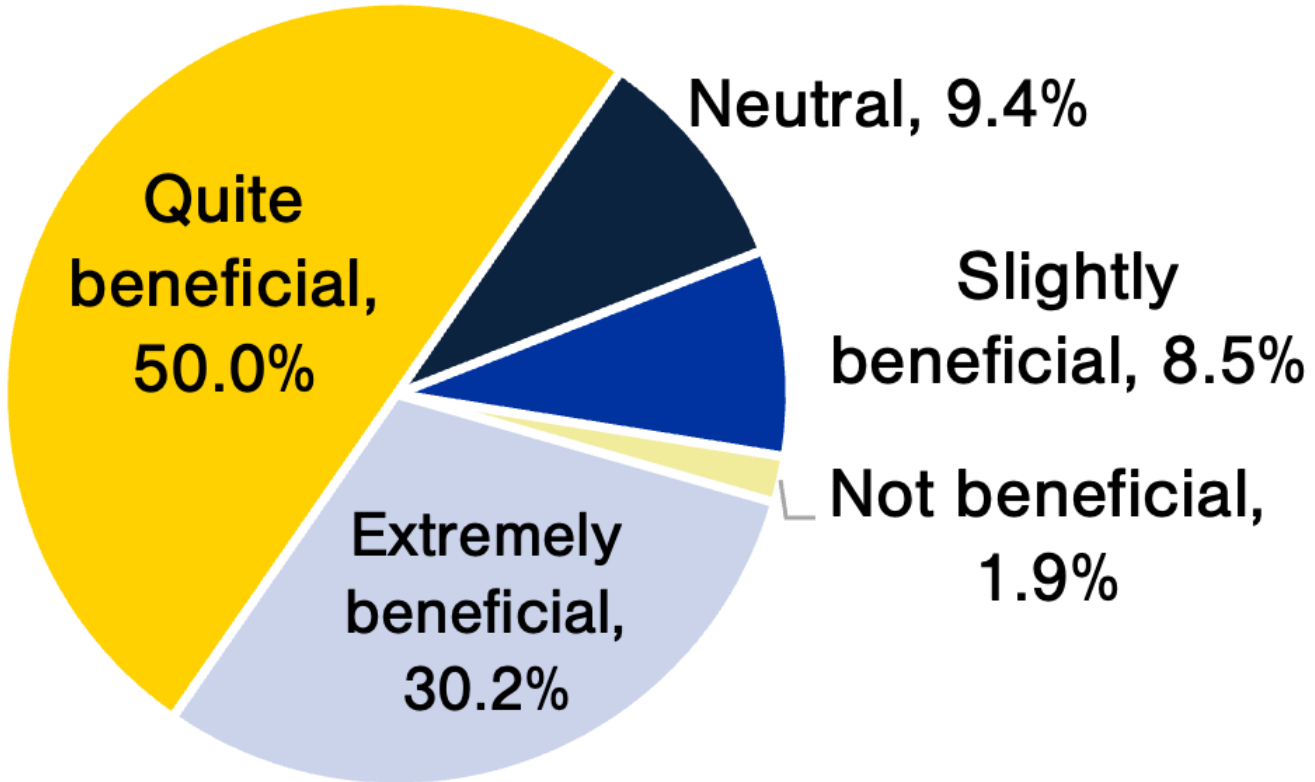
# CDSME Program Outcomes: Changes since participating\*



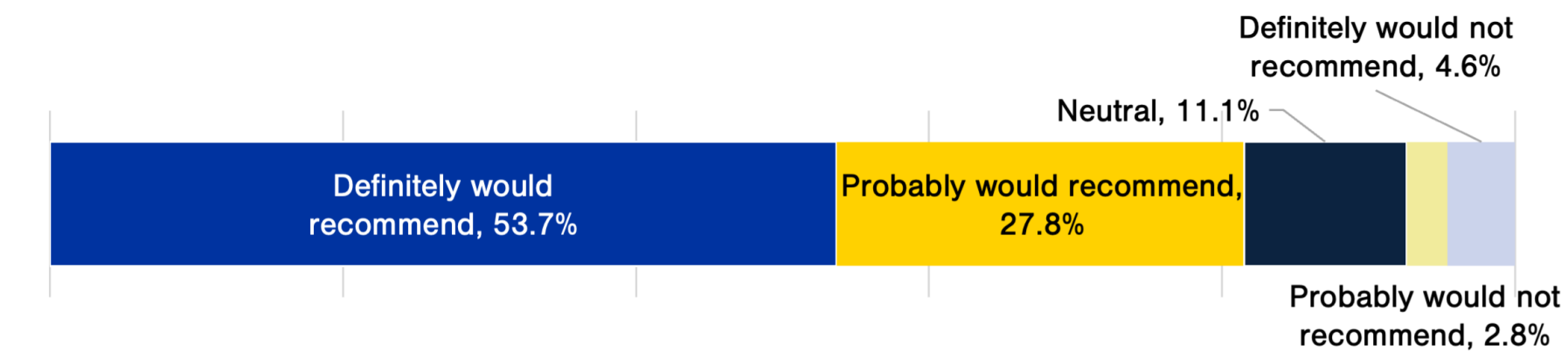
\*Only participants who responded at both timepoints are included.

# CDSME Program Outcomes: Changes since participating\*

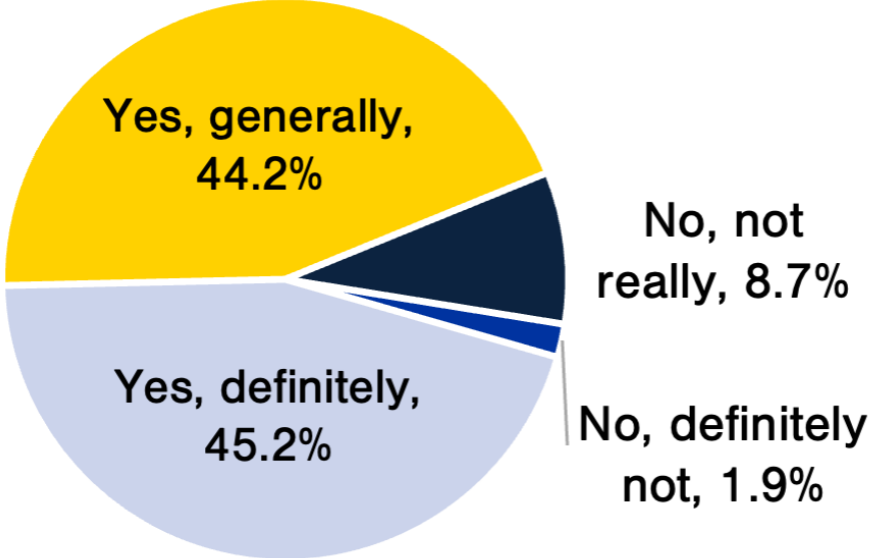
Overall benefit of workshop



How likely would you be to recommend this workshop to a friend or family member?

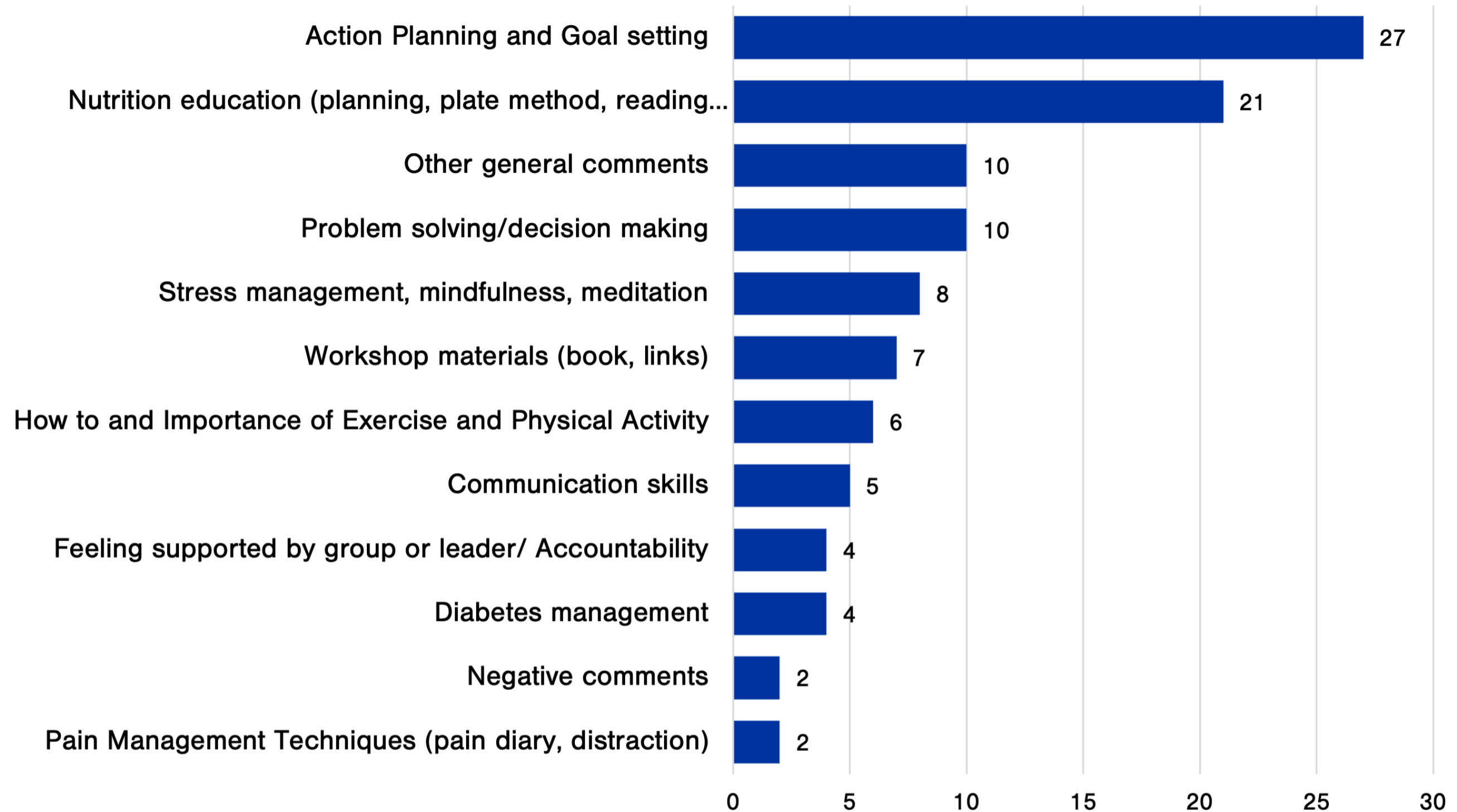


Did you get the type of education that you wanted in this workshop?



# Most Useful Skills Learned\*

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# What's the most useful tool or skill you learned to use during the workshop?

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I think the book was the most helpful with all the information.

Learning how to adjust my plan if it's not 100% successful and still accomplish something rather than just give up - an all or nothing philosophy.

The short-term goals (Action Plan) are a good idea/tool. It helps break it down from large, overwhelming goals into smaller and more manageable ones.

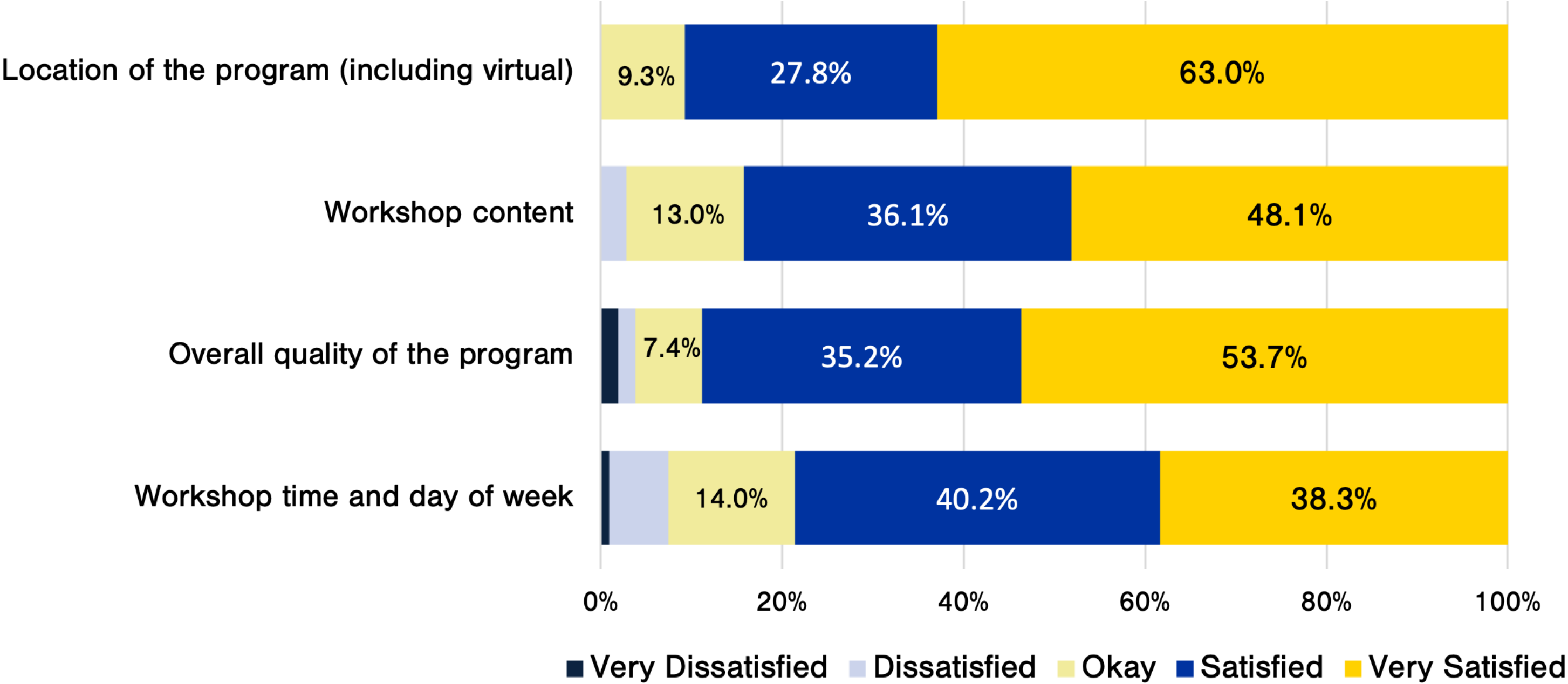
I think the part that helped me the most was having action plans every week. I do a lot of these action plans already and now having gone through this group it held me accountable to the action plans that I shared and others that I didn't share. The biggest thing that changed is I quit smoking with the support of the group. I am in less pain and I am much, much happier.

The group process was of considerable help, while I'm familiar with the tools, practicing them with support was the most useful. The Action Plans helped me be more aware of including the steps in my day.

Not sure about what tool or skill was most useful, but what I found most helpful is that I learned I'm not the only one that feels or is going through something.

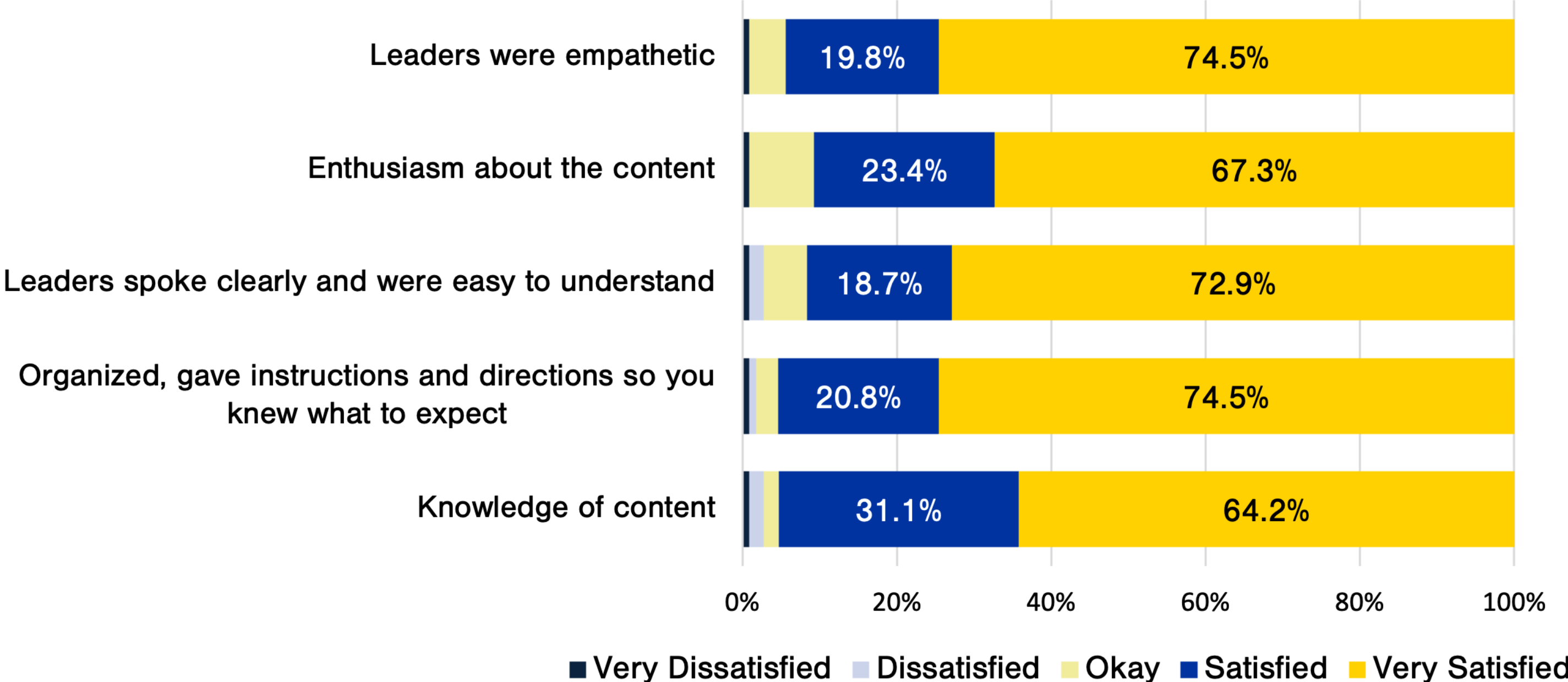
Since I started the workshop, my A1C level has dropped significantly, and I am no longer considered pre-diabetic. It helped me with making plans and sticking with them. Climbing stairs and giving up coffee were a few of the things I opted to follow, and it worked.

# Satisfaction with CDSME Workshop Characteristics\*



\*Only participants who responded at both timepoints are included.

# Satisfaction with CDSME Leader Characteristics\*



\*Only participants who responded at both timepoints are included.

# Additional Comments – CDSME Workshops

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This is my second time taking this program and I love it. It is different from the last time as there were different members with different ideas that they can throw out there. It was very fun and exciting I looked forward to it every Tuesday and Thursday.

It was a great experience to interact with others who are dealing with some of the same things I am and coming up with ideas on how to work on the challenges. It helps for us to come together with fresh ideas so that I can add those to my tool box for my health. Our leaders were very encouraging and helpful.

Thank you for all the work you put into this program. I would recommend it to anybody with diabetes.

The instructors were great to work with and had a wealth of knowledge. The textbook was great resource to have as well.

The only thing I can say is I wish it as longer, having a group of people who understand how pain affects life and how I think is massively helpful with the stress of chronic pain. The support is unmatched.