



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

**2025
Program Enrollment
and Participant
Outcomes Report:
Physical Activity (PA)
Programs**

March 2026

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2025 Physical Activity Programs

SDSU Extension collaborates with the South Dakota Department of Health to offer Physical Activity (PA) programming designed to help adults living with ongoing physical and/or mental health conditions understand how physical activity can improve quality of life, boost self-confidence, and inspire positive lifestyle changes. The PA Program also provides training to volunteers to offer PA programs in their own communities throughout South Dakota.

Two physical activity programs were offered in 2025: Walk With Ease and EnhanceFitness. Walk With Ease is a 6-week community-based walking program that includes health education and leader implemented motivational strategies. Walk With Ease is designed to reduce pain and increase activity levels among adults with arthritis. The Arthritis Foundation oversees the Walk With Ease programs. Additional information can be found on their website: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-about-the-program>.

EnhanceFitness is a 16-week group exercise program that focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. EnhanceFitness is designed to improve physical well-being for older adults. Additional information on the EnhanceFitness Program can be found on the website: <https://projectenhance.org/enhancefitness>.

Individuals can register for PA Program workshops through the SDSU Extension website at: <https://extension.sdstate.edu/wellness/physical-activity>. Enrollment by phone is also available at 1-888-484-3800.

This annual report provides 2025 data on the utilization and outcomes of the SDSU Extension PA Programs. The specific aims were to share information on the number and types of programs offered, characteristics of participants, participant-reported outcomes at completion, and satisfaction with services provided.

From January 1, 2025, to December 31, 2025, a total of 10 workshops were offered (Table 1). The total number of enrolled individuals was 137 in 2025. Program completion rates were assessed for the Walk With Ease Program, defined as attending 12 of 18 sessions. The Walk With Ease Program showed a 61.5% completion rate.

Table 1. Physical Activity Workshops and Participation Numbers, 2025

Workshop Type	Number of Workshops	Total Participants (completed 1 or more sessions)	Total Completers (met program completion criteria)	Completion Rate
Walk with Ease	6	52	32	61.5%
Enhance Fitness	4	85	–	–
TOTAL	10	137		

Demographics of Physical Activity Workshop Participants

Participants were asked to complete an enrollment survey which gathers demographic information, health status, functional status, physical activity level, and caregiving. In 2025, 97.8% of participants in the Physical Activity Self-Management workshops completed the enrollment survey. The following section presents the demographic data for 134 responding participants in 2025.

Participants were more commonly female, white, and over age 64 (Figures 1-3). Ninety percent of participants were aged 60 or older. Participants reported a high education level with 45% percent reporting college graduate or higher. Over fourteen percent reported military service. Over one-quarter of participants (27.8%) noted that they lived alone and 22.0% were caregivers, reporting they provided regular care to a friend or family member with a long-term health condition or disability.

Figure 1. Gender of Physical Activity Program Participants

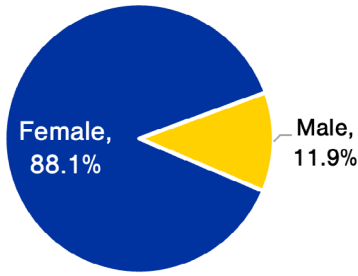


Figure 2. Race of Physical Activity Program Participants

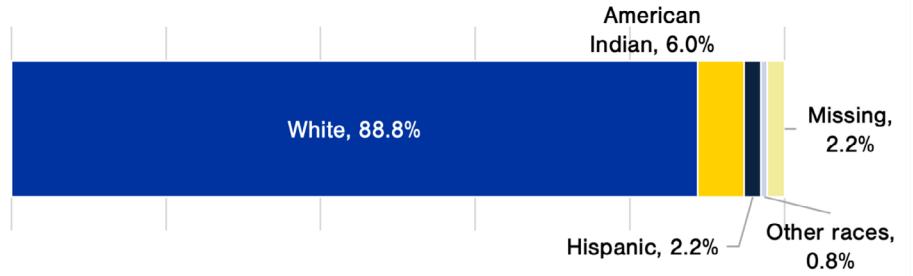
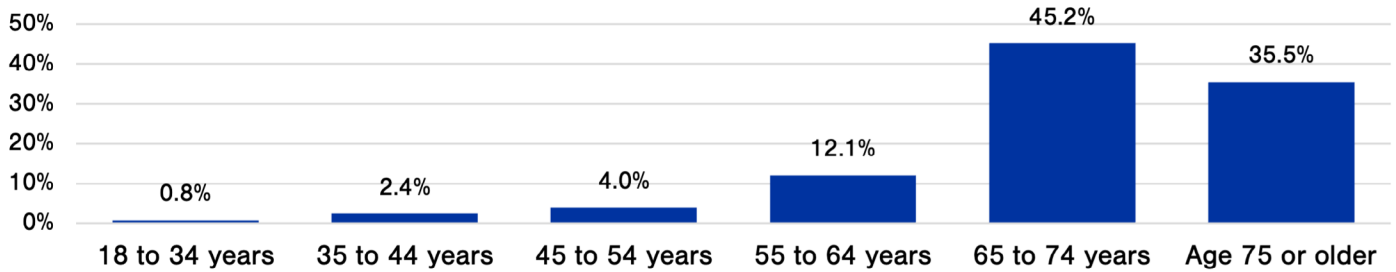


Figure 3. Age of Physical Activity Program Participants*



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

Over two-thirds of Physical Activity Program participants were married or living with a partner (Figure 4). Five percent reported they participated in the Supplemental Nutrition Assistance Program (SNAP). Most participants were retired (Figure 5). Write-in responses for other employment included: disability (n=3) and student (n=2).

Figure 4. Martial Status of Physical Activity Program Participants

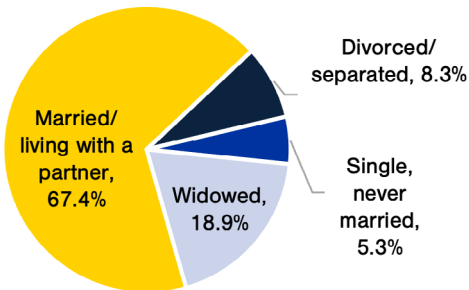
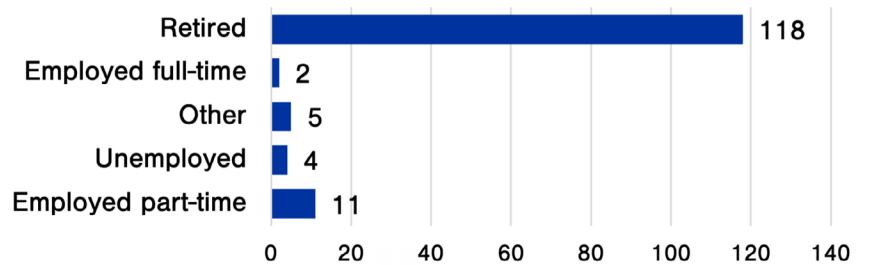


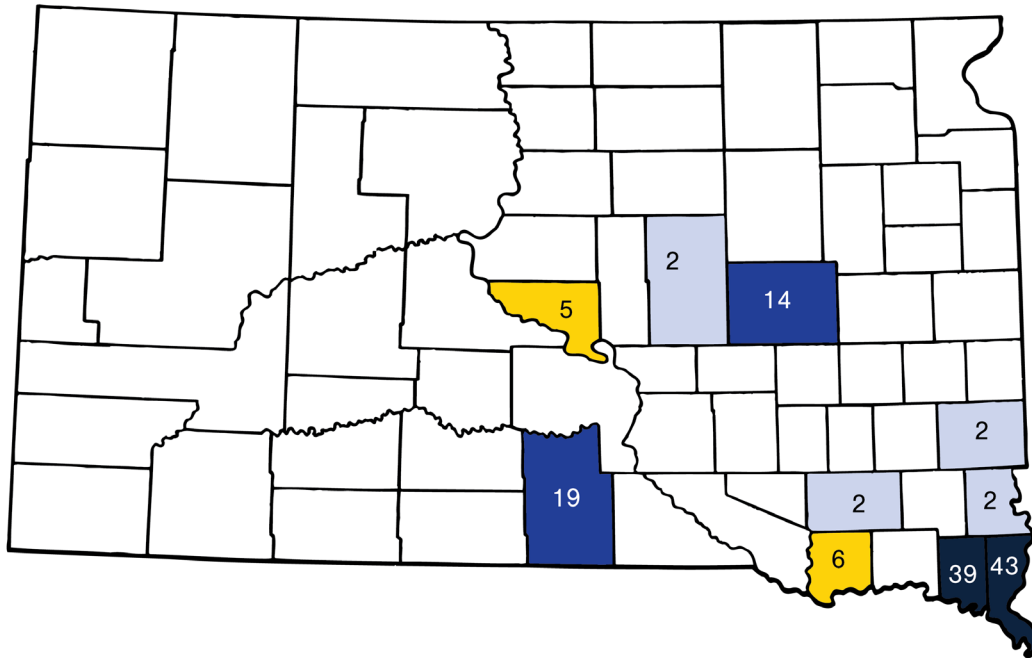
Figure 5. Employment Status of Physical Activity Program Participants



*Not summative as participants could select more than one.

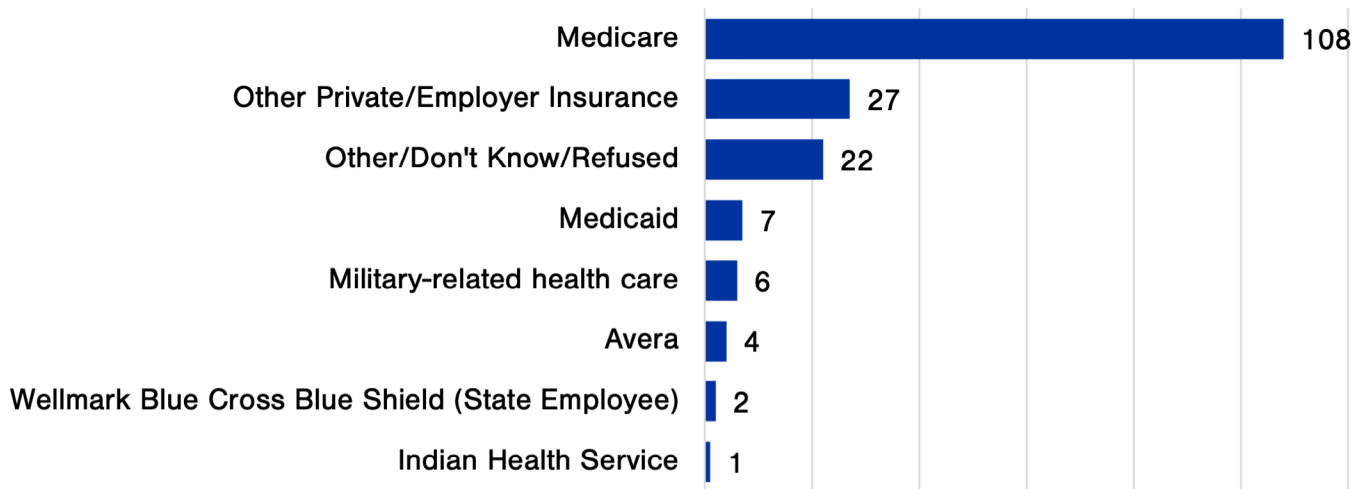
Physical activity program participants resided in 10 of the 66 counties in South Dakota (Figure 6). Attendees were most frequently from the Vermillion area.

Figure 6. Physical Activity Program Participants by County of Residence, 2025



Participants were asked about their type of insurance coverage. One participant reported no insurance coverage. Medicare was the most common type of insurance coverage reported at 58.1% of respondents, followed by 17.5% of participants indicating coverage under Medicaid and the same portion under other private insurance (Figure 7).

Figure 7. Physical Activity Program Participants Insurance Coverage Type, 2025*

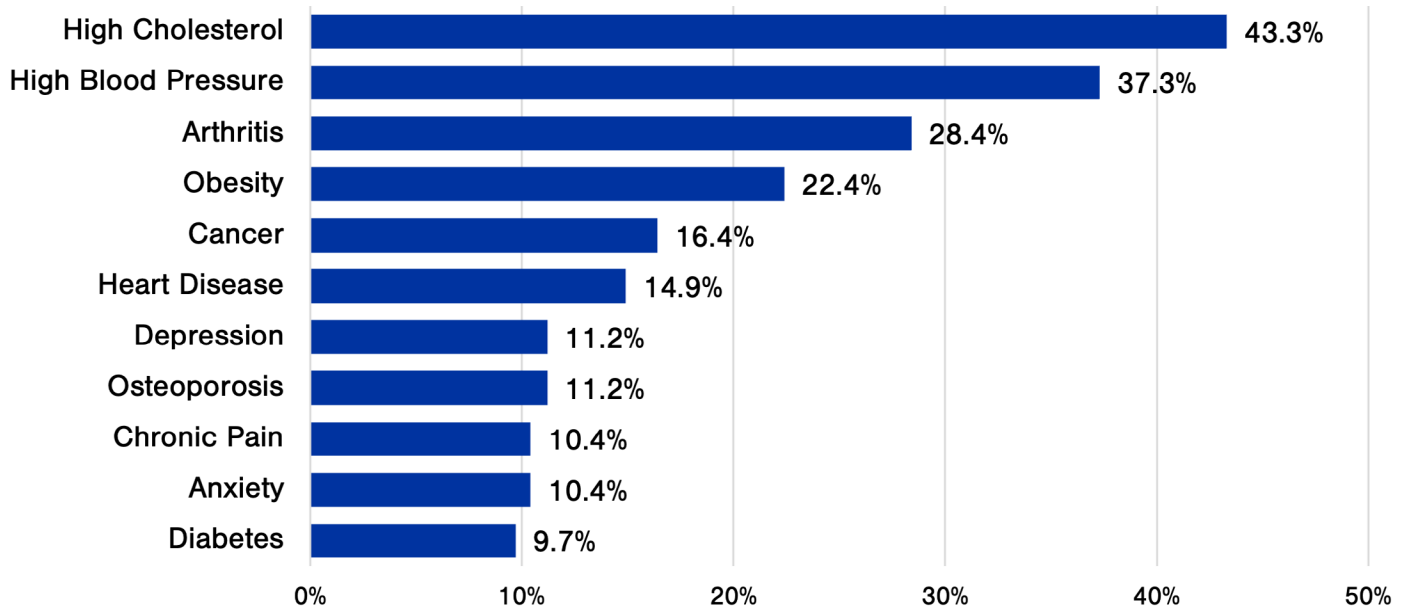


*Not summative as participants could select more than one.

Health Characteristics of Physical Activity Program Participants

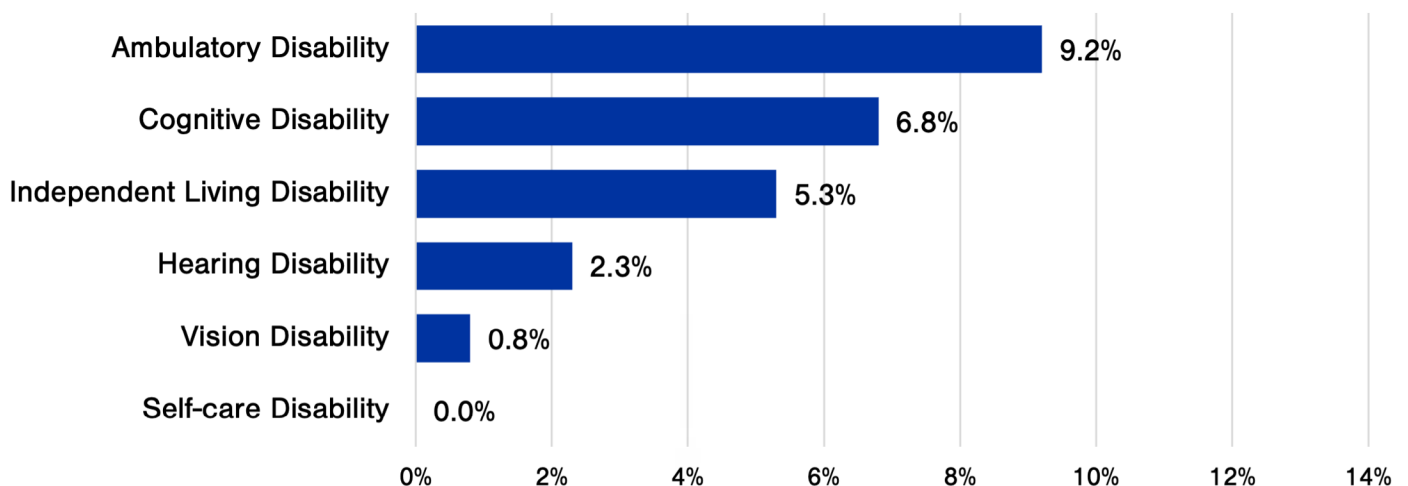
Individuals participating in the physical activity programs are asked about 20 specific chronic health conditions (plus an 'other' option) using a question, "Have you ever been told you have, or have you been treated by a healthcare professional for any of the following conditions?". Overall, 85.8% of participants reported at least one chronic health condition, and 28.4% reported four or more chronic health conditions. The most reported conditions are shown in Figure 8.

Figure 8. Most Common Chronic Health Conditions Reported by Physical Activity Program Participants, 2025



Disability was assessed using a standardized six-question scale from the US Census Bureau assessing hearing, vision, ambulatory, cognitive, self-care, and independent-living disability.² Overall, 15.8% indicated a disability, with one or more positive responses. This is similar to the overall disability rate among South Dakota adults at 15.9%.³ Responses by disability area assessed are shown in Figure 9.

Figure 9. Disability Reported by Physical Activity Program Participants, 2025*

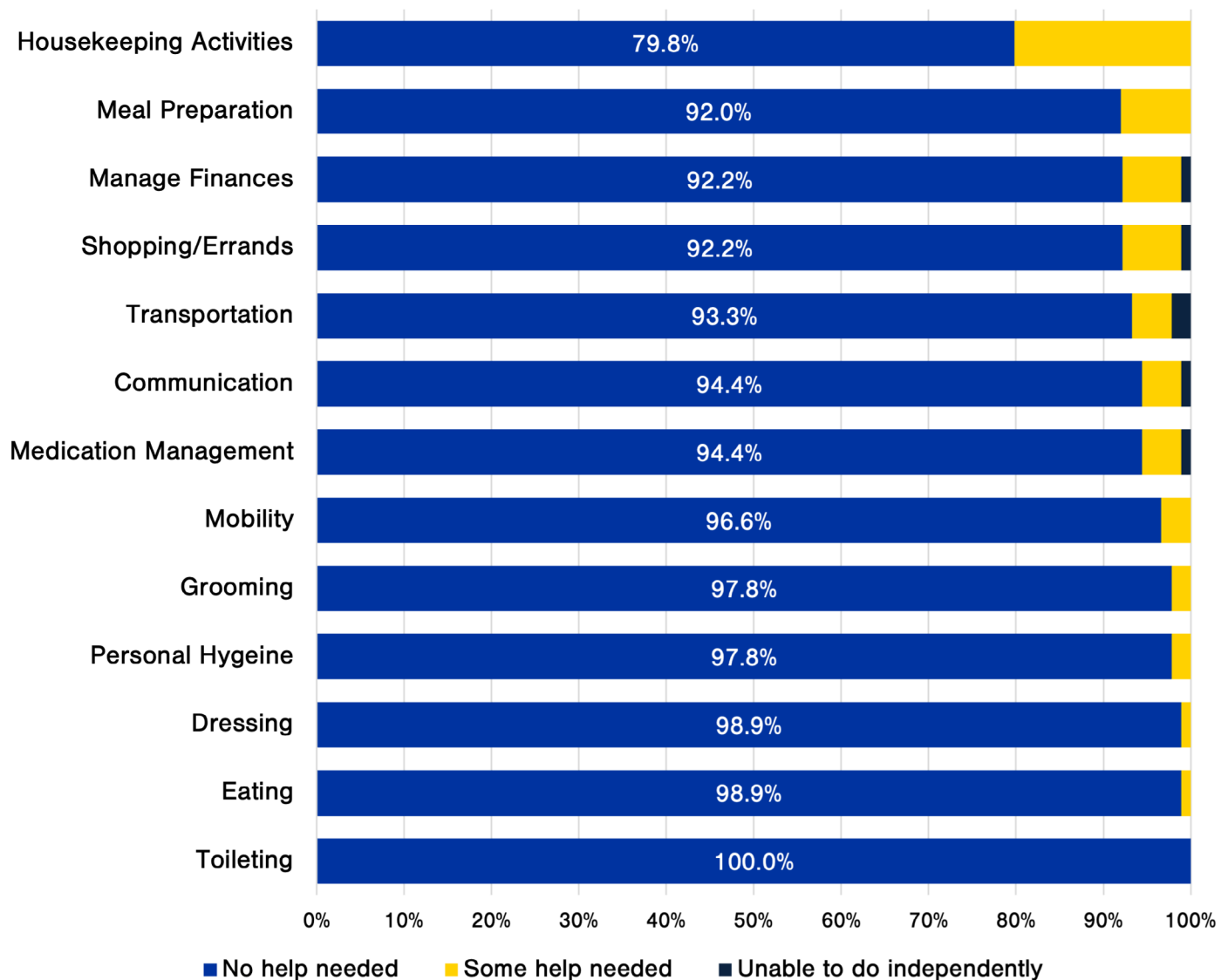


Activities of Daily Living

Participants aged 60 and older were asked to complete an assessment of functional status, or independence in completing activities of daily living (ADLs). The questionnaire assesses the level of assistance needed in 13 tasks ranging from mobility, dressing and hygiene to shopping, financial management and meal preparation. The questionnaire was scored from 0 to 26, where higher scores indicated less independence in ADLs. Completion of this questionnaire is optional.

Ninety of the 93 participants aged 60 and older completed the ADLs questionnaire in 2025. Many (77.8%) rated their ADLs at 0, indicating complete independence. Twenty-two percent had at least one area where some assistance was needed. The most common area of needed assistance was in housekeeping activities, meal preparation, managing finances, and shopping (Figure 10).

Figure 10. ADL Tasks Requiring Assistance, Physical Activity Program Participants Aged 60 and Older, 2025

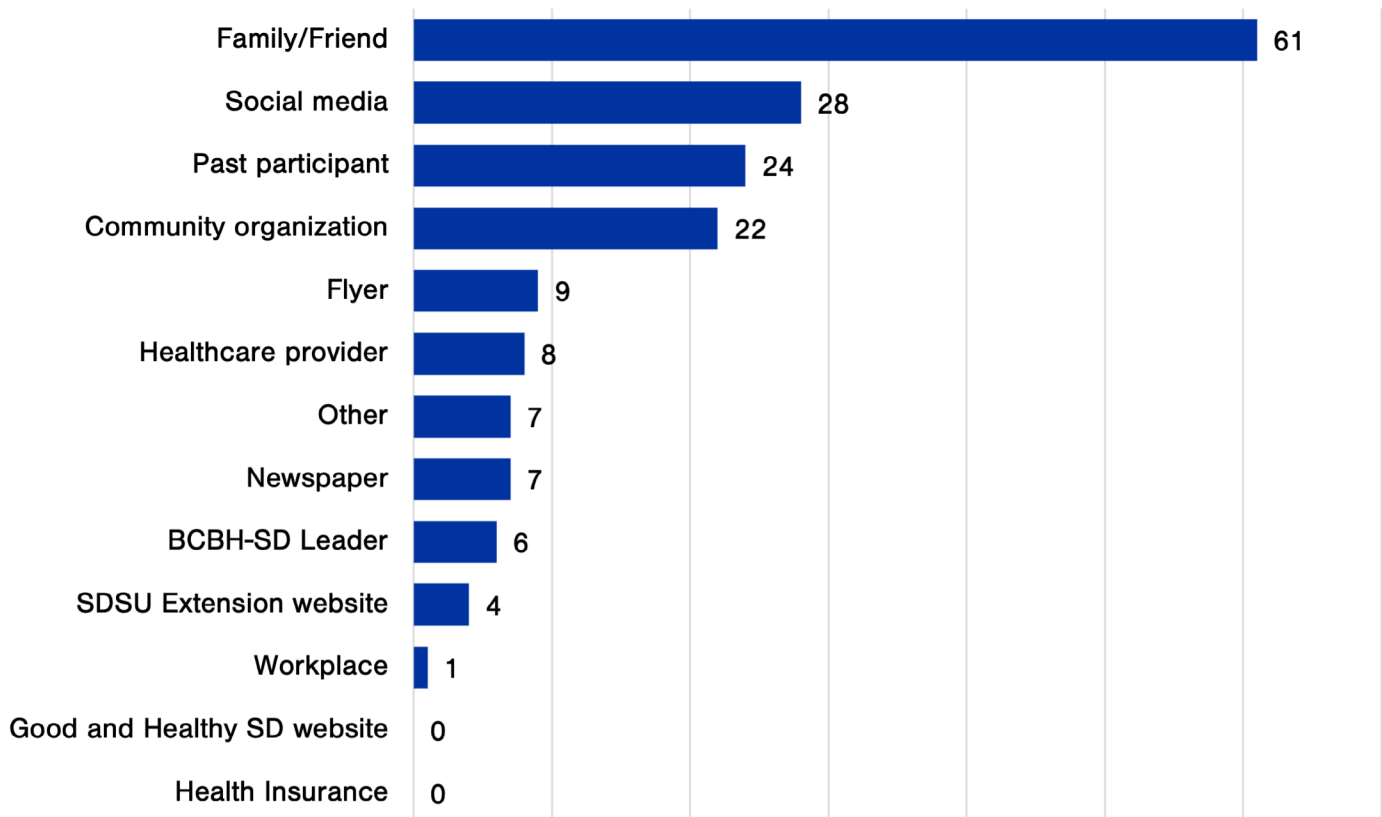


Avenues to Enrollment in the Physical Activity Programs

Physical activity program participants were asked how they heard about the workshops. Figure 11 shows the number of participants by most frequent responses on how they heard about the workshops. The most common response was family member or friend at 45.5% of respondents, followed by social media at 20.9% of participants.

Of those that responded that a health care provider recommended participating in a physical activity program, write-in responses for the name of the provider or facility included: *Danielle Rathjen (n=5), Sanford Clinic, and Scotland Clinic*. Write-in responses for community organization included: *Elk Point Community Chat, Jen Hoveland, Main Street Center (n=7), Senior Center (n=2), Vermillion Senior Center, and walking group/impact*. 'Other' way of learning about the workshops included *DakotaFest and from my instructor of SAIL class*.

Figure 11. How Physical Activity Program Participants Heard about the Programs, 2025



Outcomes of Physical Activity Program Participants

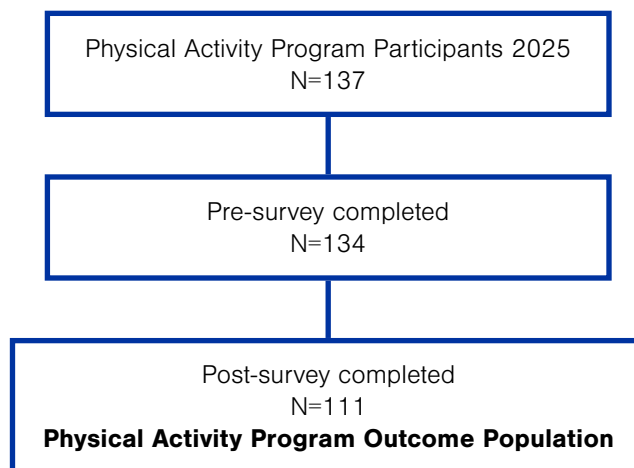
Population and Evaluation Procedures

Outcomes of the physical activity programs are measured using a pre-workshop and a post-workshop participant survey. The survey includes questions recommended by the National Council on Aging for tracking utilization and outcome indicators for chronic disease self-management programs,⁴ and questions from the Administration for Community Living for fall prevention programming.⁵ Additional questions added by the BCBH-SD program assess use of other state programs, use of pain medications, and satisfaction with programming. Outcome measures examine change in various facets of health status and activity levels from pre to post timepoint.

Participants were asked to complete the pre-survey online throughout the month before the workshop (multiple contacts via email, phone, and text to prompt participation), and those who had not completed the pre-survey by workshop start date were asked to complete the survey by the workshop leader using a chat link in the virtual workshop session, or a paper survey form for in-person workshops. Virtual workshop leaders provided a post-survey link in the workshop chat at the last session to prompt completion of the post-survey. In-person workshop leaders provided a paper post-survey form to complete. If the post-survey was not completed within one week of the last session, up to four reminders by email, phone or text were made to prompt participation before the participant was considered lost to follow-up.

As shown in Figure 12, among the 137 physical activity program participants in 2025, 3 participants did not complete a pre-survey. Of those who completed the pre-survey, an additional 23 participants did not complete a post-survey and were excluded from the outcome assessment. Outcome measures for the remaining 111 physical activity program participants are provided in this section of the report.

Figure 12. Physical Activity Program Population for Outcome Assessment, 2025

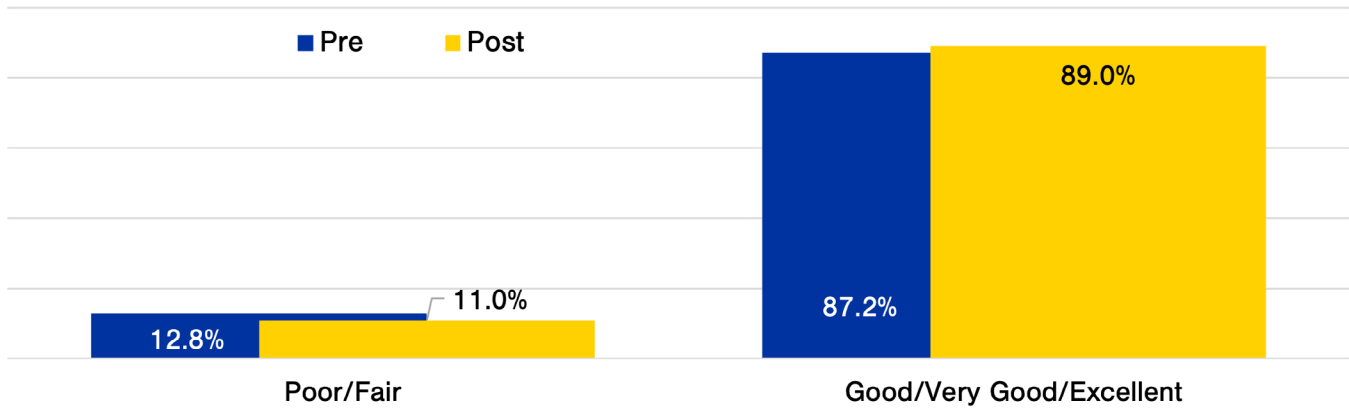


Self-rated Health

Self-rated health is a common measure used to assess an individual's perception of their overall health. Lower levels of self-rated health level have been shown to associate with poorer mental health, less satisfying social relationships, and higher rates of chronic disease.⁶ Self-rated health has also been identified as a predictor of early mortality.⁷ Furthermore, engagement in disease self-management activities has shown to improve self-rated health measure among individuals with chronic health conditions.⁸

Self-rated health is measured using a single, standardized question: "In general, would you say that your health is: excellent, very good, good, fair or poor."⁹ Pre and post responses are shown in Figure 13. Over one in five participants (25.2%) noted improvement in self-rated health after participating in the workshop, with 60.7% unchanged and 14.0% showing a lower level of self-rated health from pre-to-post workshop participation.

Figure 13. Self-Rated Health, Physical Activity Program Participants, 2025*

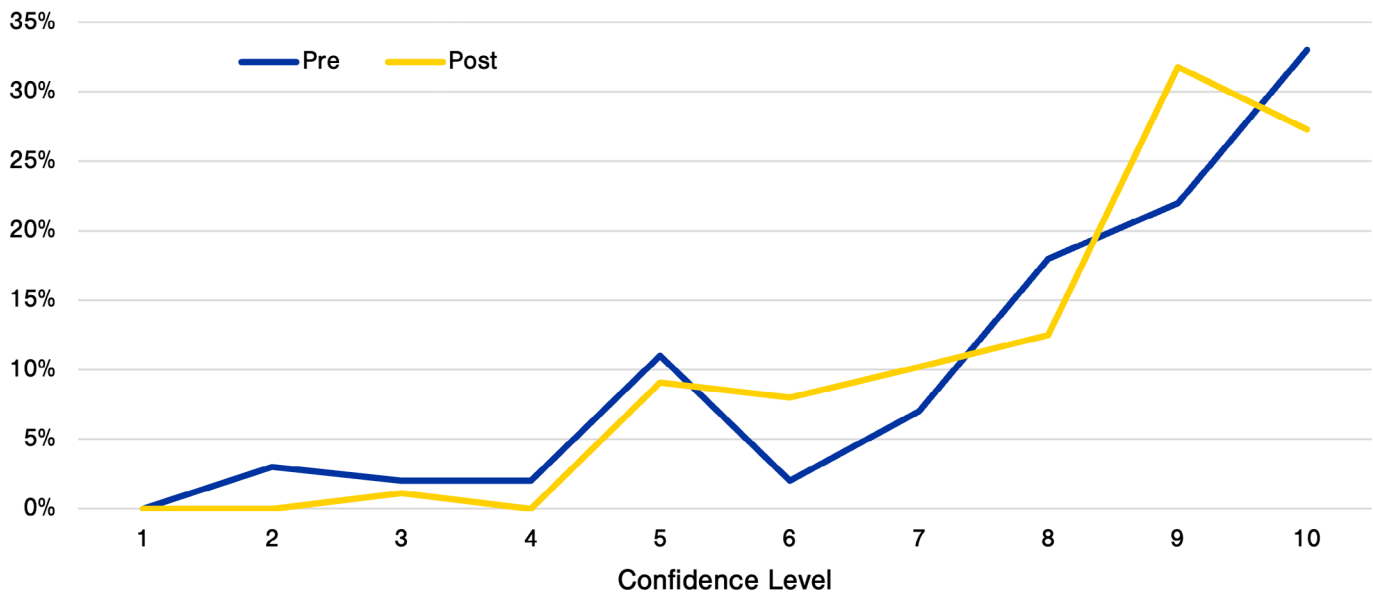


*2 survey participants at the pre-survey timepoint did not respond and 2 survey participants at the post-survey timepoint did not respond. Only respondents shown in graph.

Confidence in Managing Condition

Participants were also asked to rate confidence in their ability to manage the chronic health condition on a scale from 1 to 10 where 1 was ‘totally unsure/not confident’ to 10 as ‘totally sure/confident’. Figure 14 shows the portion of the pre-and-post survey population for each numeric rating, with no significant mean changes between the groups. Higher confidence was found among 30.4% of participants at the post timepoint, and lower confidence was reported by 30.5% of participants.

Figure 14. Participant Reported Confidence Level in Self-Managing Chronic Condition, Physical Activity Program Participants, 2025*

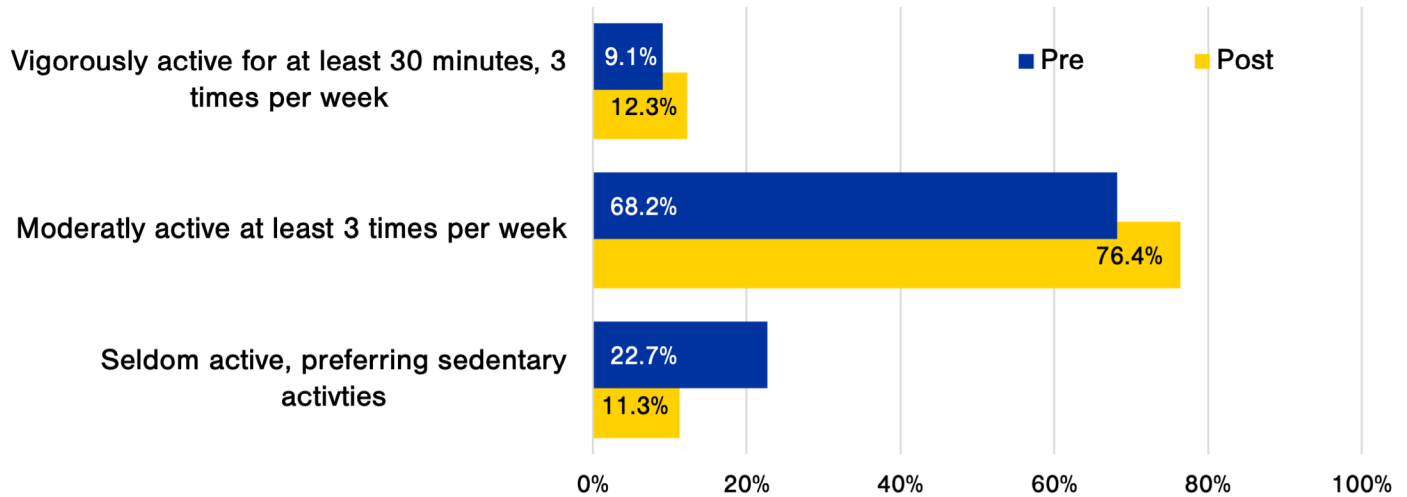


*11 survey participants at the pre-survey timepoint and 23 participants at the post-survey timepoint did not respond. Only respondents shown.

Activity Level

Participants were asked to rate their weekly activity level, as shown in Figure 15. Activity level increased from pre-to-post workshop participation for 18.1% of participants, with 78.1% reporting no change in activity level, and 3.8% reporting a decreased activity level after participating in the physical activity program.

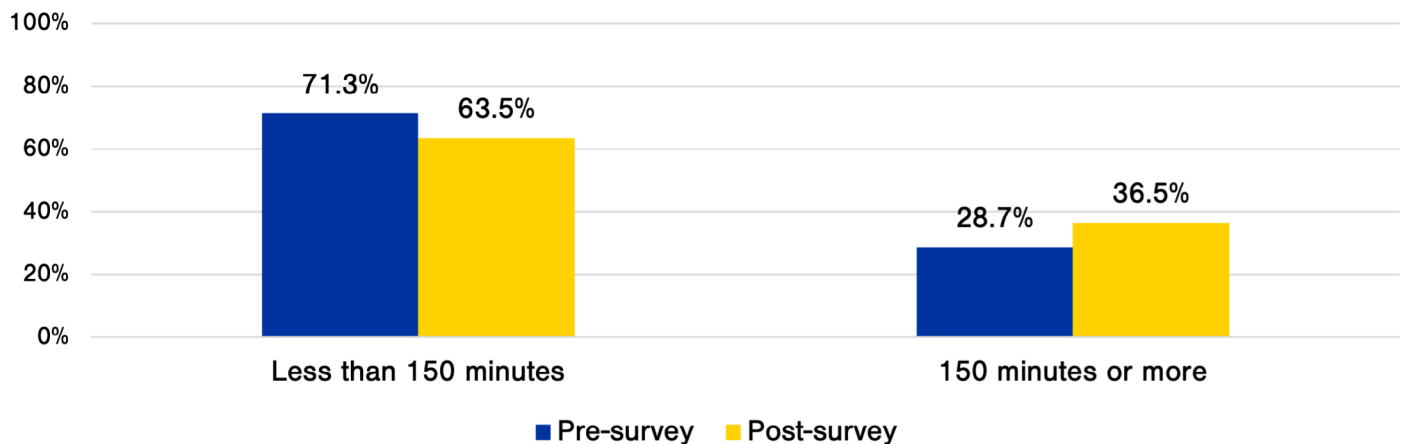
Figure 15. Weekly Activity Level, Physical Activity Program Participants, 2025*



*1 survey participant at the pre-survey timepoint and 5 participants at the post-survey timepoint did not respond. Only respondents shown in graph.

Participants average weekly walking minutes were compared between the pre and post survey. Participants reported significantly higher weekly walking minutes from beginning of the program (mean = 105.4 minutes) to the end of the program (mean = 123.9 minutes) ($p < 0.05$). Figure 16 shows that at the pre-survey timepoint 28.7% were meeting the recommended 150 minutes of physical activity per week, and at the post timepoint 36.5% were meeting the recommendation.¹¹

Figure 16. Weekly Walking Minutes, Physical Activity Program Participants, 2025*



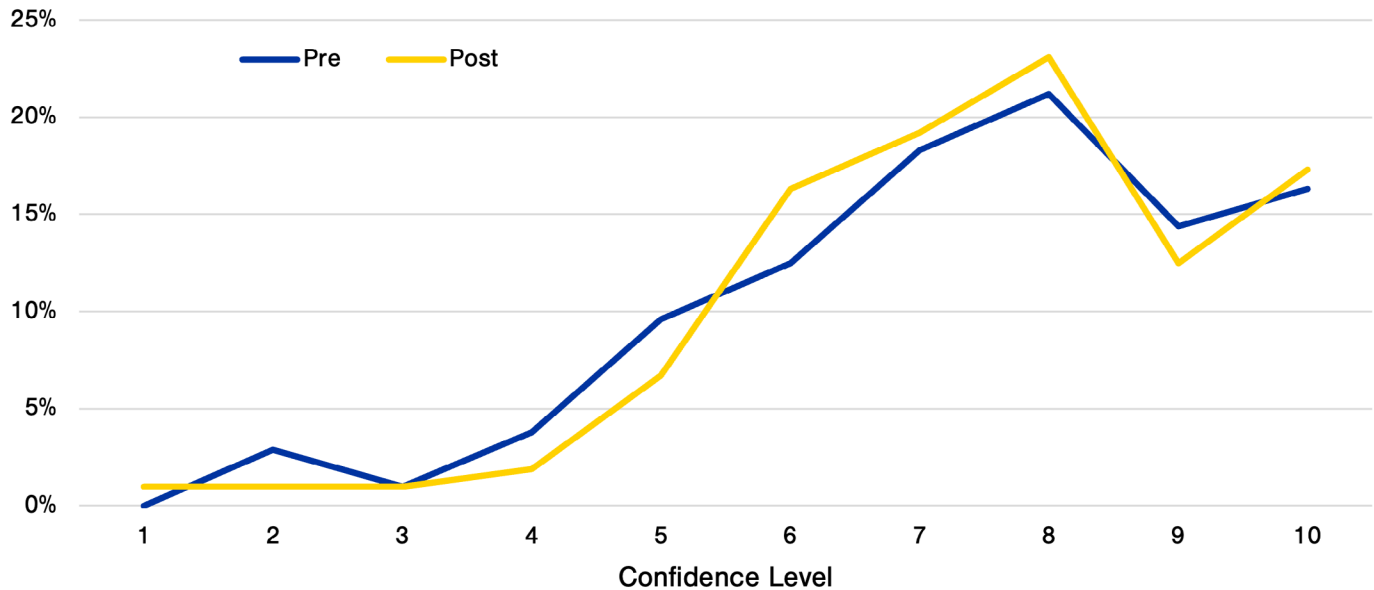
*3 survey participants at the pre-survey timepoint and 7 participants at the post-survey timepoint did not respond. Only respondents shown in graph.

Participants' average strength and flexibility training minutes were compared between the pre- and post-survey. No difference was found with an average of 56.4 minutes at the pre timepoint and an average of 57.9 minutes at the post timepoint.

Confidence in Physical Activity

Participants were also asked to rate confidence in their ability to maintain or increase level of physical activity, on a scale from 1 to 10 where 1 was 'not at all confident' to 10 as 'extremely confident'. The mean rating was 7.4 at the pre survey timepoint and 7.5 at the post survey timepoint, showing no change. Figure 17 shows the portion of the pre-and-post survey population for each numeric rating. Higher confidence was found among 42.4% of participants at the post timepoint, and lower confidence was reported by 28.3% of participants.

Figure 17. Participant Reported Confidence Level in Maintaining or Increasing Physical Activity, Physical Activity Program Participants, 2025*

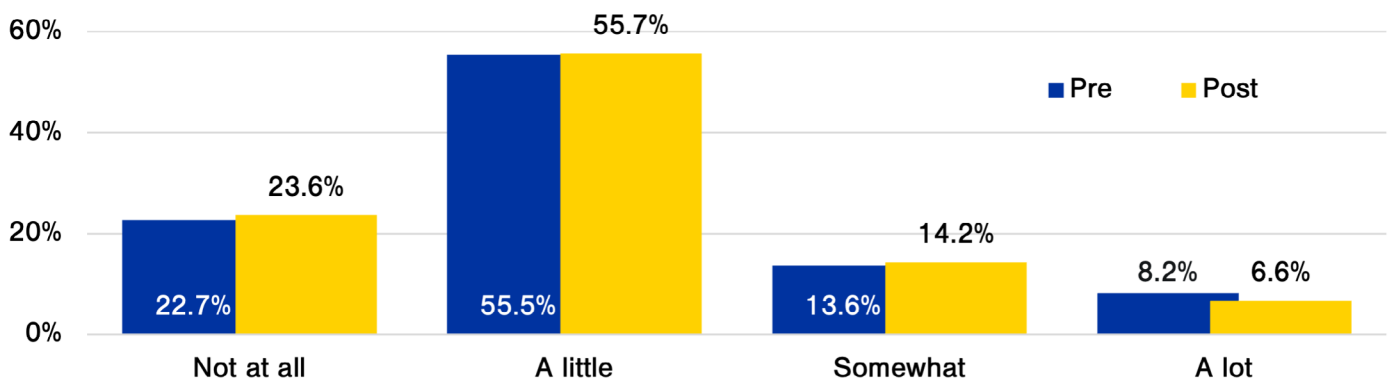


*7 survey participants at the pre-survey timepoint and 7 participants at the post-survey timepoint did not respond. Only respondents shown.

Fall Management

Participants were asked about fear of falling, as shown in Figure 18. Individually, 22.9% of participants reported less fear of fall after participating in the BCBH-SD workshop, and 18.1% showed greater fear of falling after participating. At the pre timepoint, 6.3% said that this fear 'moderately', 'quite a bit', or 'extremely' interfered with normal activities with family and friends, with a similar portion noting the same at the post-survey timepoint.

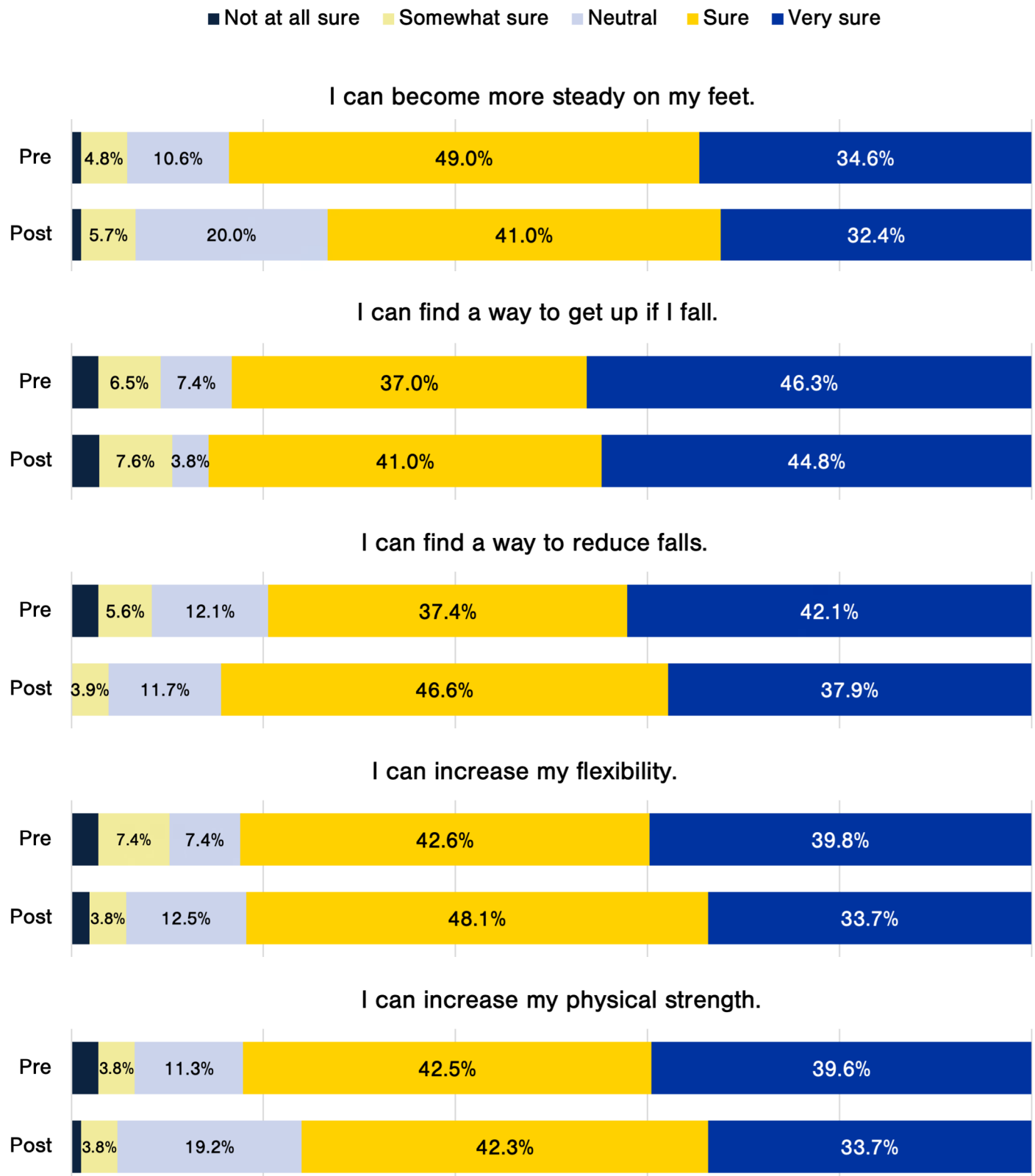
Figure 18. Participants Reported Fear of Falling, Physical Activity Program Participants, 2025*



*1 survey participants at the pre-survey timepoint and 5 survey participants at the post-survey timepoint did not respond. Only respondents shown in graph.

Participants were asked a series of questions related to strength, flexibility and steadiness. The questions were rated on a 5-point scale from 'not at all sure' to 'very sure'. Few differences were noted from pre-to-post survey participation (Figure 19). Only respondents shown.

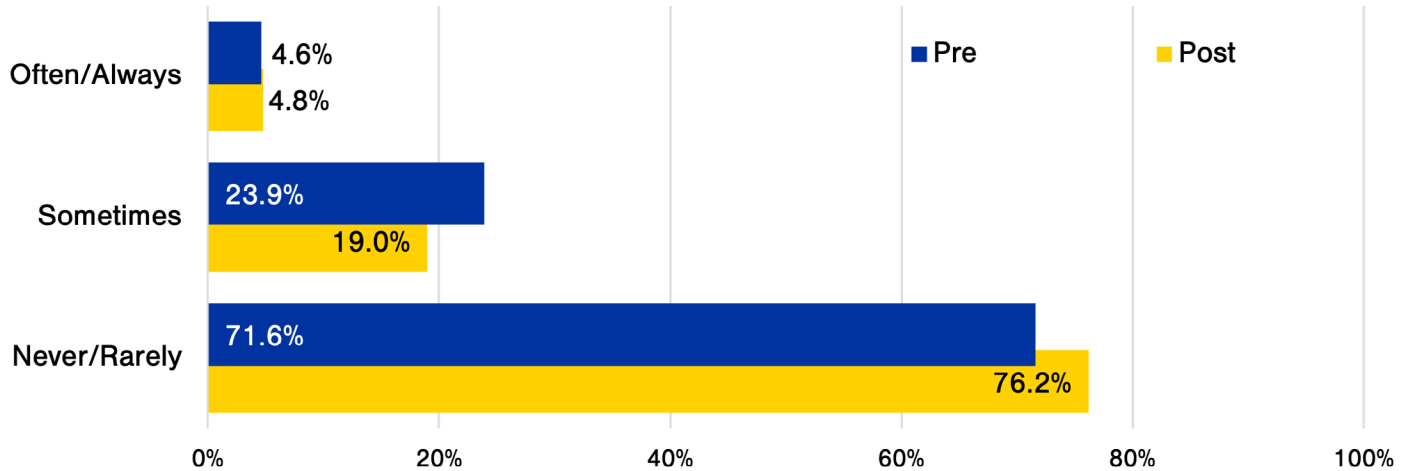
Figure 19. Participants Self-Report of Confidence in Physical Ability, Physical Activity Program Participants, 2025



Loneliness and Isolation

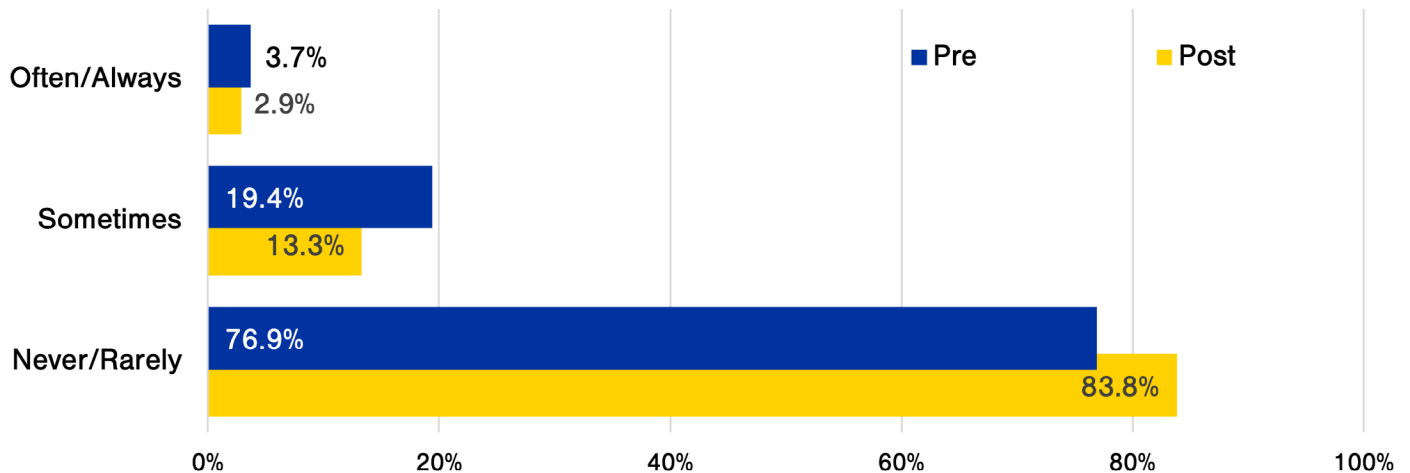
Participants were asked to rate how often they felt lonely and in another question rate how often they feel isolated from others. Pre-and-post responses are shown in Figure 20 and 21. Over one-quarter of participants reported less frequent feelings of isolation after participating in the physical activity program.

Figure 20. Frequency of Loneliness, Physical Activity Program Participants, 2025*



*2 survey participants at the pre-survey timepoint and 6 participants at the post-survey timepoint did not respond. Only respondents shown in graph.

Figure 21. Frequency of Isolation, Physical Activity Program Participants, 2025*



*3 survey participants at the pre-survey timepoint and 6 participants at the post-survey timepoint did not respond. Only respondents shown in graph.

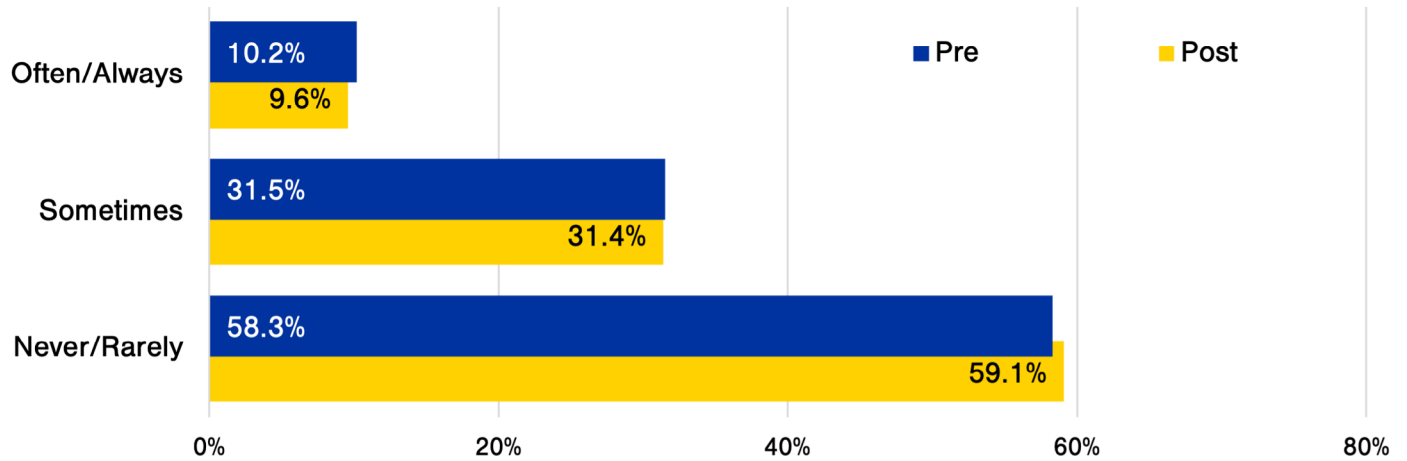
Pain Medication Use

On the pre-workshop survey, about one-quarter of participants reported using pain medications to cope with pain. Participants were asked to rate on a scale from 1 to 10 how confident they are that they can do things other than taking medications to manage pain, where 1 means 'not at all confident' and 10 means 'completely confident'. Only twenty-five individuals responded at both timepoints, so the data is not reported due to low numbers

Stress Level

Participants were asked to rate how often they felt nervous and stressed. Pre and post responses are shown in Figure 22. Individually, 18.4% of participants reported less frequent feelings of stress after participating in the BCBH-SD workshop, and 19.4% showed more frequent feelings of stress after participating.

Figure 22. Frequency of Feeling Nervous and Stressed, Physical Activity Program Participants, 2025*

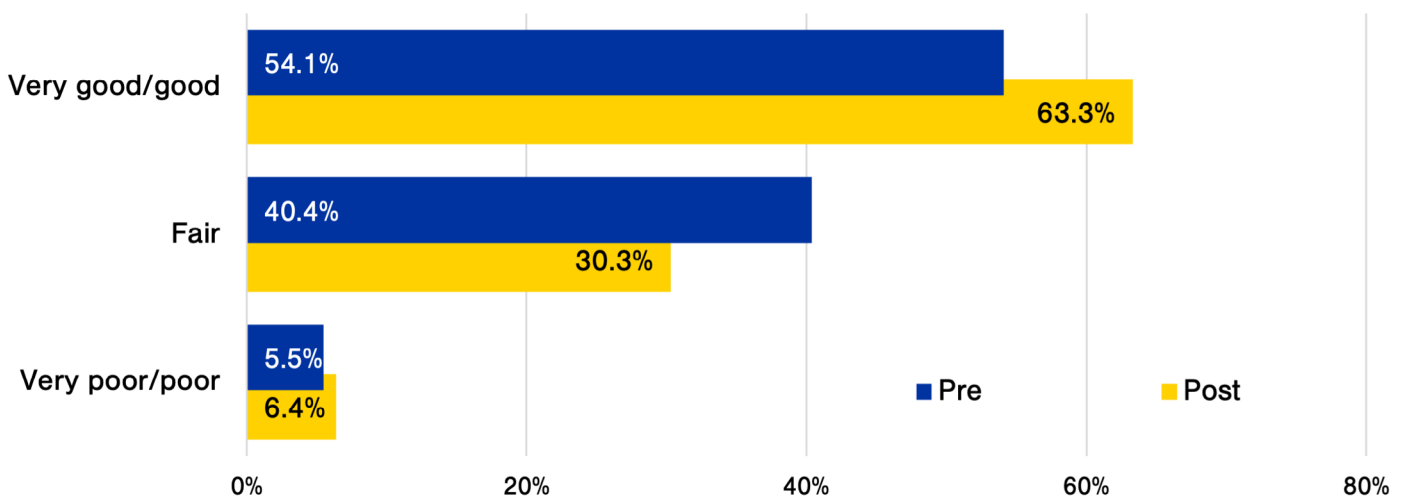


*3 survey participants at the pre-survey timepoint and 6 survey participant at the post-survey timepoint did not respond. Only respondents shown in graph.

Sleep Quality

Participants were asked to rate the quality of their sleep in the past month from very poor to very good. Pre-and-post responses are shown in Figure 23, showing improvement from pre-to-post survey. Individually, 28.1% of participants reported improved sleep quality after participating in the physical activity workshop.

Figure 23. Sleep Quality, Physical Activity Program Participants, 2025*



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

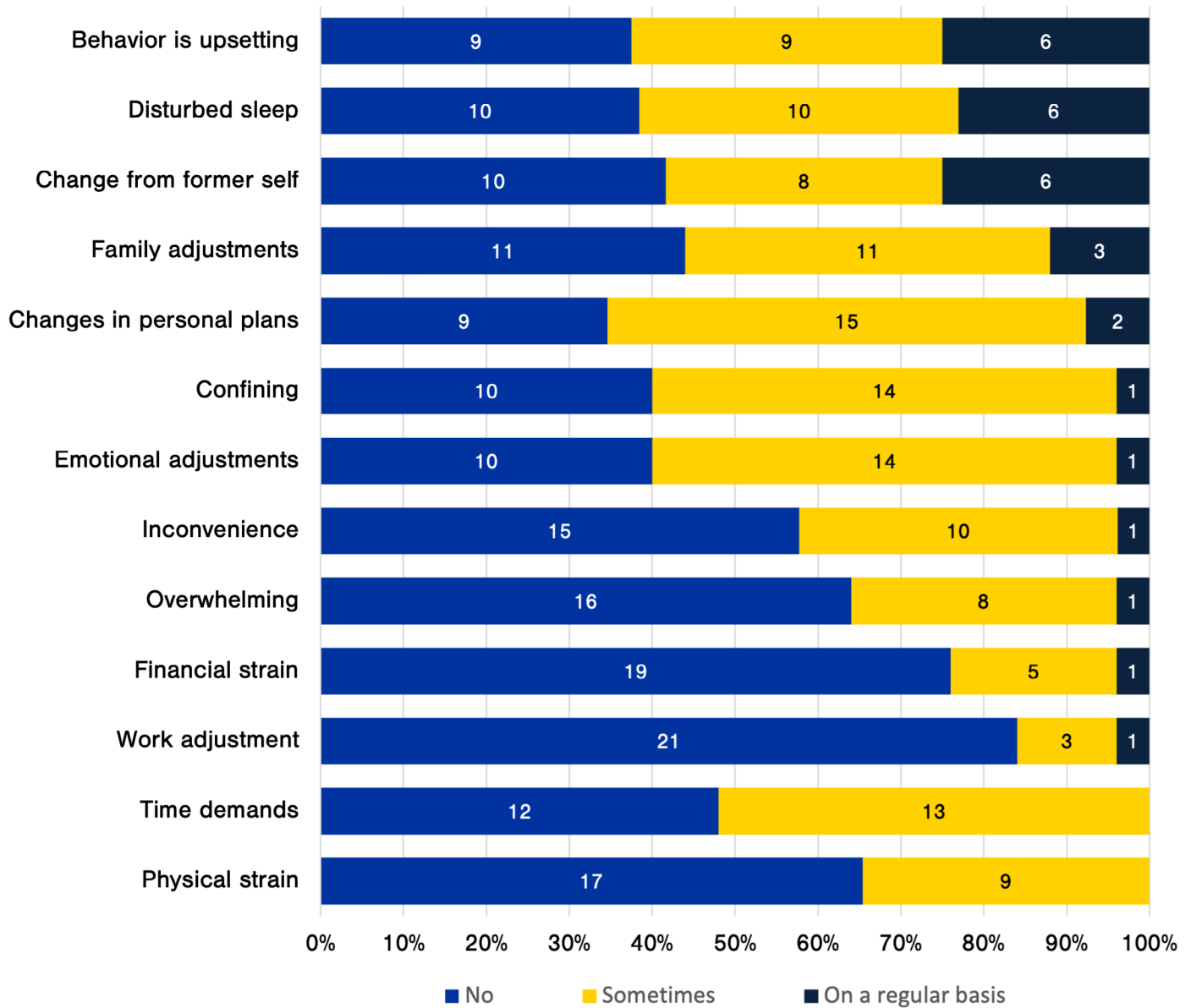
Caregiving

Twenty-nine participants reported they provided regular care to a family member or friend with a long-term health condition or disability. The mean number of weekly hours providing care was 29.2 hours per week, ranging from 1 to 168 hours.

Care Giver Strain Index

Caregivers (n=29) were asked to complete the Caregiver Strain Index¹⁰ which examines the impact on the caregiver in the areas of financial, physical, psychological, social, and personal well-being. The Index is scored from 0 to 26, where higher scores indicate more strain. The mean score among the 26 participants who responded was 7.2. The most frequently selected areas of regular caregiver strain upsetting behaviors and disturbed sleep (Figure 24).

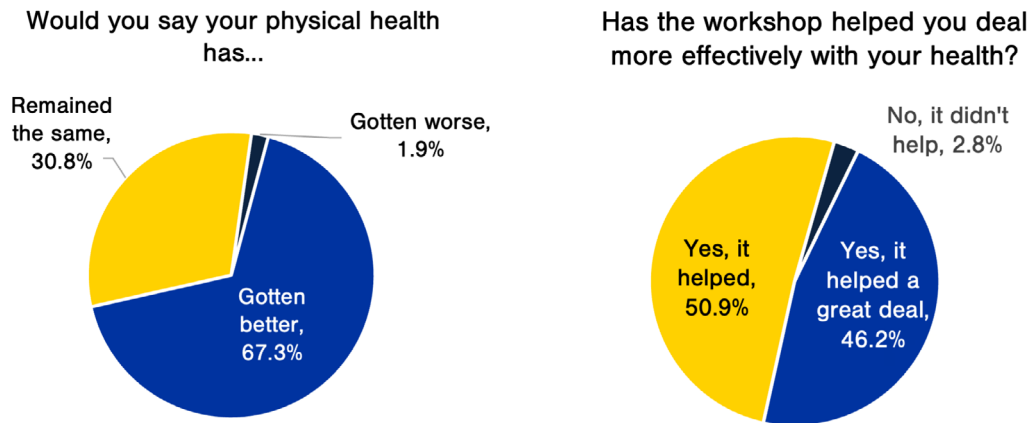
Figure 24. Caregiver Strain Index Results, Physical Activity Program Participants who were Caregivers, 2025 (n=26)*



Health Changes

Questions were asked of the participants to assess the perceived impact of the workshop on self-managing conditions, and to measure behavior changes implemented due to participation. First, participants were asked if they felt their physical health has changed since participation, with 67.3% indicating improvement. Participants were also asked if the workshop helped them better manage their condition with 97.1% indicating it helped (Figure 25).

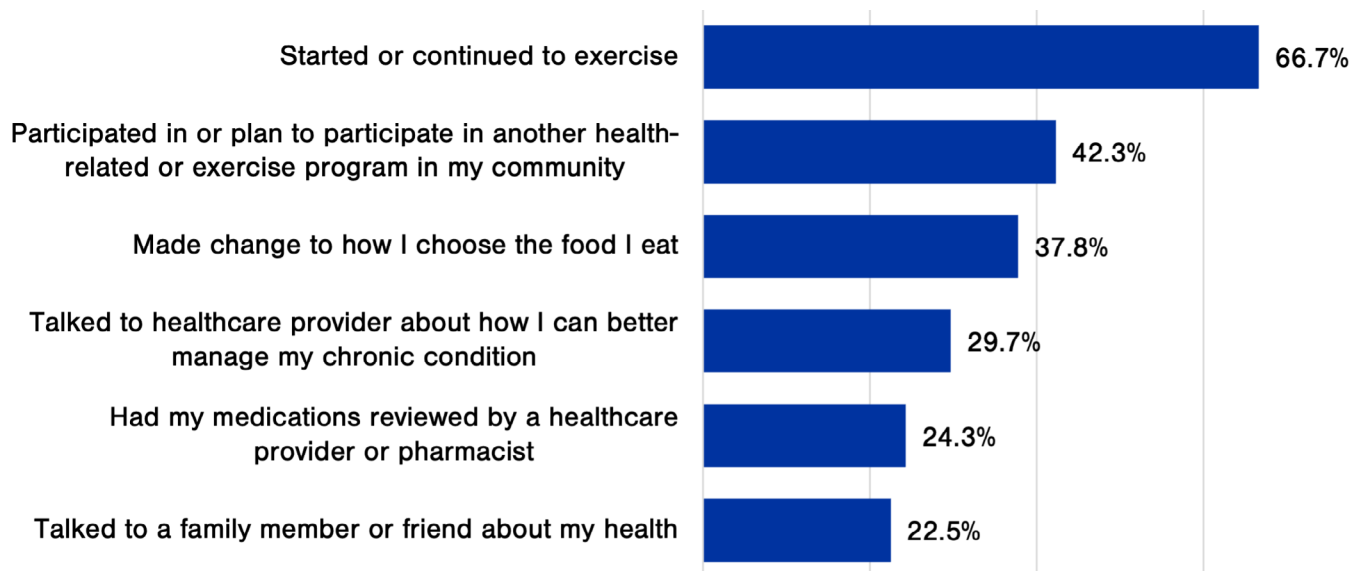
Figure 25. Health Changes after Participation, Physical Activity Program Participants, 2025



*4 participants did not respond to physical health question, and 5 participants did not respond to the dealing more effectively with health question. Only respondents shown in graph.

Participants were about health promoting behaviors after participating in the program. The most common behavior was exercise, followed by participating in another health or exercise program in the community (Figure 26).

Figure 26. Health Promotion Behaviors Initiated, Physical Activity Program Participants, 2025

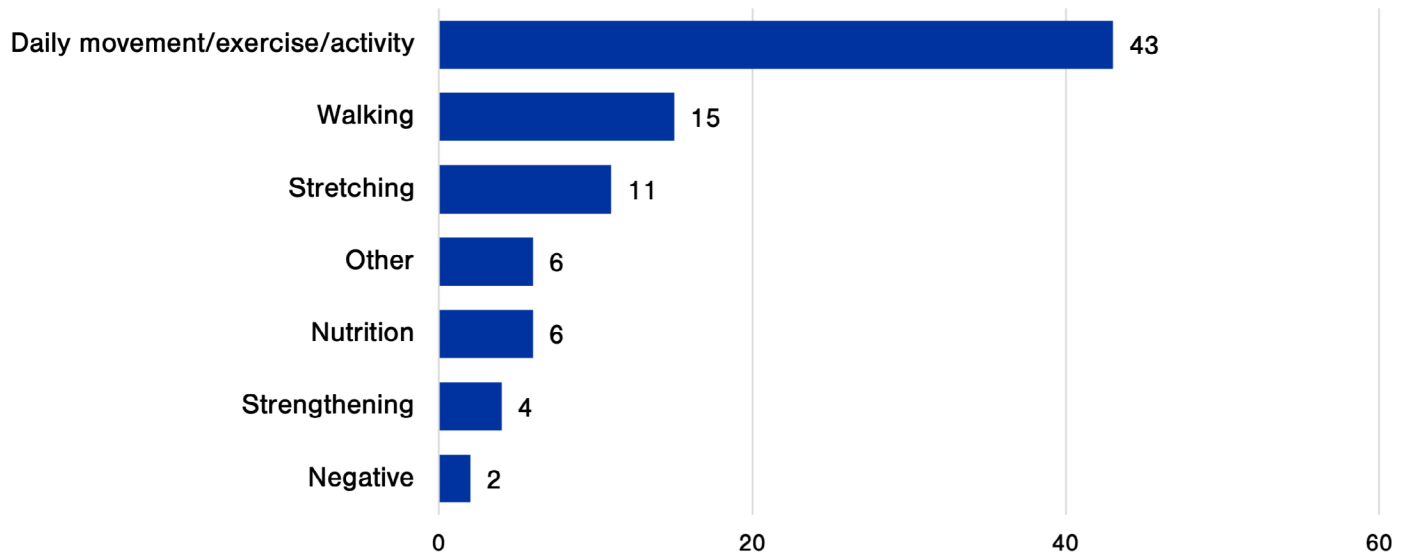


Planned Lifestyle Changes after Participation

Participants were asked to report what they planned to do differently in life and/or for health after participating in the program. Responses were recorded for 67 of the 111 participants completing the post survey. The most frequent responses were continuing with daily exercise/movement (Figure 27). Select illustrative comments provided below, with all comments provided in the Appendix.

- I want to get up every day and stretch every part of my body
- Just to continue walking and keep up the exercise. Not to just do it this one time and not do it anymore. I just plan to continue.
- Continue to try to walk daily
- Continue moving every day!
- Keep moving it's really help my knees.
- To continue working on my health and continue with my nutrition.

Figure 27. Planned Lifestyle Changes, Physical Activity Program Participants, 2025*



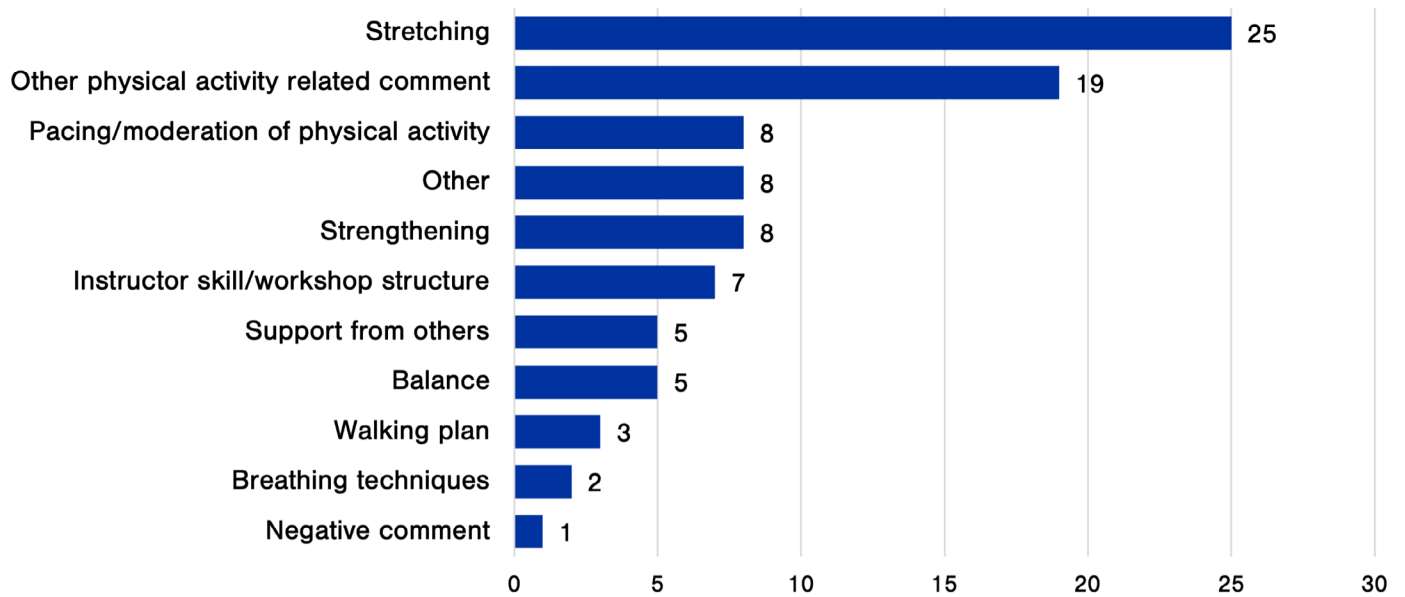
*Not summative as comments could be classified into more than one theme.

Most Useful Tool/Skill Learned

Participants were asked to report the most useful skill or tool learned while participating in the physical activity program. Responses were recorded for 72 of the 111 participants completing the post survey. The most frequent responses were stretching and general physical activity related comments (Figure 28). Select illustrative comments are provided below, with all comments provided in the Appendix.

- How to stretch properly
- I learned that strength and flexibility are important as I age, and I learned how important it is to participate in daily exercise!
- Learned different kinds of exercises and a routine I can do at home
- Strengthening exercises to improve balance and gain confidence in myself.
- 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!
- Go at your own pace and have fun

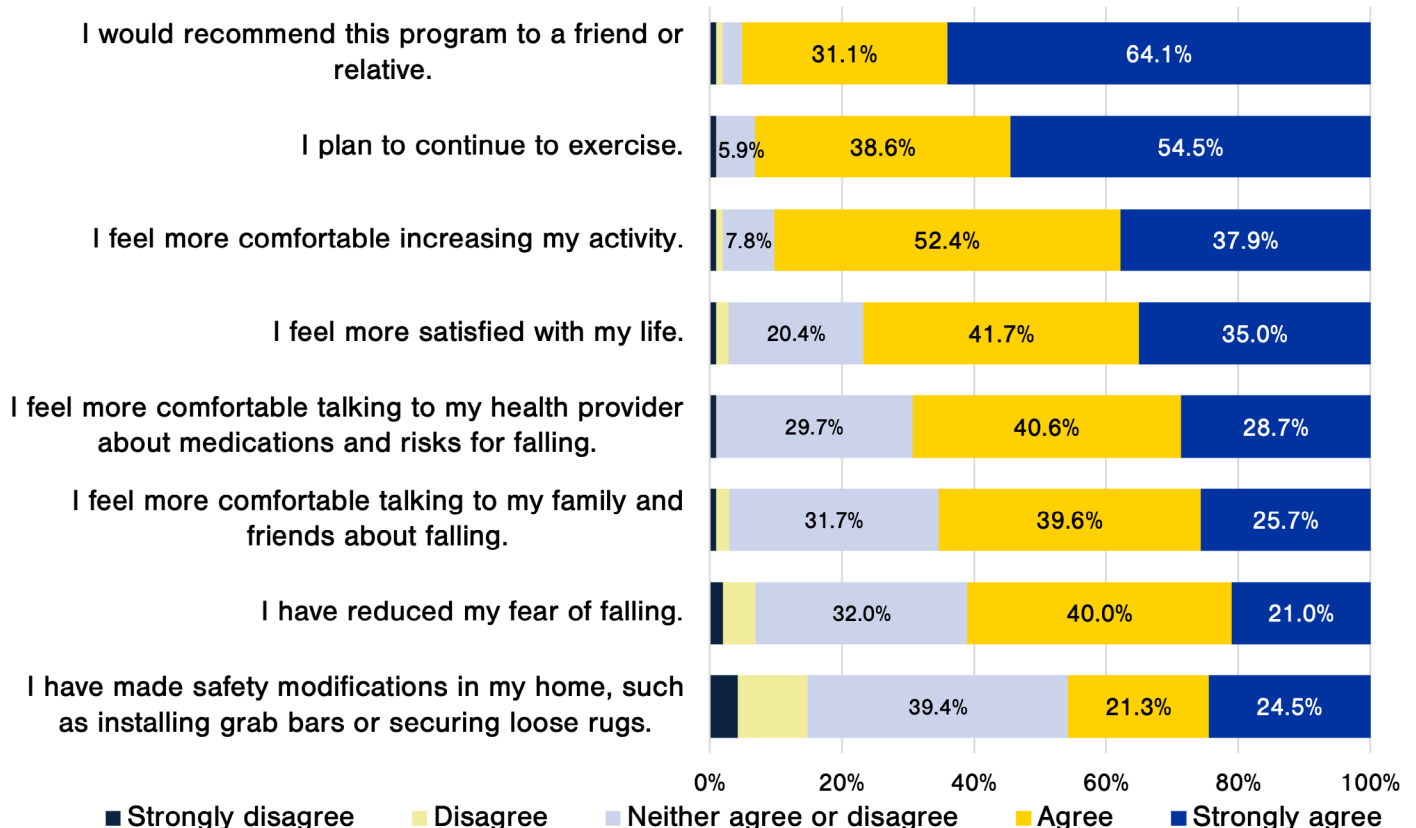
Figure 28. Most Useful Skills or Tools Learned, Physical Activity Program Participants, 2025*



*Not summative as comments could be classified into more than one theme.

Participants were asked to indicate level of agreement with a series of statements related to program participation, on a five-point scale from strongly disagree to strongly agree. Many planned to continue exercise and felt more comfortable increasing activity levels (Figure 29).

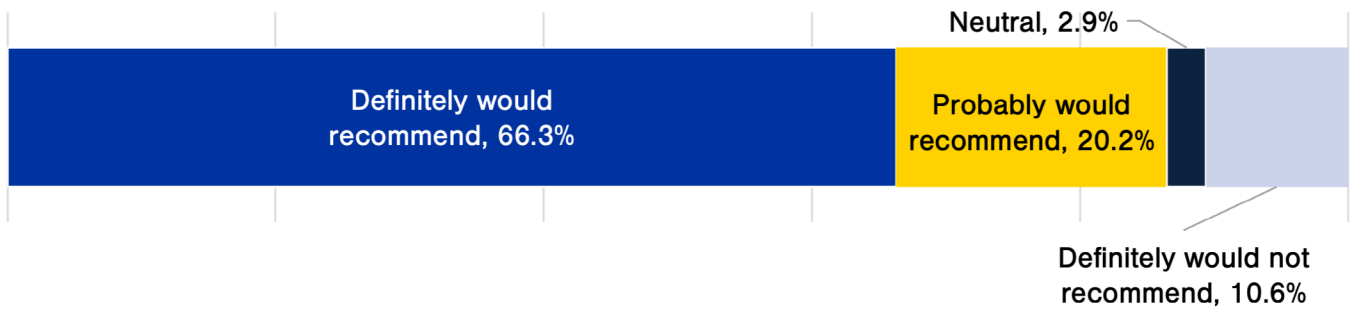
Figure 29. Results of Participation, Physical Activity Program Participants, 2025*



BCBH-SD Workshop Satisfaction

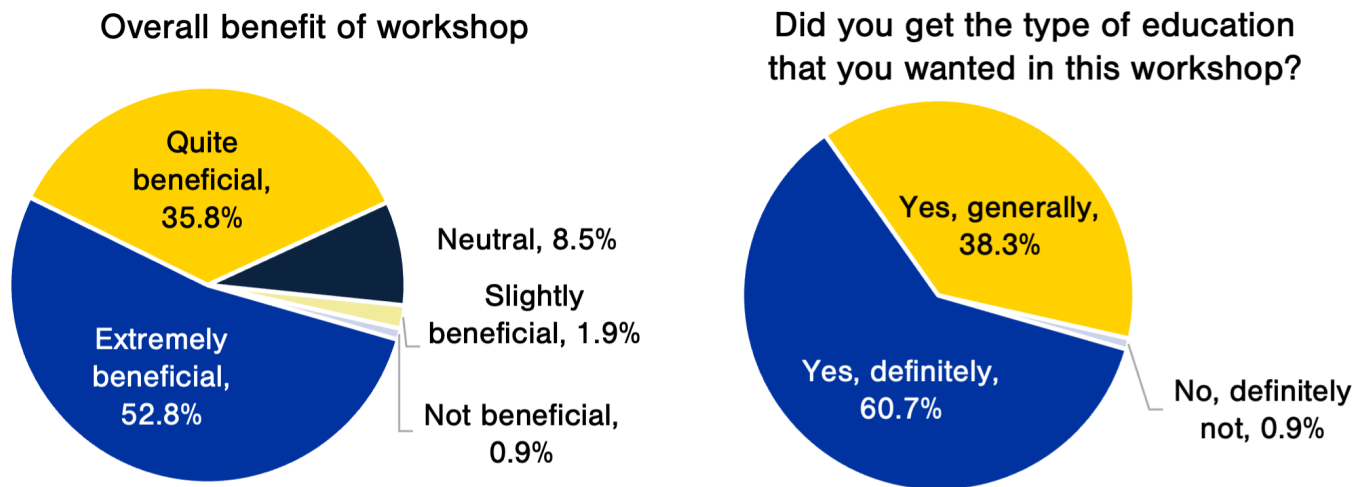
BCBH-SD workshop participants were asked a series of questions related to their satisfaction with the workshop. As shown in Figure 30, 86.5% of participants probably or definitely would recommend the program to a family member or friend.

Figure 30. Likelihood of Recommending the Physical Activity Program to a Friend or Family Member, 2025



*7 participants did not answer this question on the post-survey. Only respondents shown.

Participants were asked to rate the benefit of the workshop, as shown in Figure 31. Eighty-eight percent of participants rated the workshop as beneficial. Furthermore, 99% of participants indicated they received the education they were seeking through taking the workshop.

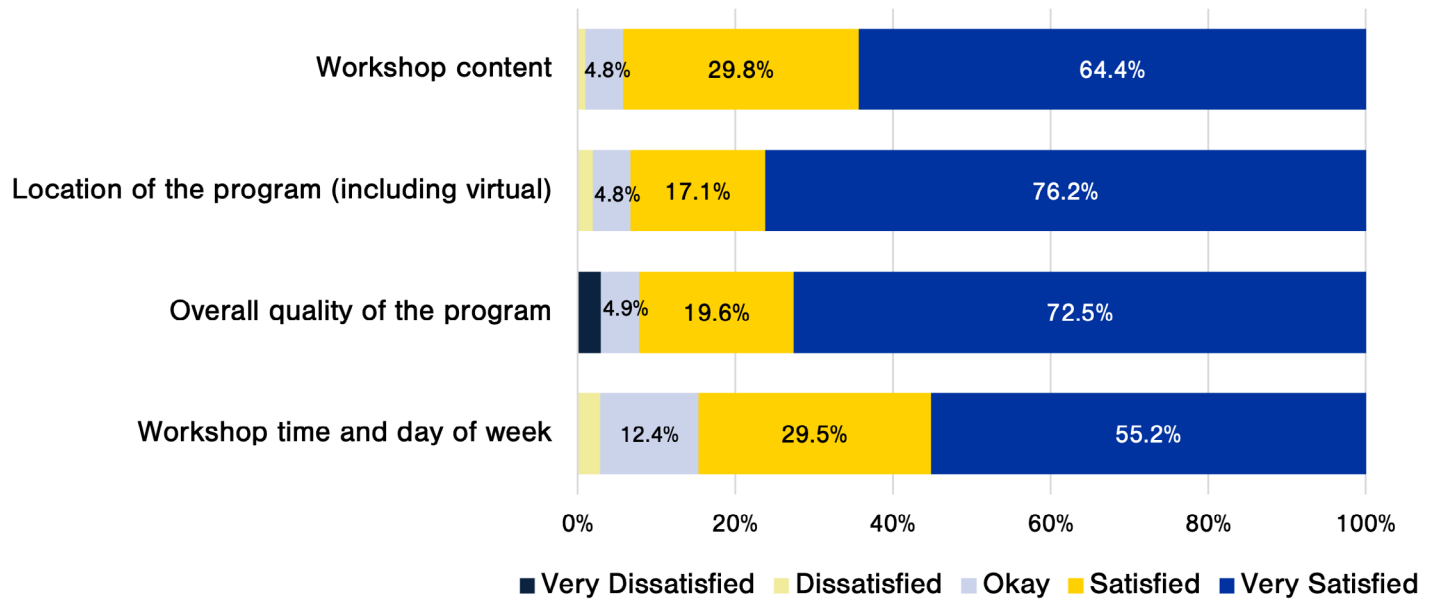


*5 participants did not answer the question on overall benefit, and 4 participants did not answer the question on education on the post-survey. Only respondents shown.

Participants were also asked about any negative experiences during the workshop. Four of the 111 participants that responded to this question noted a negative experience. These respondents provided additional information as follows:

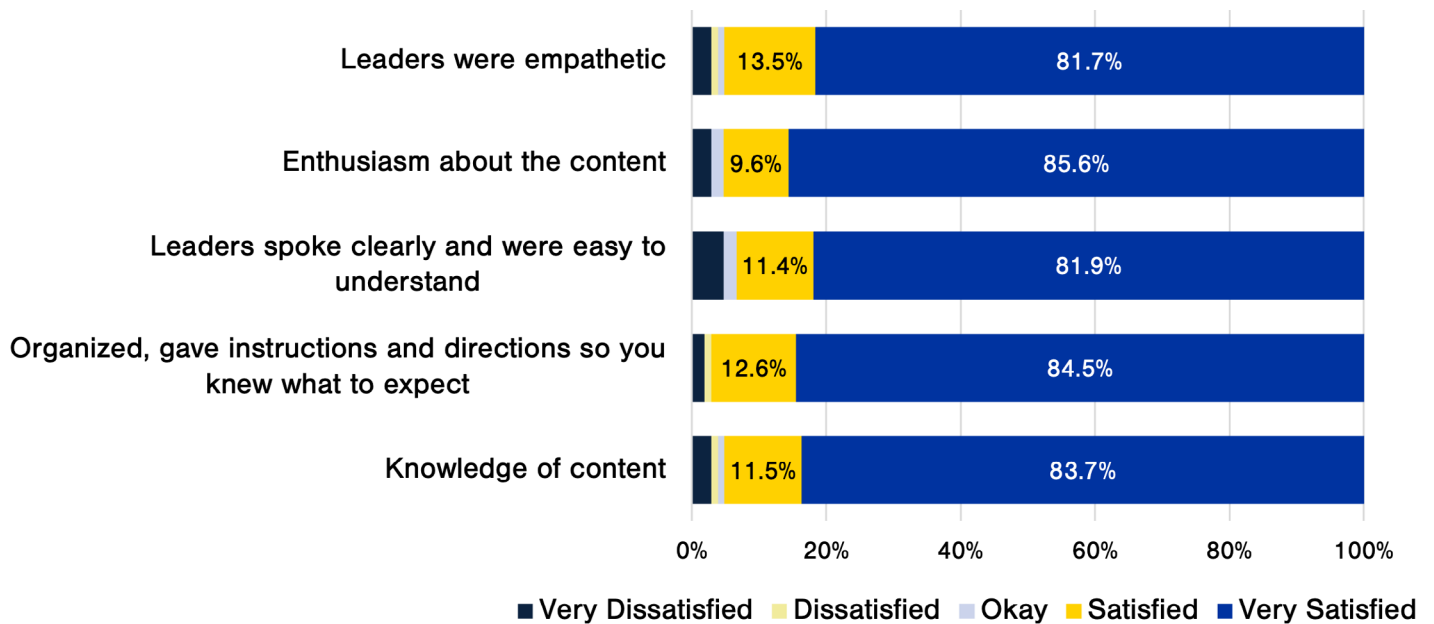
- Arthritis in knee and leg acted up
- At first I had more knee pain but it got better.
- Developed bursitis in right hip.
- The room for the group meetings was not a good choice. Too large and echoed so hard to hear leader and others speak.

Figure 32. Workshop Satisfaction Ratings, Physical Activity Program Participants, 2025



Participants were asked to rate their experience with the workshop leaders, assessing aspects shown in Figure 33 on a five-point scale from very dissatisfied to very satisfied. Participants noted high levels of satisfaction with the workshop leaders overall.

Figure 33. Workshop Leader Ratings, Physical Activity Program Participants, 2025

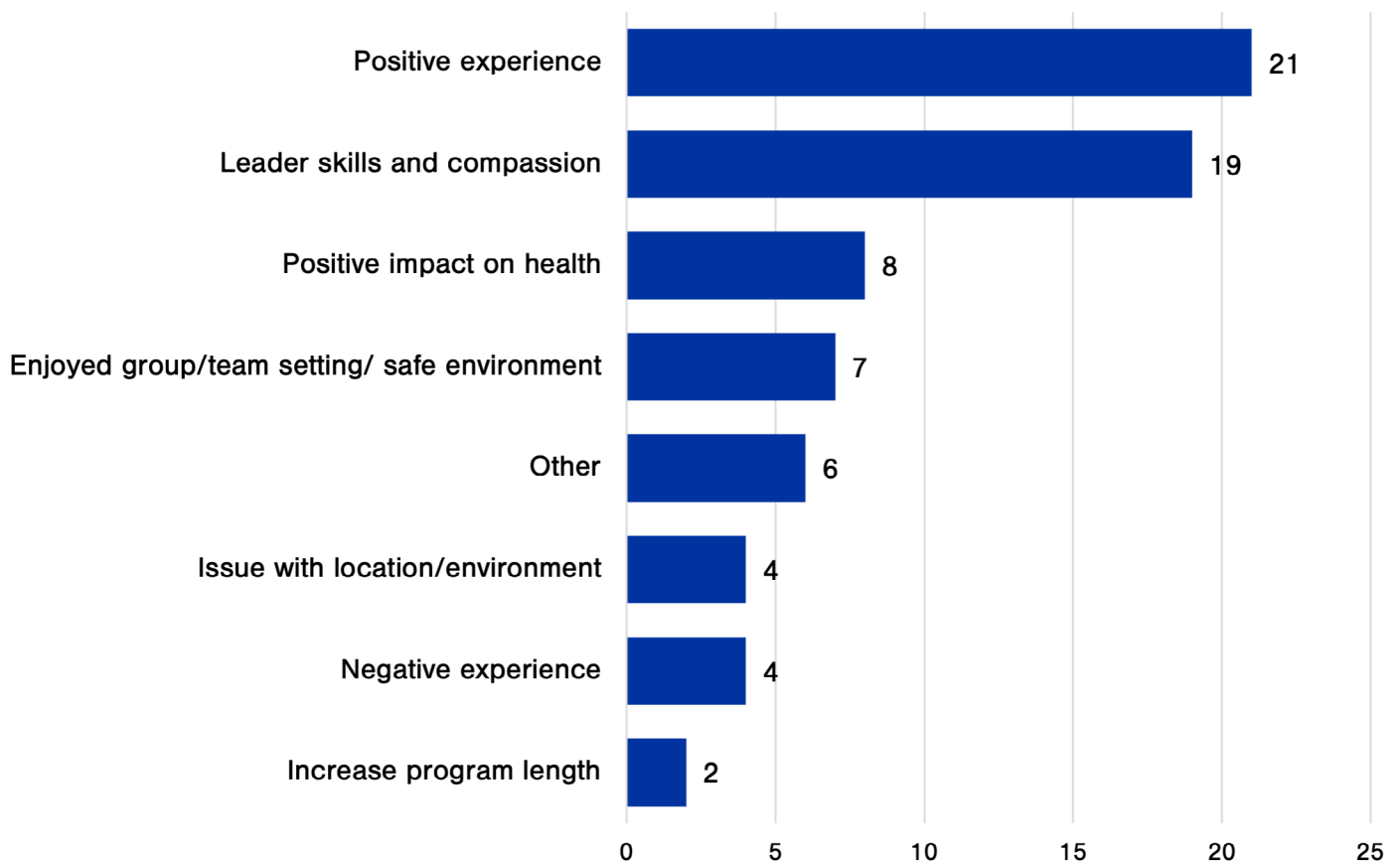


Additional Feedback and Suggestions from Physical Activity Program Participants

Participants were asked to share any additional highlights, comments, or suggestions about the workshop experience. Responses were recorded for 58 of the 111 participants completing the post survey. The vast majority of comments were positive experiences with the workshop and the workshop leaders (Figure 34). A few were requests for a different location or length of program. Select illustrative comments are provided below, with all comments provided in the Appendix.

- 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 instructor, Jen Hovland was great. She is easy to understand and keeps a little humor during our sessions which makes it more fun too.
- 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.
- Great environment. Enjoyed fellowship with other participants. Felt more satisfied with life in general

Figure 34. Themes from the Additional Feedback and Suggestions, Physical Activity Program Participants, 2025



*Not summative as comments could be classified into more than one theme.

Evaluation Recommendations

SDSU Extension offered 10 Physical Activity Workshops reaching 137 individuals throughout South Dakota in 2025. Participants report high levels of satisfaction and positive impact in daily life including improved physical activity, improved well-being, and learning tools to stay consistent with everyday movement. Outcome data also supports positive changes including improvements in sleep, feelings of isolation, and activity levels.

Based on the data provided within this report, the following evaluation recommendations are provided to enhance and improve program effectiveness:

- **Increase healthcare provider referrals to the Physical Activity Programs.** The majority of participants reported learning about the programs through family members and friends. Only 8 participants indicated they heard of the workshop/program from a healthcare provider. Target health systems for education and referrals. Consider other community level agencies for collaboration including behavioral health providers, physical and occupational therapy offices, and community living centers.
- **Promote programming in key geographic areas to expand the reach of the services to all populations in South Dakota.** Physical Activity programming reached participants in just 10 counties of South Dakota in 2025, and none in the Rapid City area of the state. Explore options for leader training to offer programming in smaller communities and communities in the West River areas of the state. Look at new promotional options through community organizations. Promotion through senior centers has been effective in reaching the target population in more urban areas of the state and could be replicated.
- **Revise the Physical Activity Program survey.** Program staff have reviewed the measures used to assess outcomes for the Physical Activity Programs. In the next six months, implement participant survey changes to remove questions assessing topics not covered in the Physical Activity Programs, and add questions to capture the impact of skills and concepts shared.

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Appendix: Open-ended Responses from BCBH-SD CDSME Participants, 2025

What is the most useful tool or skill you learned to use during the Physical Activity Workshop? (n=72 responses)

- All of it!
- Body movement improved my balance. Proper stretching
- Breathing techniques and stretching. I need to do what I am capable of and slow down when I need to and then get back into the game.
- Demonstrate the stretching
- Exercise
- Exercising moderately and enjoying it
- Getting in the walking routine.
- Go at your own pace and have fun
- Good exercise doesn't have to be tough or unpleasant
- Got to make friends with new people
- Group exercise helps keep me coming back
- Helped get me moving and stretching
- How to exercise a lot of the body without elaborate equipment
- 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!
- How to stretch properly
- I didn't.
- I enjoyed being with the group....I normally walk 6 to 8 miles per day with a goal of 2025 miles walking in 2025.....I have had similar goals since I did 2020 miles in 2020. I especially enjoyed getting to know the instructor.... it appeared that she made an effort to walk a few rounds of the gym with each person each day
- I learned that strength and flexibility are important as I age, and I learned how important it is to participate in daily exercise!
- I learned the importance of stretching exercises before and after walking.
- I think the best thing I learned was being able to tie the three different items into one efficient session.
- Importance of stretching
- Importance of stretching
- Improve fitness and coordination
- Improved ankle steadiness has been a gift. Jen is an amazing teacher.
- Improved balance
- Keep moving for at least an hour every day
- Learned different kinds of exercises and a routine I can do at home
- Learned to exercise body without a great deal of space and equipment
- Leg exercises
- Lots of stretching
- Love going Jen she is a warm and inviting. Everyone that comes to workshop are pleasant
- Loved the trainer. Jen is a sweetheart. She did everything I was doing with my Physical Therapist Reinforcement of what I need to do to increase my physical activity
- Low impact exercises
- Make sure I stretch before and after I walk

- My breathing through my stomach, only doing exercises that don't cause any pain
- On how to do the exercises properly in the right way
- Perseverance
- Plan to get more exercise when I can
- Probably the stretching
- Proper stretching and the uses for it.
- Set a plan to continue what was learned.
- Strengthening
- Strengthening exercises
- Strengthening exercises
- Strengthening exercises to improve balance and gain confidence in myself.
- Stretch daily
- Stretches
- Stretching
- Stretching
- Stretching all the muscles
- Stretching as during the course I did have rotator cuff surgery in July so did not get to participate till later in the class. The shoulder issue had been going on for a long time but because I had knee replaced in February I couldn't do the rotator cuff till then. I plan to up my game now with those surgeries done
- Sstretching, continuing to stay active
- Stretching/warmup
- Thanks for making it available. Instructor is excellent
- That activity and exercise helps to reduce health problems.
- That I CAN keep moving for an hour twice a week.
- The format was well designed. I liked the progression of activities, and I was glad that I was pushed a little out of my comfort zone. It was a fun atmosphere because of Jen's upbeat personality. I looked forward to the classes and I hope I can enroll again in the fall. Now, I just have to find the discipline to exercise on my own.
- The importance of exercise and benefits of walking. It was fun to be with other people.
- The pacing is just right.
- The satisfaction that I can do it.
- The strengthening exercises have helped to improve my balance. I can take the stairs much more confidently.
- The stretches
- The weights and elastic bands. Stretching muscles
- The workshop helped me strengthen my legs before total knee replacement and it must of helped as my PT says I am ahead of schedule for recovery
- To do exercise
- To keep active, to step forward
- To move my body. It felt so good.
- To strengthen my body by moving more and not just sit around
- To stretch more before and after workouts
- Walk 30 day
- Walking increases my health.

- Warm-up moves

What are you planning to do differently in your life and/or for your health based on your recent participation in the Physical Activity Program? (n=68 responses)

- Be more active
- Continue a exercise program
- Continue doing the exercises. Sign up for next class.
- Continue exercise and stretching
- Continue exercising and making healthy choices as much as possible
- Continue moderate exercise
- Continue moving every day!
- Continue physical fitness routines
- Continue program.
- Continue to do the program exercises at home. And keep moving throughout my day.
- Continue to exercise
- Continue to exercise on a daily basis
- Continue to exercise.
- Continue to try to walk daily
- Eat better, keep exercising
- Exercise along the lines demonstrated.
- Exercise and eat healthy
- Exercise moderately regularly. During this course I ran into some heart issues resulting from long covid and from a defective artery. Had a couple of stents put in and was put on a bunch of meds. Doc cleared me to do this exercise program in short order. The exercises get the job done without undue stress. Thanks!
- Exercise more often, ride my bike 3times a week.
- Exercise more.
- Find more time to stretch.
- I don't have any chronic conditions, however this program had done so much to improve my flexibility and strength
- I know I need to move more. Planning to see if I can get into physical therapy. I dearly wish Better Choices, Better Health was year-round.
- I love that this workshop is in Elk Point and I don't have to drive
- I plan to continue walking (weather permitting) and if driving is good walk in the mall (winter is coming). I will stretch before and after walking. My fear of falling has increased because of the time of year which is winter!
- I plan to set time to do the exercises Jen gave us
- I realized that I need to do more strengthening exercises. I also benefited from the aerobic portion of the class, and I haven't really pushed myself in that direction, so I hope to continue. I am doing better about eating more mindfully, and I am not snacking as much. I am working on losing the ten pounds I gained over the winter, and am seeing a little success. I just need to stick with it and not get over-confident. My husband and I are going to establish a habit of walking after dinner.
- I want to get up every day and stretch every part of my body
- I was a walker before taking the class & plan to continue walking 6 to 8 miles per day
- I would like to keep the exercising going. At home.
- Join the next one starting in January

- Just to continue walking and keep up the exercise. Not to just do it this one time and not do it anymore. I just plan to continue.
- K-pop with some type of exercising moment
- Keep up the moderate exercise as much as I can
- Keep moving it's really help my knees.
- keep trying to do more movement at home
- Keep up the stretching exercises
- Keep walking
- Keep walking
- Keep walking/moving.
- Lose weight and build strength
- More exercise. Mindful eating.
- Move more
- Move Move Move
- Not participate.
- Not sure
- Pay more attention to it
- Reevaluate a home exercise program for me.
- Stay fit
- Staying more fit, stretching every day
- Stretch daily for longer
- To continue with the workshop
- To continue to walk, be less sedentary
- To continue working on my health and continue with my nutrition.
- To do more walking and keep exercising.
- To do more walking.
- To keep active.
- To keep going to yoga and strength training
- Try and walk more
- Try to continue being active throughout the winter months either by doing some exercise on my own or joining a yoga class.
- Try to do more stretching and strengthening
- Try to find activities I'm able to do without pain.
- Walk
- Walk more
- Walk more.
- Watch protein intake
- Wide variety of exercises

Please provide any additional highlights, comments, or suggestions about your experience with the Physical Activity Program. (n=58 responses)

- Because of some health problems my wife had and because of distance (30 miles) we did not complete the class.
- Both leaders of the workshop were very willing to help if anyone had problems or questions throughout the program. They did an excellent job.
- Definitely enjoyed the workshop and look forward to the spring session!
- Enjoyed all the ladies & Jen, our instructor.
- Excellent instructor. Good program
- Find someone so Jen doesn't get burnt out, don't want to lose her.
- Glad I took part in it. Helped to keep me moving
- Good course, instructor and material
- Good group interactions increase the enjoyment of classes
- Good program. Good instructor. Very much needed in this area.
- Great course. Easy to understand and do. Makes me feel in better condition and am more active
- Great environment. Enjoyed fellowship with other participants. Felt more satisfied with life in general
- Great time exercising
- Have in different part of room so I can hear better, there was a lot of echo have the workshop during the winter so I can attend all of the days.
- Have program go for a longer period of time and add more days to the program.
- I did not complete the program. I thought it was good but the schedule did not work with mine. I do not intend to complete the survey
- I enjoyed the program and am glad I didn't have to leave town to participate
- I feel much better with my movement
- I had left knee replacement in summer of 2025. When I went in for 6 month checkup with surgeon he was very impressed with my progress. I credit the exercise class for that!
- I have brain aortic valve damage from long covid which handicaps me somewhat. These exercises and moderate and interesting and work for me.
- I have enjoyed the time don't want to a class .
- I hope this program will not be under the current chopping block. It's a valuable service, and will help prevent future medical expenses, so that should be taken into account when considering the budget.
- I just want to thank you for this group
- I love it. It is a healthcare supplement at a time I desperately need it! So grateful for Jen and for the program! THANK YOU!,
- I only attended one session and realized it wasn't for me. I would prefer to play pickle ball during this time of the morning.
- I realize how important continued exercise is to my well being. I will make more of an effort to keep exercising. The room that we met in had a very bad echo. and was sometimes hard to understand Lori.
- I thought Samantha did a really good job and I really appreciated the program. It could be advertised a little more next time she does it.
- I took this class for social benefits. My physical abilities are more than adequate. I only attended twice as my time is limited and better spent with more beneficial activities.
- I walked slower compared to other people so I walked alone which was depressing. I developed bursitis in my right hip and stopped the program early

- It was definitely worth it, she knew what she was talking about, would and do recommend to everyone.
- it was fun & I always worked up a sweat.
- It was wonderful experience
- It would be nice if our leader's would, since they are trained professionals, be able to have a little say as to what they would like to work on with us. Be it stretches, education, etc. they know us and know what we would benefit from.
- Jen does an excellent job of leading and teaching this class. she makes it interesting and fun
- Jen is extremely knowledgeable and supportive in her presentation. I also enjoy the interaction and friendships of the participants. I am very appreciative of having this program in my town!
- Jen was very enthusiastic and led us
- Keep having them available. Instructor is great!
- Love the workshop and the teacher. Wish it lasted all year.
- Loved Sam!
- 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.
- 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.
- Nothing to say except it is excellent
- Our instructor was very concerned about the health of all participants. She went the extra distance and called a family member about one of the participants health.
- Our instructor, Jen Hovland, always brings to class a positive attitude and amazing energy! I so appreciate her time and dedication to helping seniors in our area!
- Please, please, please keep this program going in Vermillion.
- Thank you for this opportunity to regenerate my exercise routine! It has made a difference in my daily routines.
- Thank you for this workshop and Jen Hovland's leadership!
- Thank you. Excellent program!
- Thank you. It was a great experience for my parents.
- Thanks so much!
- The group was a good group of various walking levels. The instructor divided his time between the groups. The instructor kept us engaged. Some of us have decided to continue walking.
- The room used for the "information" part of the class was not a good classroom.....it was often hard to hear & understand the instructor..... it might have been helpful to arrange the chairs in a circle, closer together & closer to the instructor. In nice weather it would be nice to do some of the waking outside. The social interaction was good!
- The social interaction with others in my age range has been very beneficial.
- The walk workshop holds me accountable, motivates me to be more physically active.
- This is a very good class, it's low impact that covers stretching every part of your body. The instructor was very positive and when giving directions.
- 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.
- Unfortunately, I had to "bow" out of the class due to my grandchildren's duties. The few weeks I attended were great and I could tell the difference when I wasn't going to class. I appreciate Jenn and hope the option continues in Elk Point.
- Was fortunate to have this offered in my hometown. Thank you