



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



**SOUTH DAKOTA
DEPARTMENT OF HEALTH**

Physical Activity (PA) Workshops Annual Report Brief

March 2026

Demographics of PA Program Participants

Figure 1. Gender of Physical Activity Program Participants

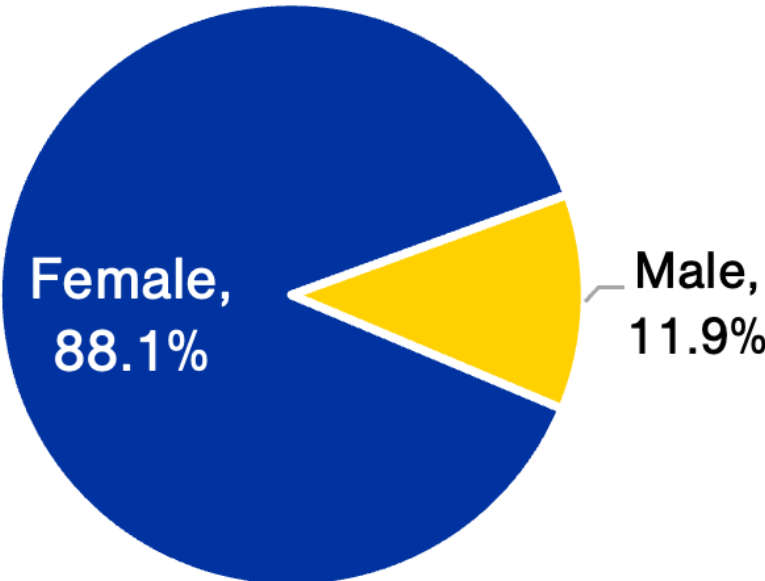


Figure 2. Race of Physical Activity Program Participants

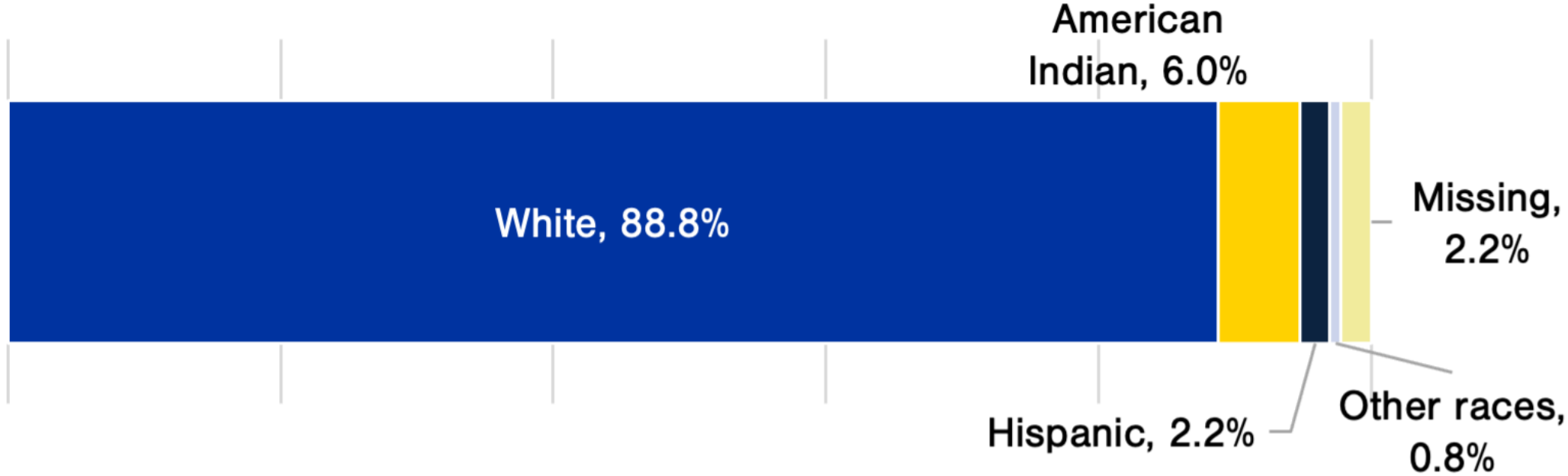
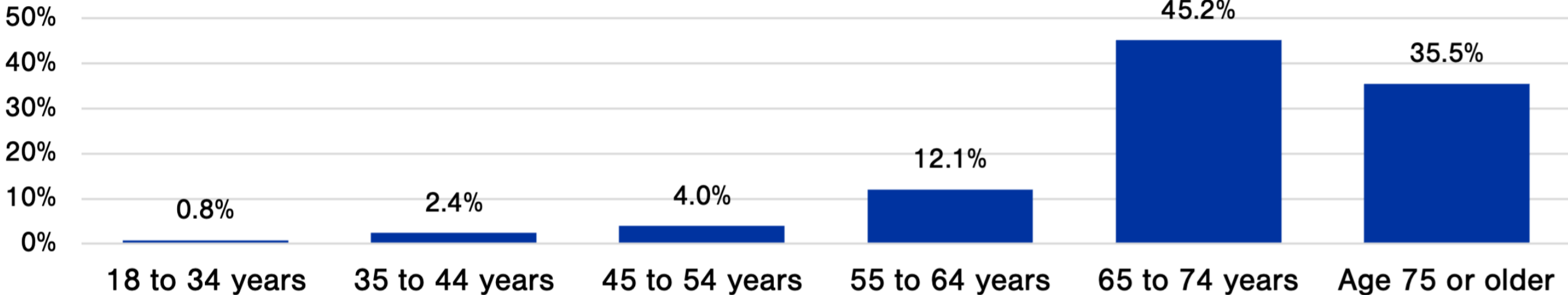
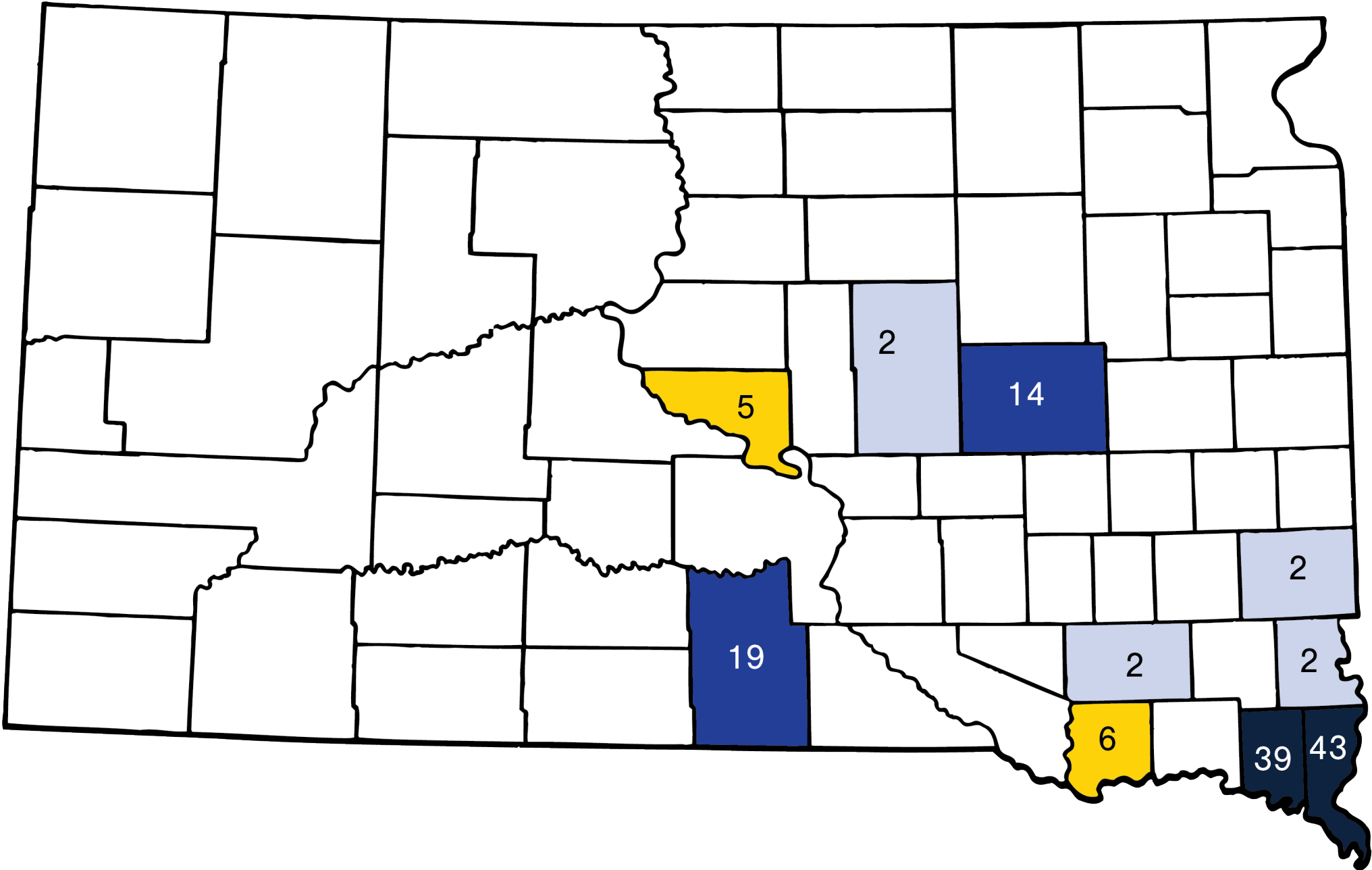


Figure 3. Age of Physical Activity Program Participants*



*Age was missing for 10 participants. Only respondents shown.

PA Program Participants by County of Residence, 2025



Demographics of PA Program Participants

One or more chronic disease

85.8%

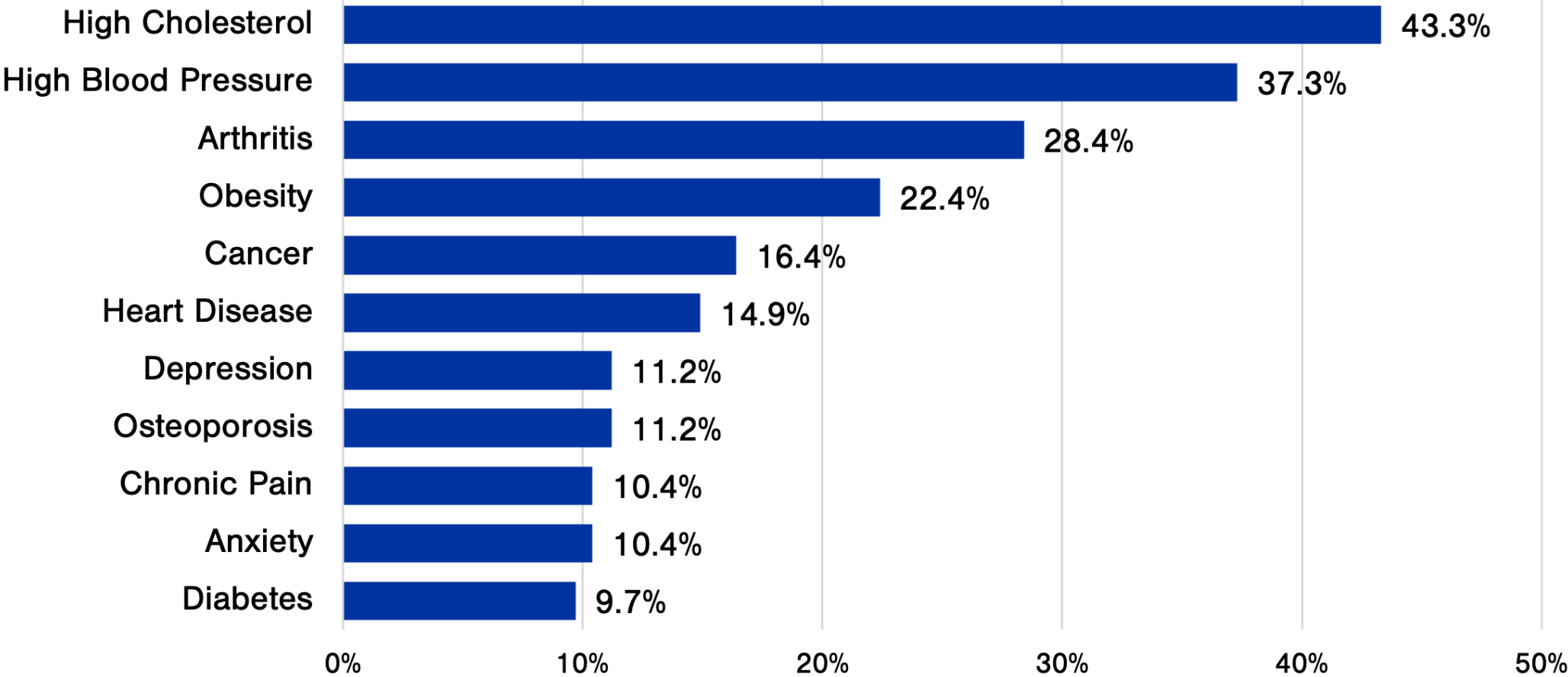
Disability

15.8%

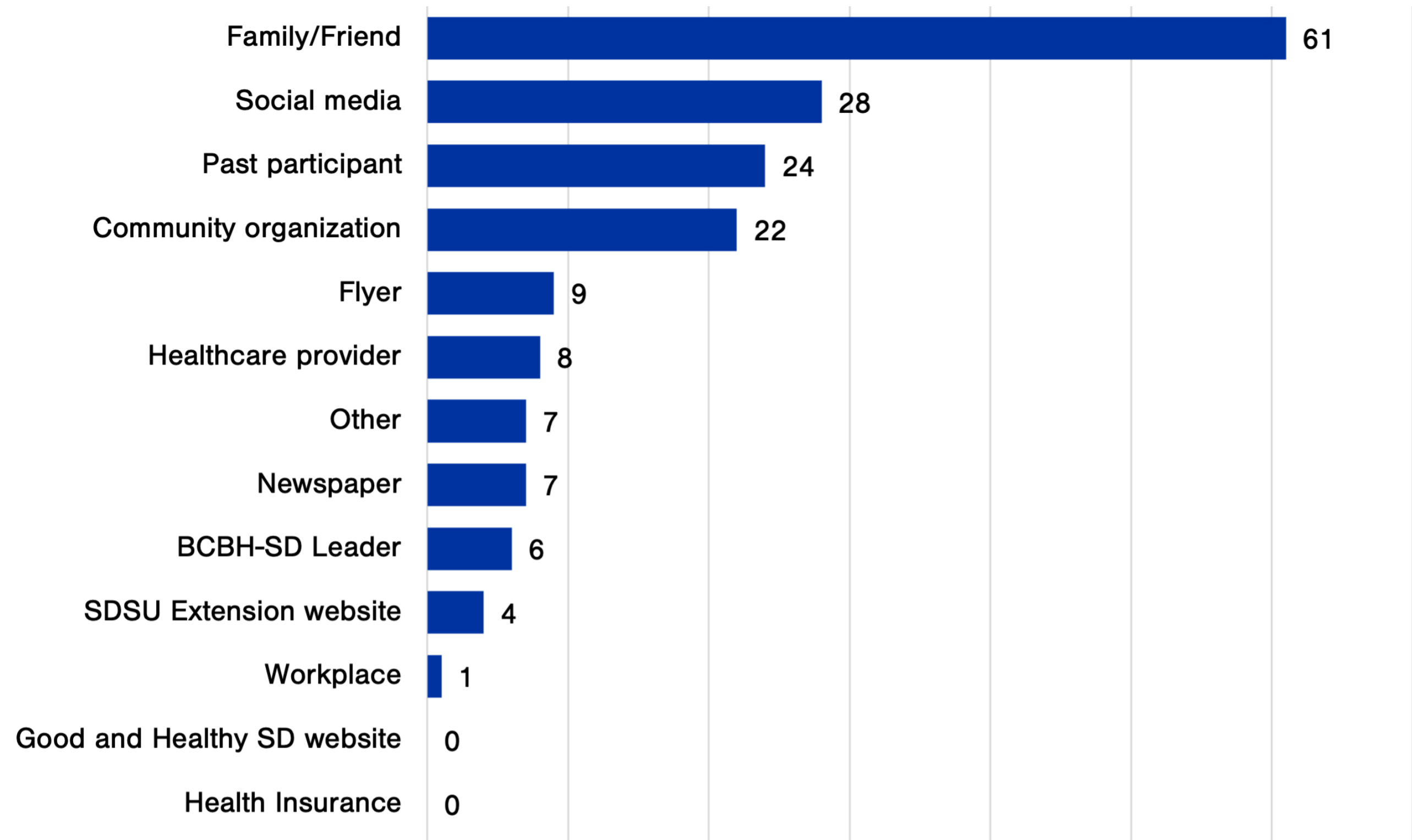
Caregiver

22.0%

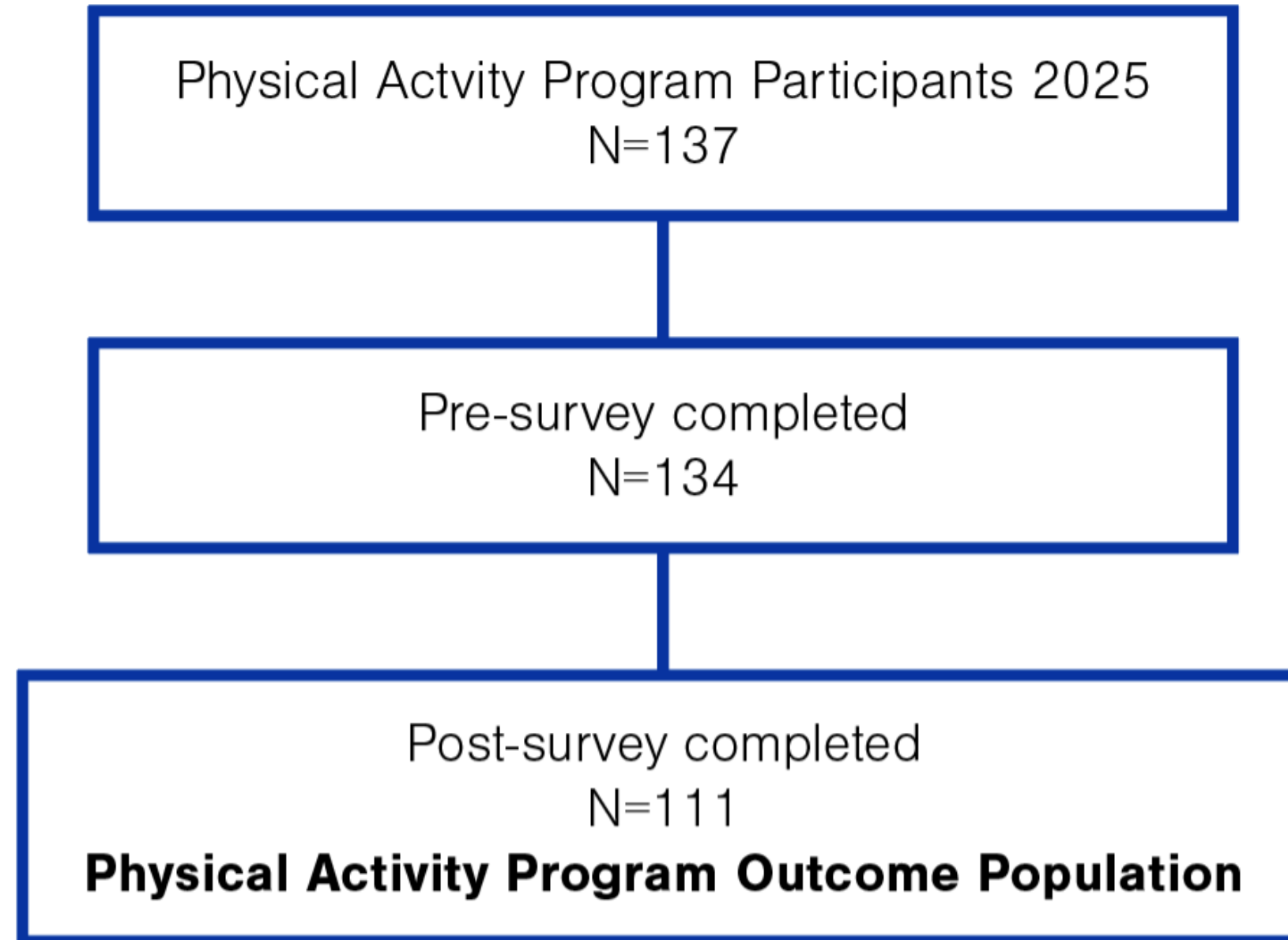
Most Common Chronic Health Conditions Reported by PA Program Participants, 2025



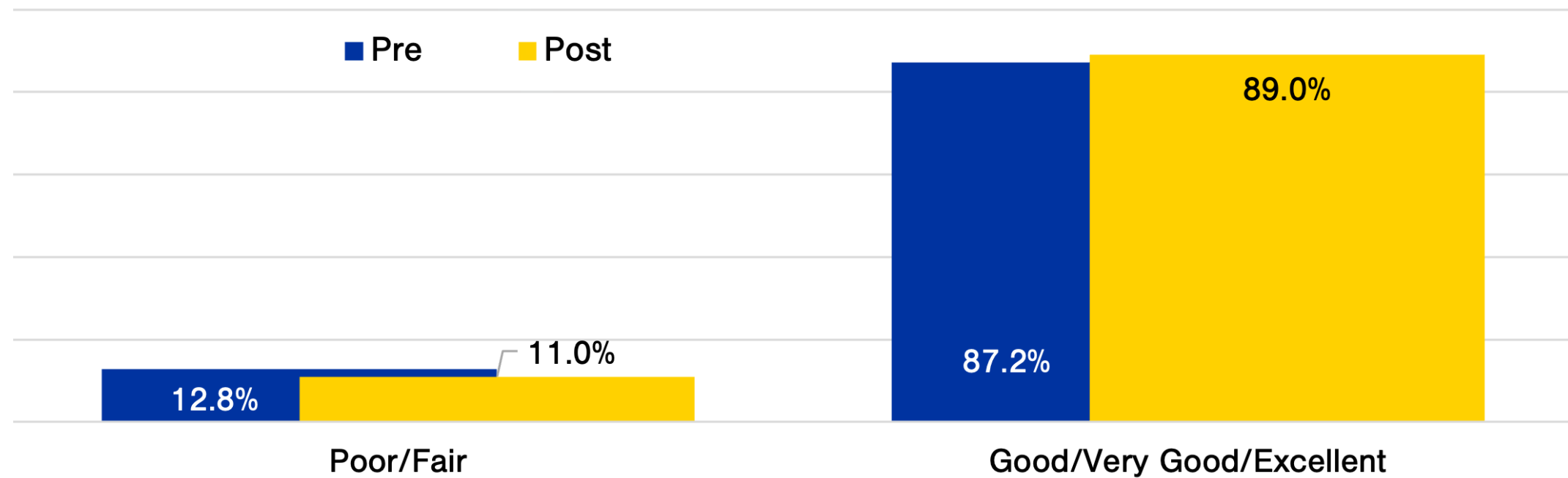
Avenues to Enrollment - PA Program Participants



Outcomes - PA Programs - 2025



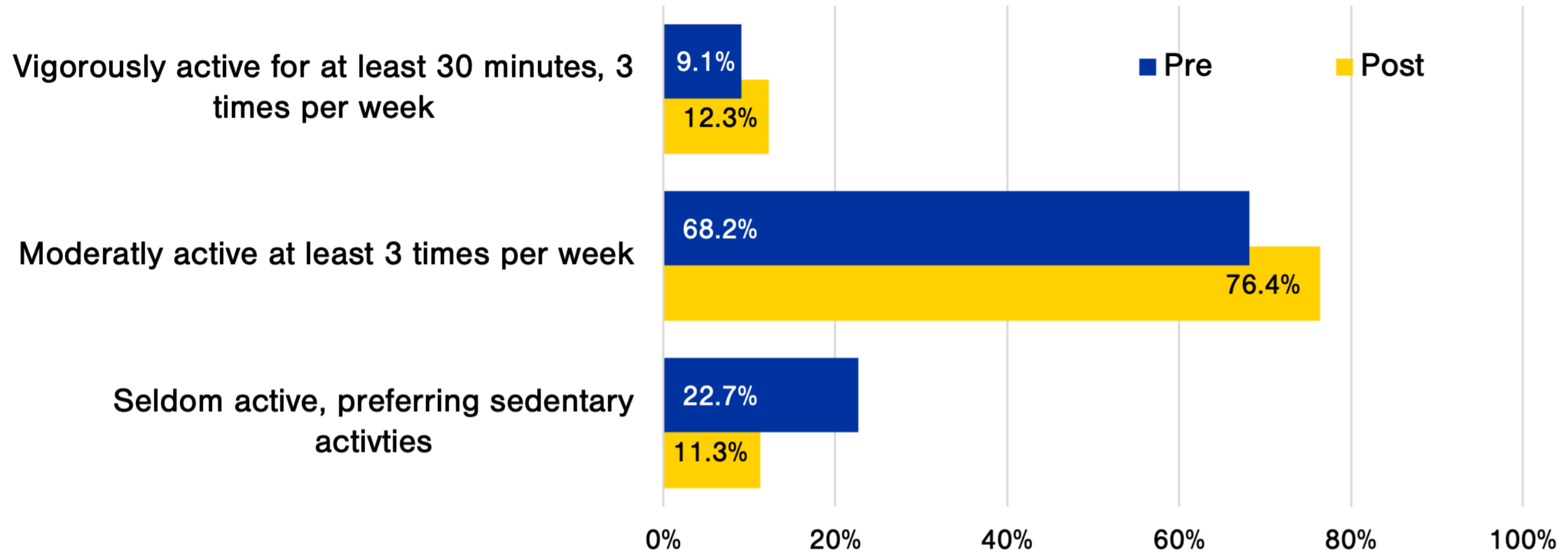
PA Program Outcomes: Self-rated Health*



- Over 1 in 5 participants showed improvement after participating in the PA workshop.
- Overall, participants rated highly at both timepoints.

*Only participants who responded at both timepoints are included.

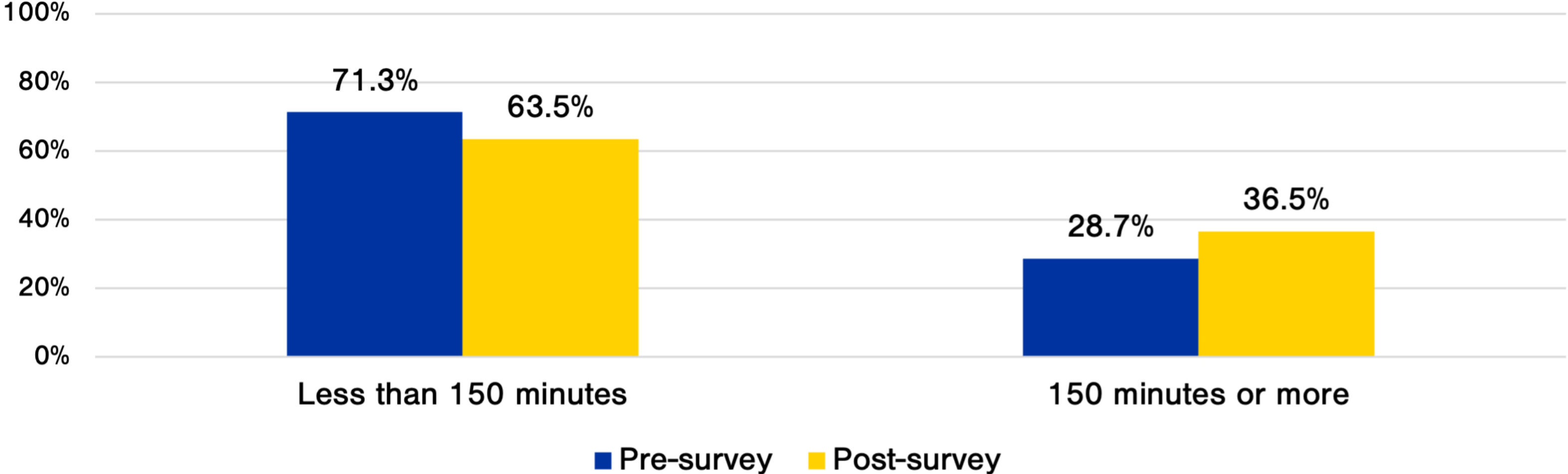
PA Program Outcomes: Activity Level*



- Activity level increased from pre to post workshop participation for 18.1% of participants.

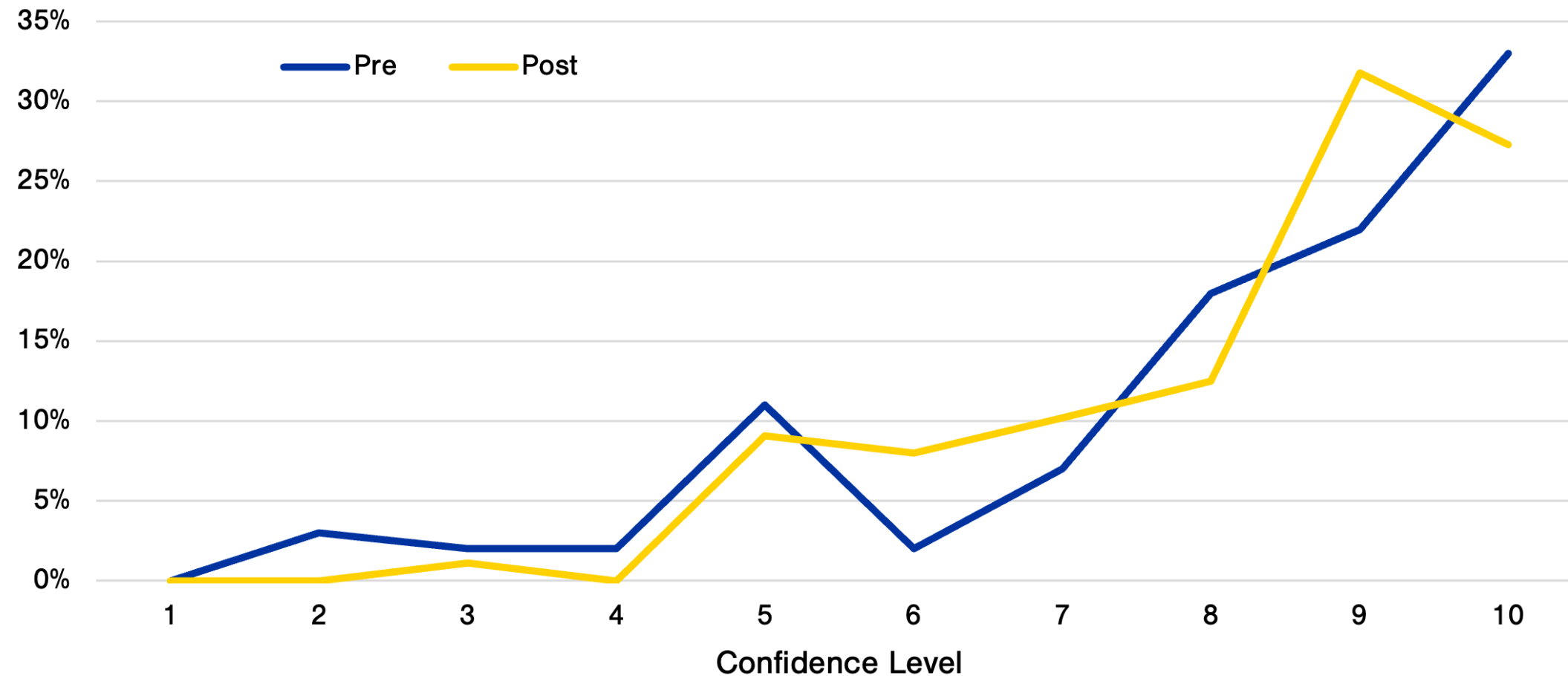
*Only participants who responded at both timepoints are included.

PA Program Outcomes: Weekly Walking Minutes



*Only participants who responded at both timepoints are included.

PA Program Outcomes: Confidence*



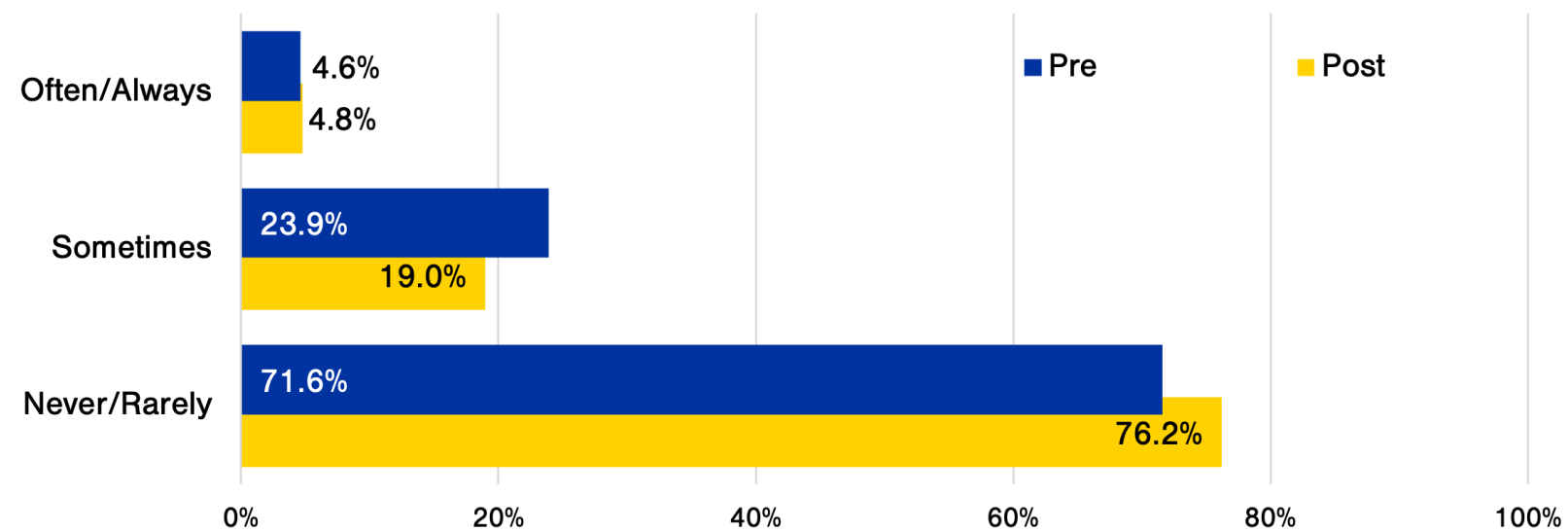
- Confidence in maintaining or increasing physical activity.
- Rated on a 1 to 10 scale, with higher scores indicating more confidence.
- No statistical difference between pre and post group.
- 42.4% of participants reported a higher confidence level after participating in the 6-week workshop.
- Overall, participants rated highly at both timepoints.

*Only participants who responded at both timepoints are included.

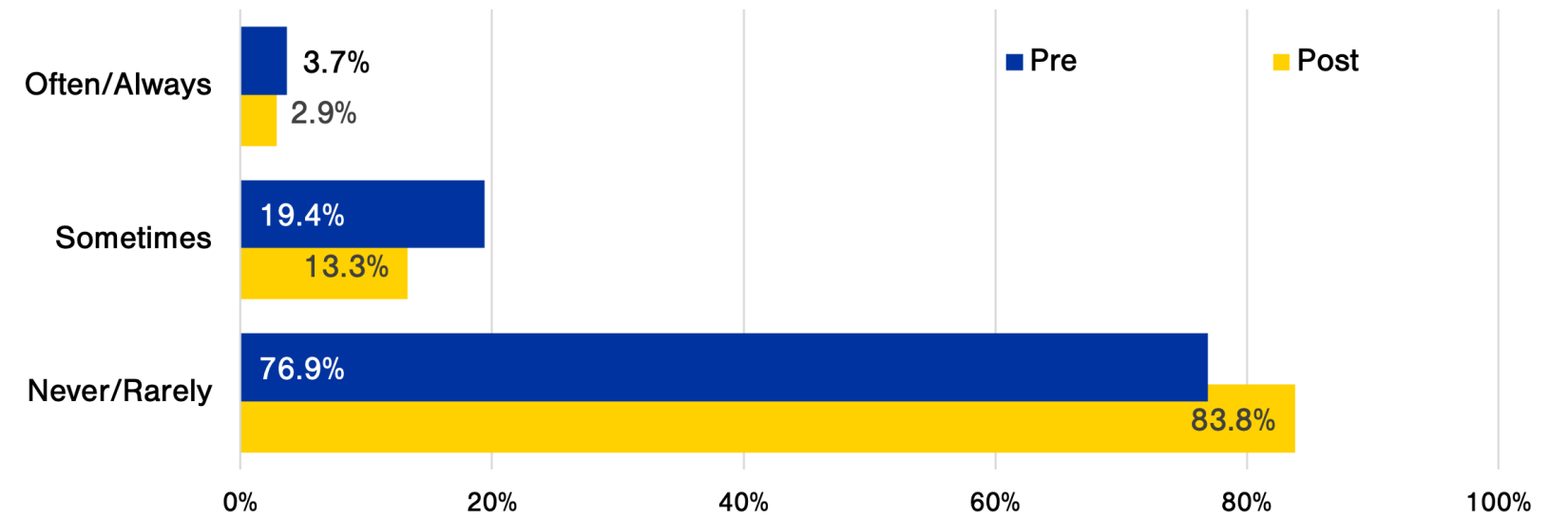
PA Program Outcomes: Loneliness and Isolation*

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

Loneliness

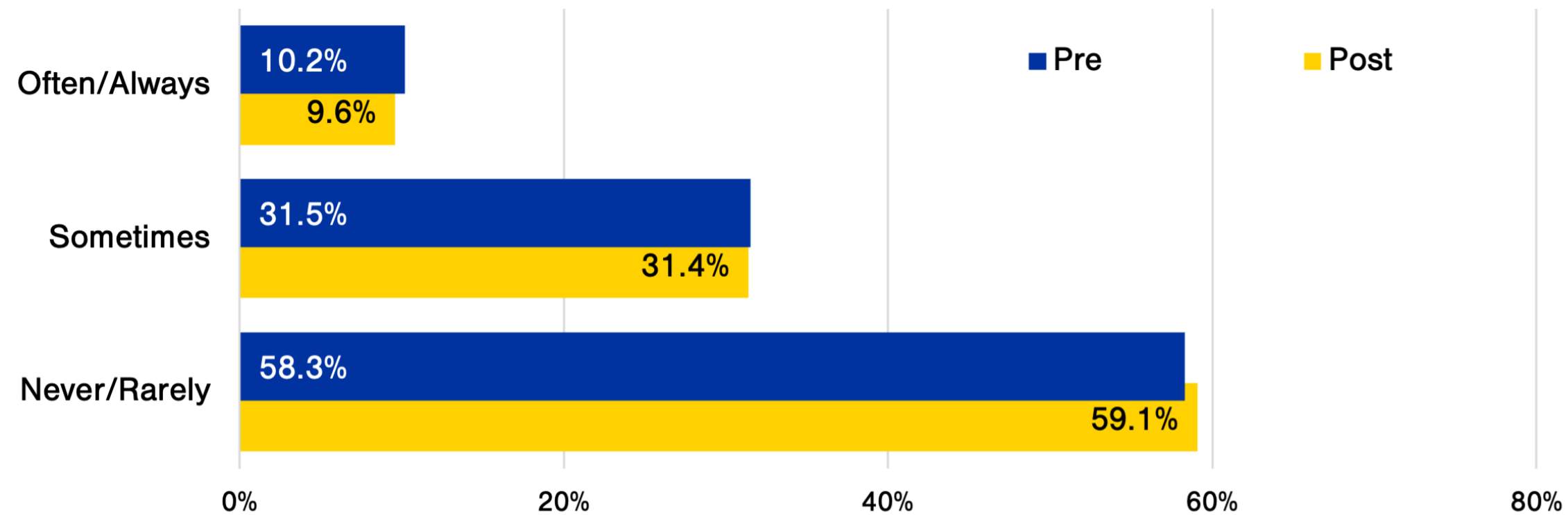


Isolation



*Only participants who responded at both timepoints are included.

PA Program Outcomes: Stress*



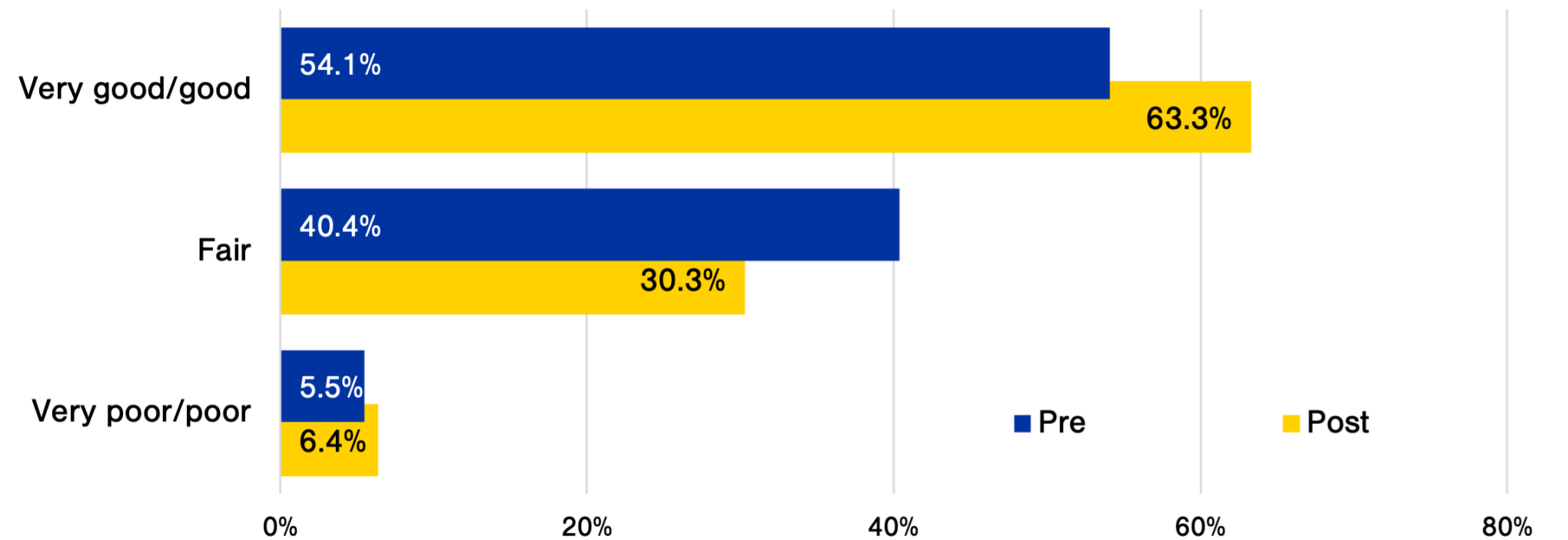
- Participants are asked to rate how often they feel stressed or nervous in the past month.
- No changes were identified between pre- and post-measures on stress level.

*Only participants who responded at both timepoints are included.

PA Program Outcomes: Sleep Quality*

Sleep quality improved from pre to post workshop participation for

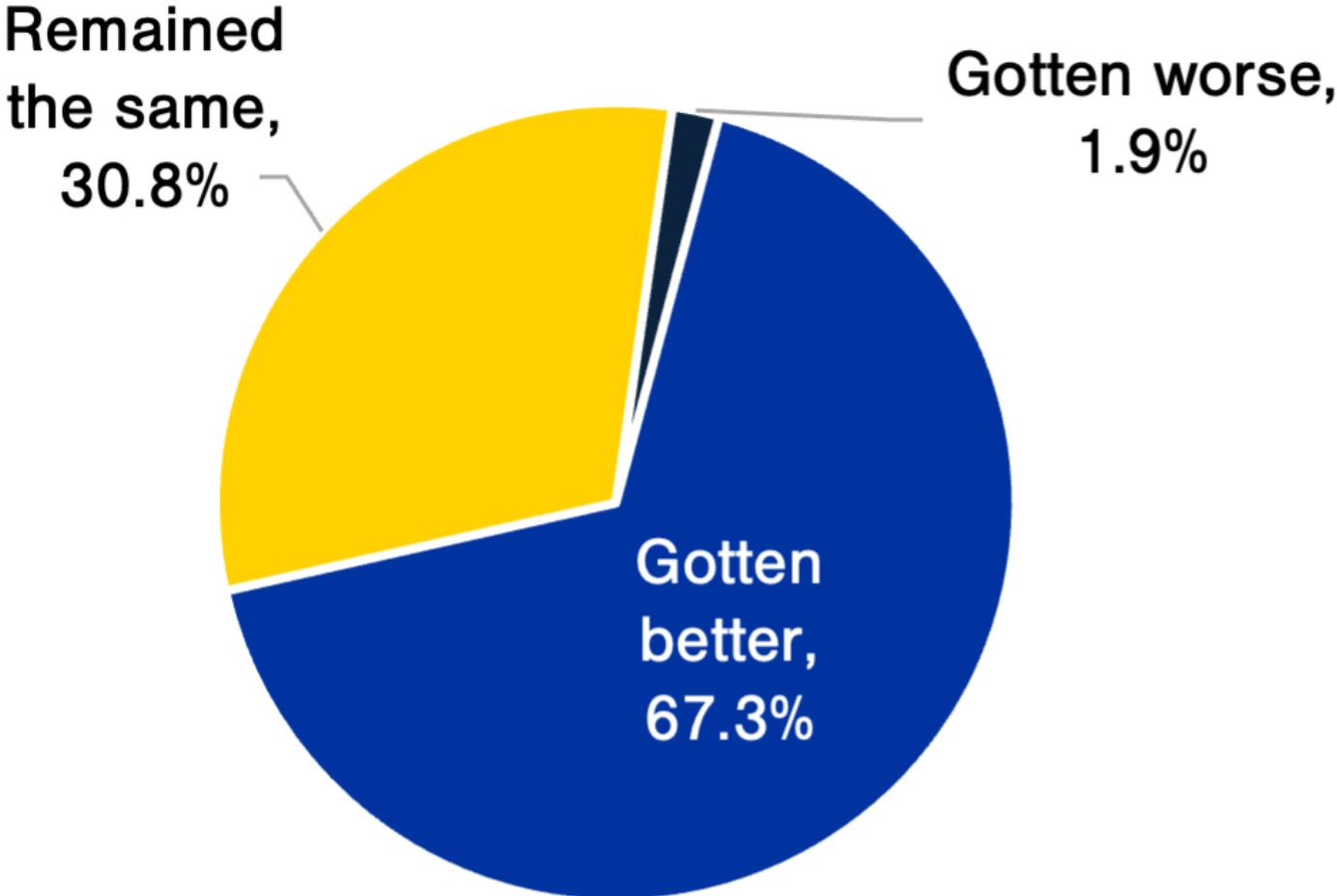
28.1%
of participants.



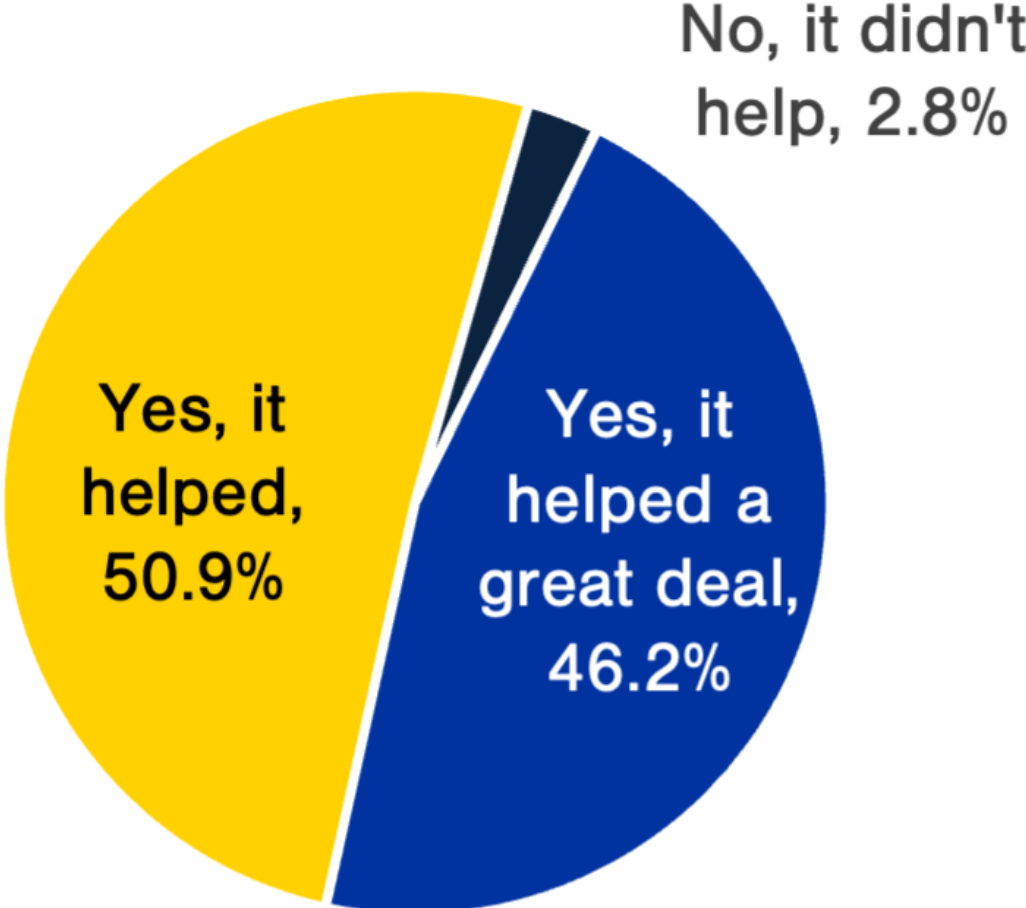
*Only participants who responded at both timepoints are included.

Health Changes since Participating – PA Programs

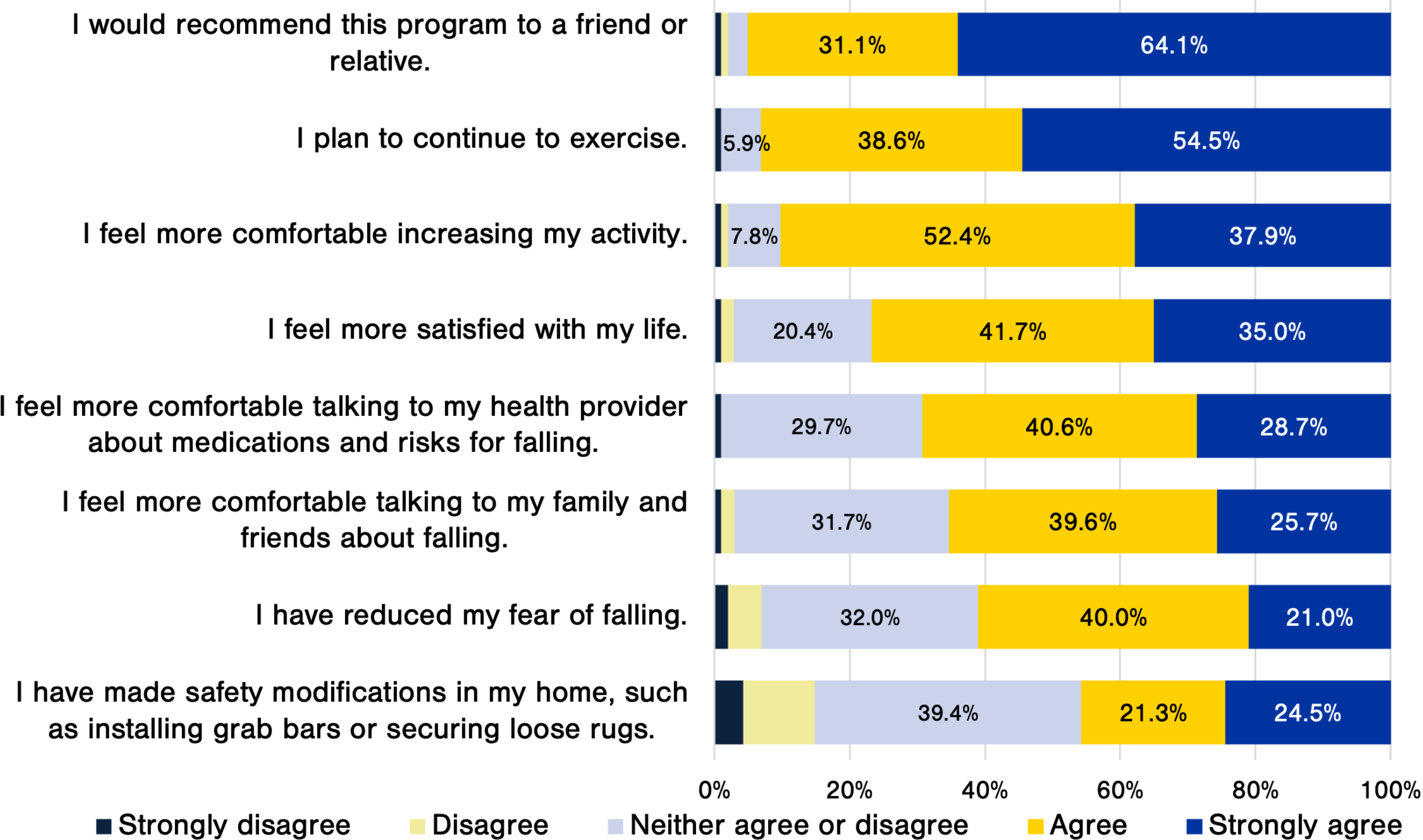
Would you say your physical health has...



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



Results of Participation – PA Programs



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

How to stretch properly

How to safely stretch stiff areas of my body to get to pain free again. Confidence in the safety of the program. Our facilitator goes the extra mile to stay within safety parameters of each exercise!

Learned different kinds of exercises and a routine I can do at home.

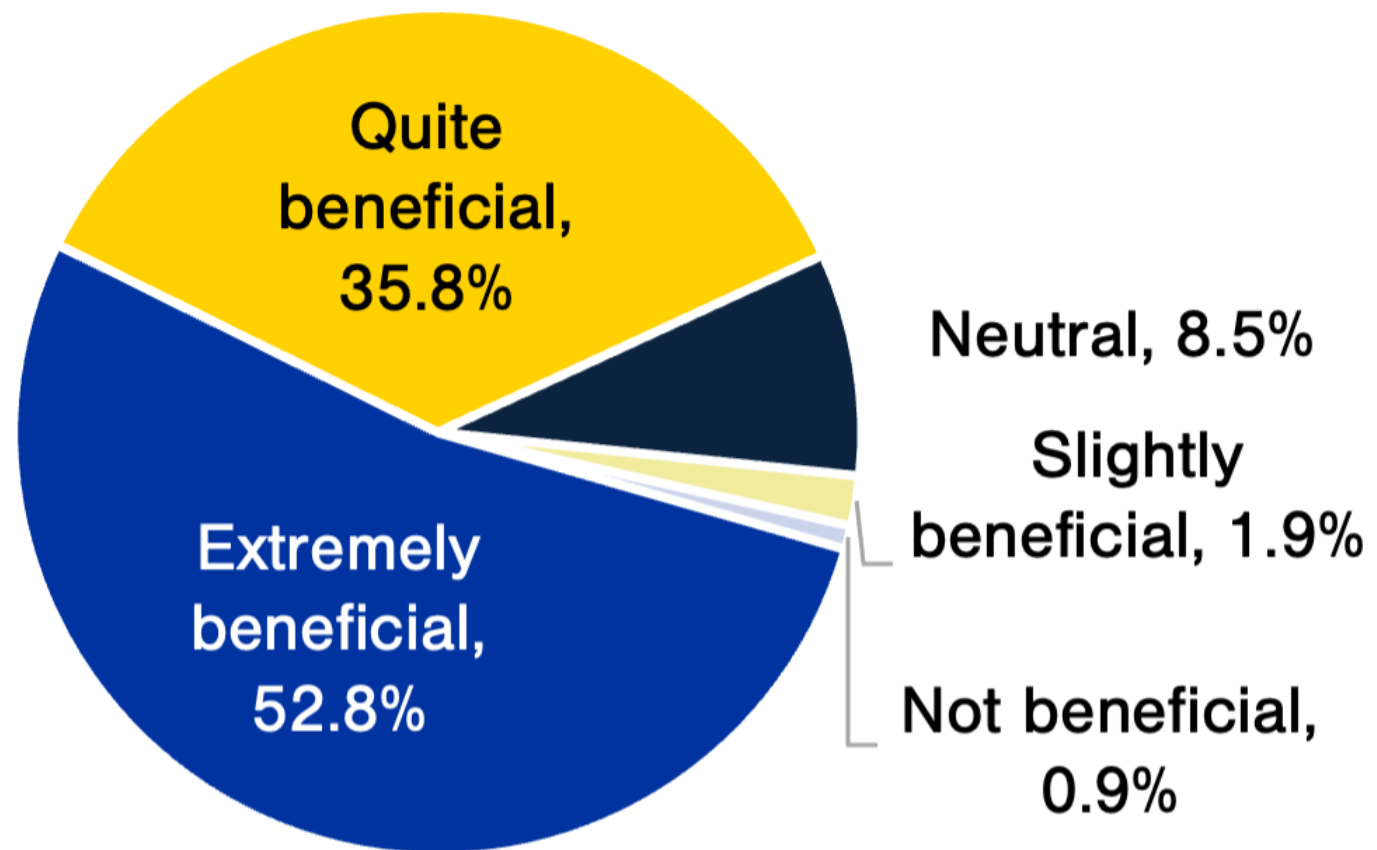
I learned that strength and flexibility are important as I age, and I learned how important it is to participate in daily exercise!

Go at your own pace and have fun.

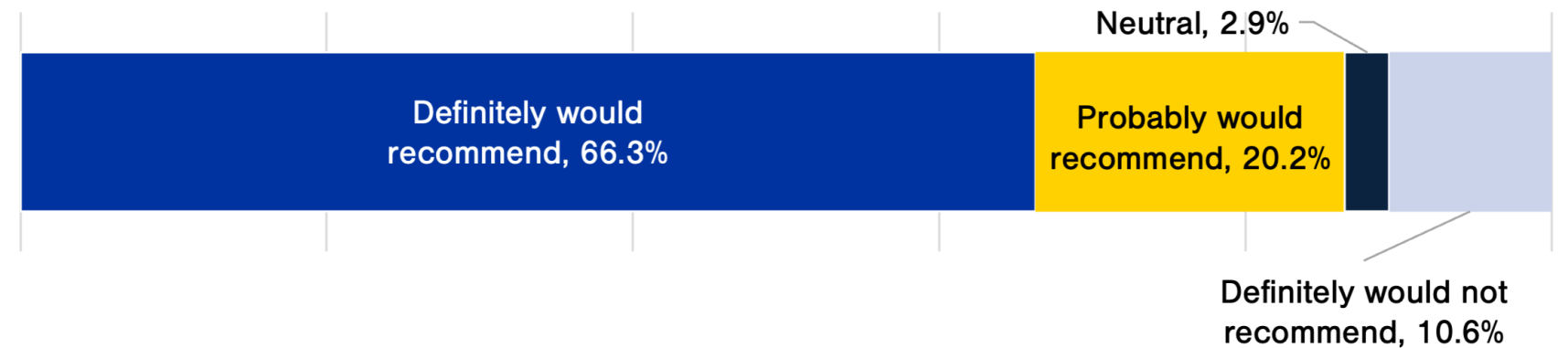
Strengthening exercises to improve balance and gain confidence in myself.

Overall Satisfaction – PA Workshops*

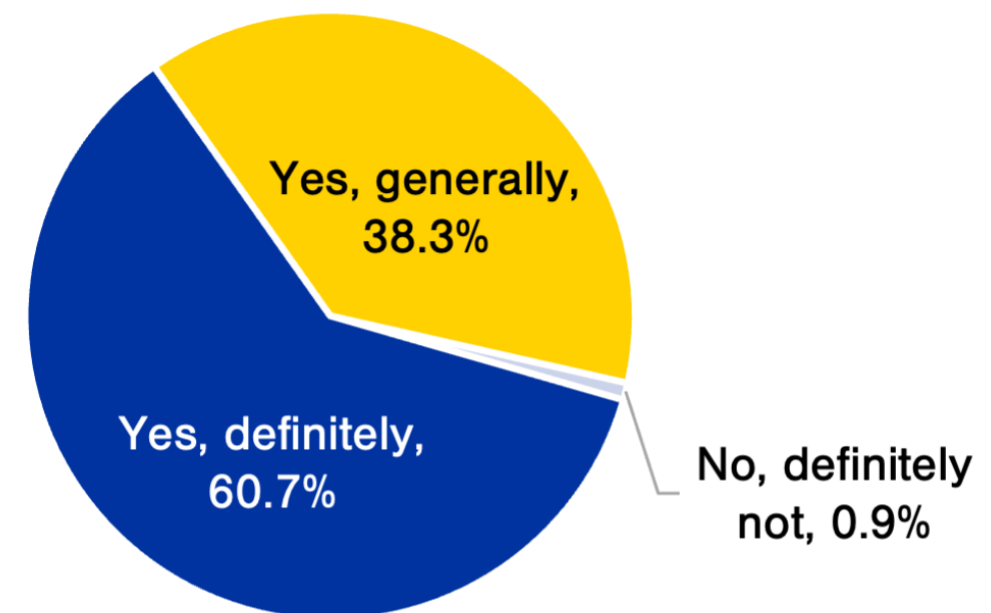
Overall benefit of workshop



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

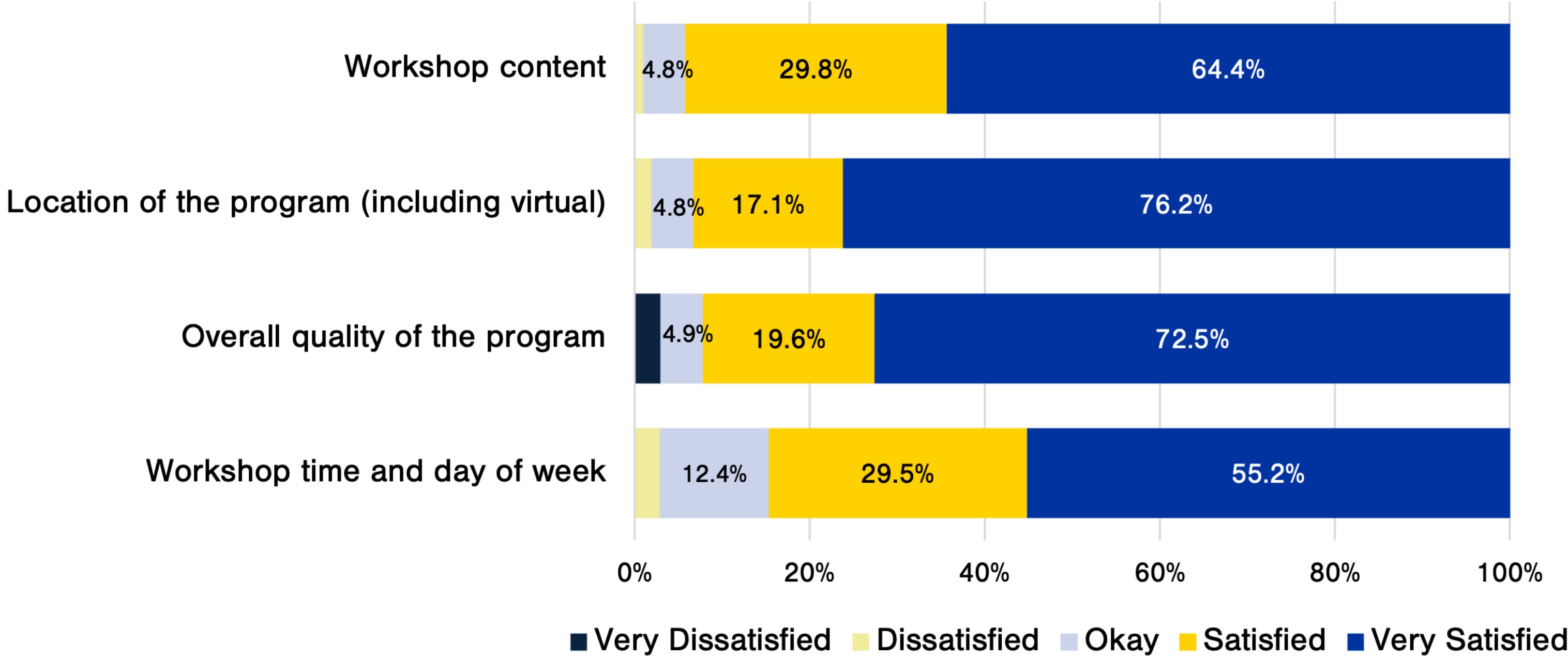


Did you get the type of education that you wanted in this workshop?



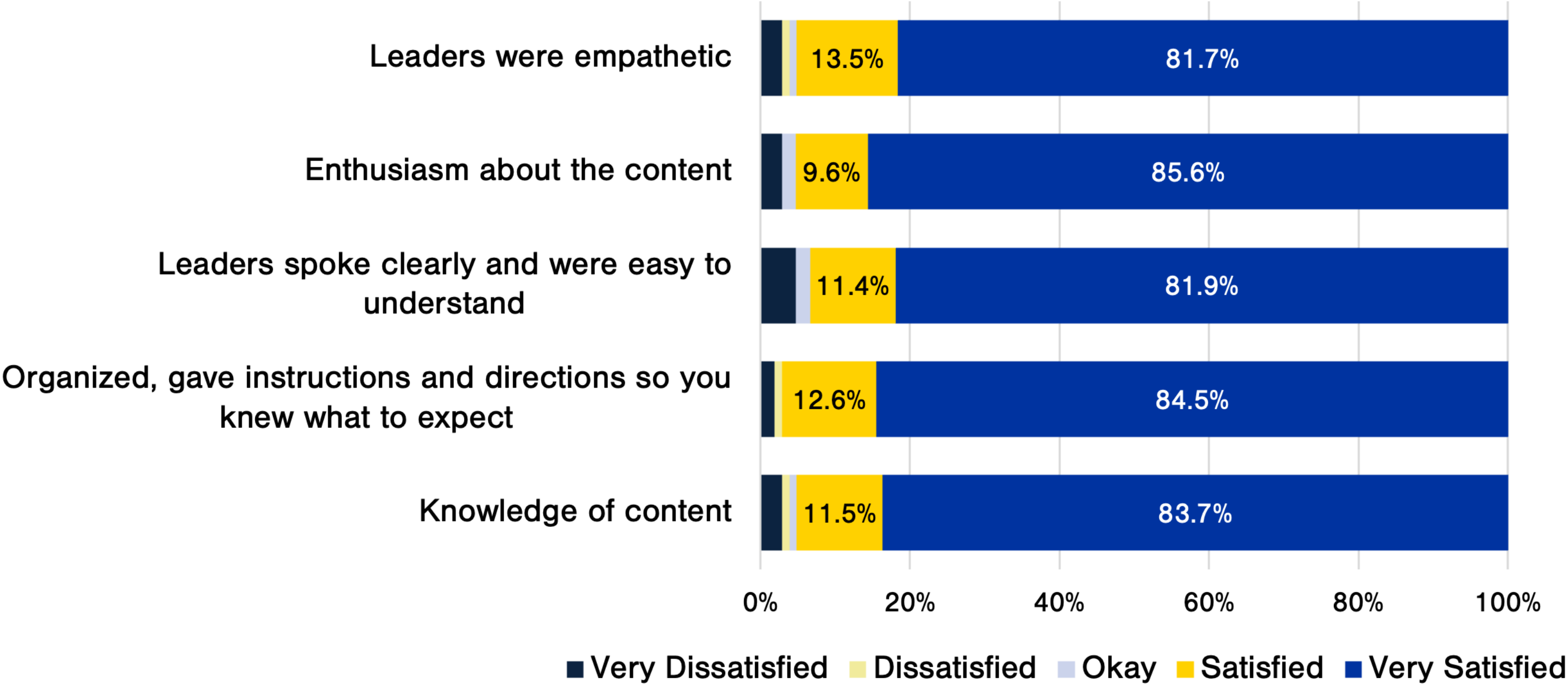
*Only participants who responded at both timepoints are included.

Satisfaction with Workshop Characteristics*



*Only participants who responded at both timepoints are included.

Satisfaction with Leader Characteristics*



*Only participants who responded at both timepoints are included.

Additional Comments – PA Workshops

To me, it was very beneficial. It was very relaxed, not a lot of pressure. It was about what you can do, not what you can't do.

Thank you for this opportunity to regenerate my exercise routine! It has made a difference in my daily routines.

My workshop experience helped because there were other people there which were like my accountability partners. Knowing that others would be there and were on the same path I am helped me keep showing up for the groups.

Good program. Good instructor. Very much needed in this area.

My instructor, Jen Hovland was great. She is easy to understand and keeps a little humor during our sessions which makes it more fun too.

Great environment. Enjoyed fellowship with other participants. Felt more satisfied with life in general.