



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



**SOUTH DAKOTA
DEPARTMENT OF HEALTH**

Aging Mastery Program (AMP) Annual Report Brief

March 2026

Demographics of AMP Participants

Figure 1. Gender of AMP Participants

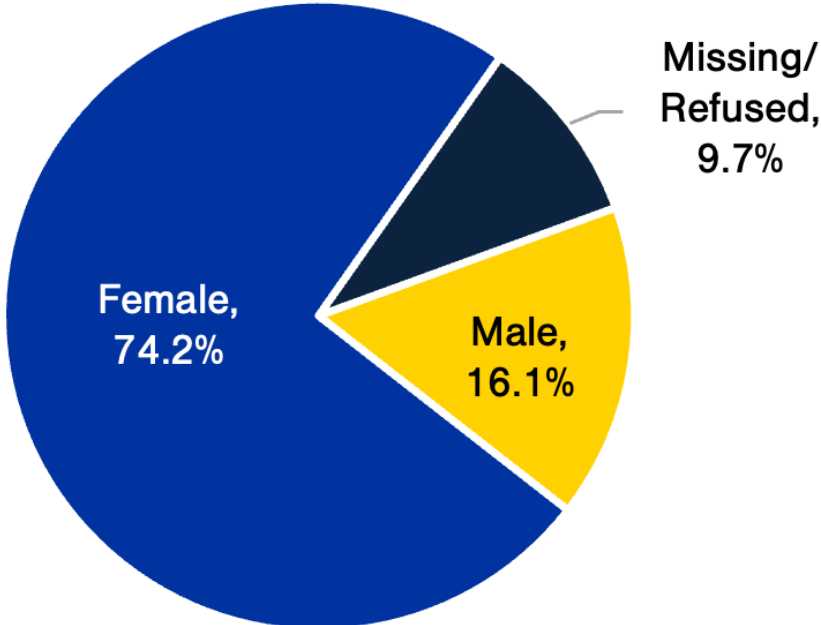


Figure 2. Race of AMP Participants

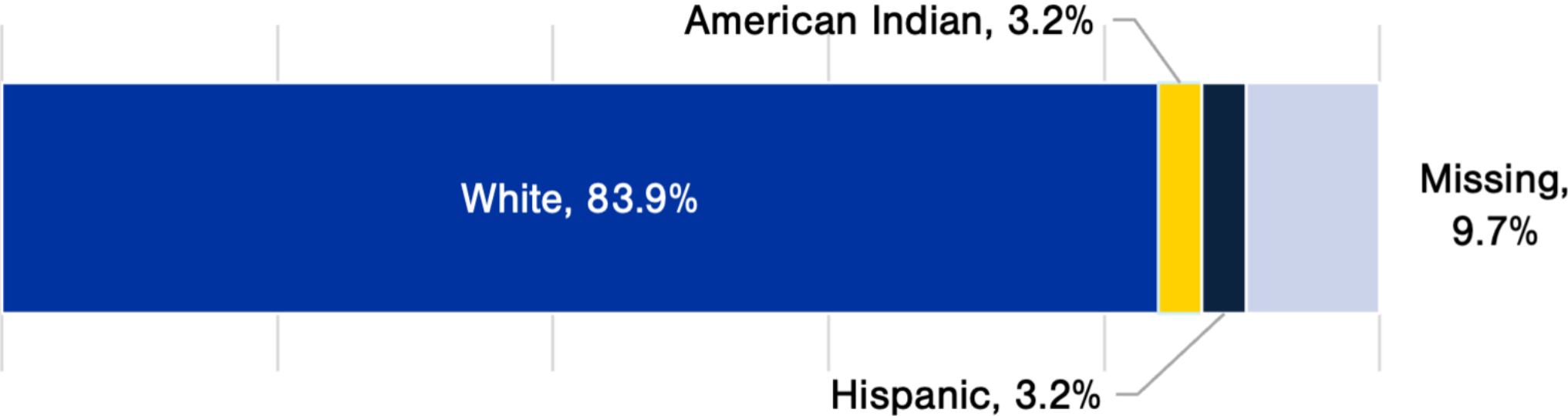
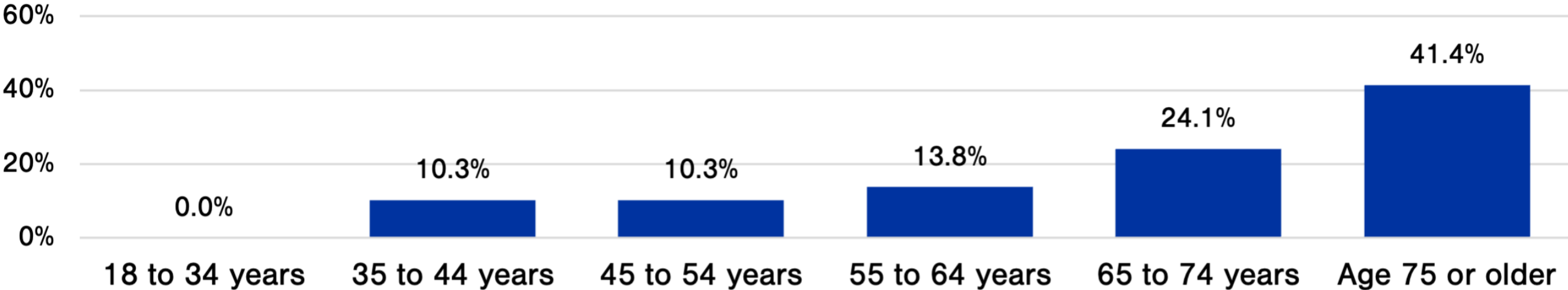
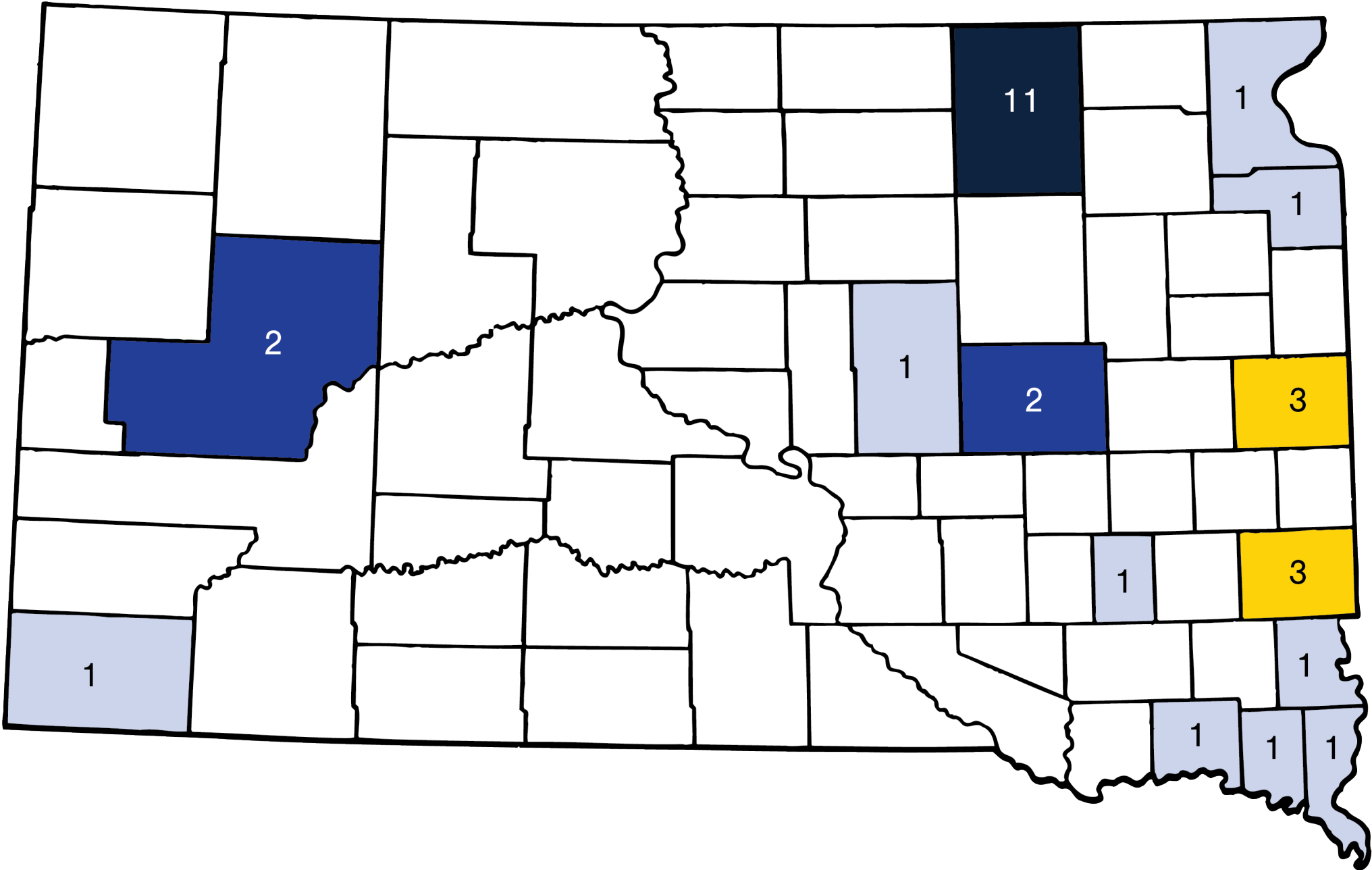


Figure 3. Age of AMP Participants*



*Age was missing for 2 participants. Only respondents shown.

AMP Participants by County of Residence, 2025



Demographics of AMP Participants

One or more chronic disease

71.0%

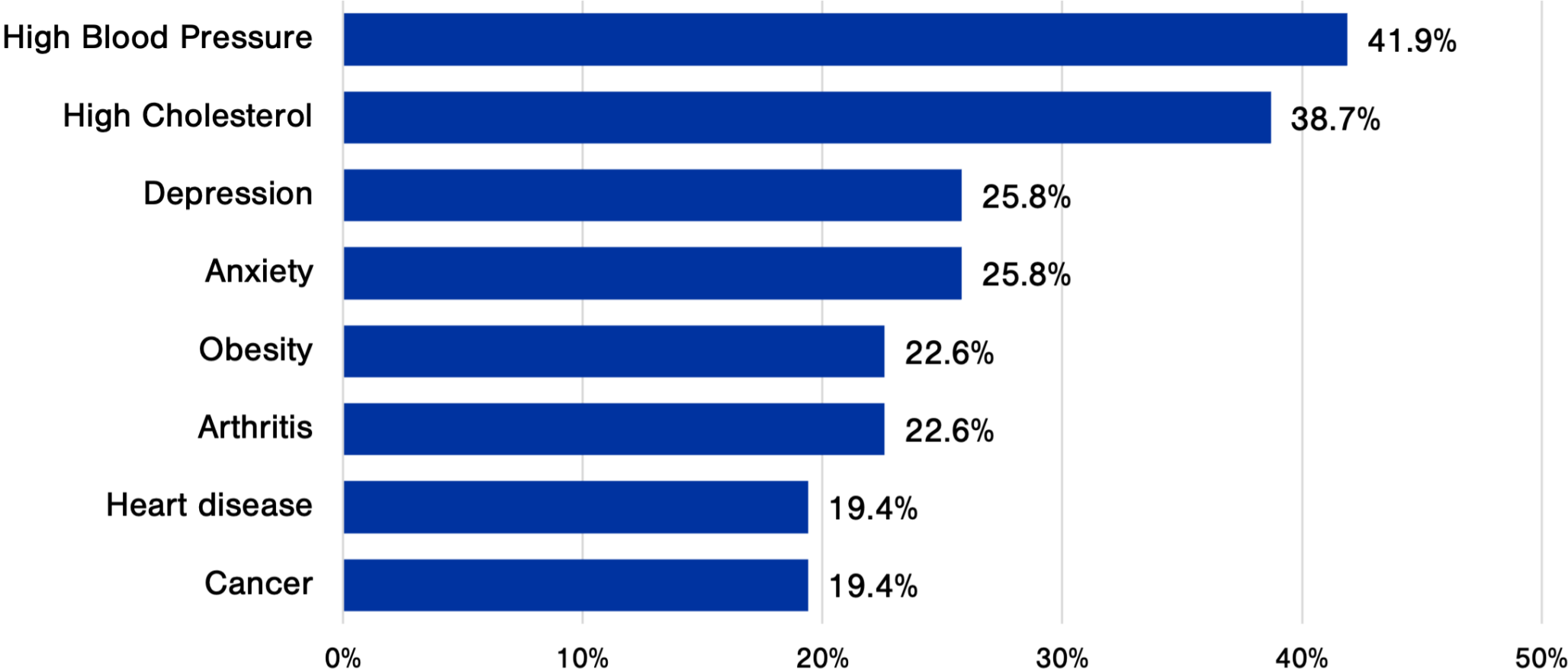
Disability

36.7%

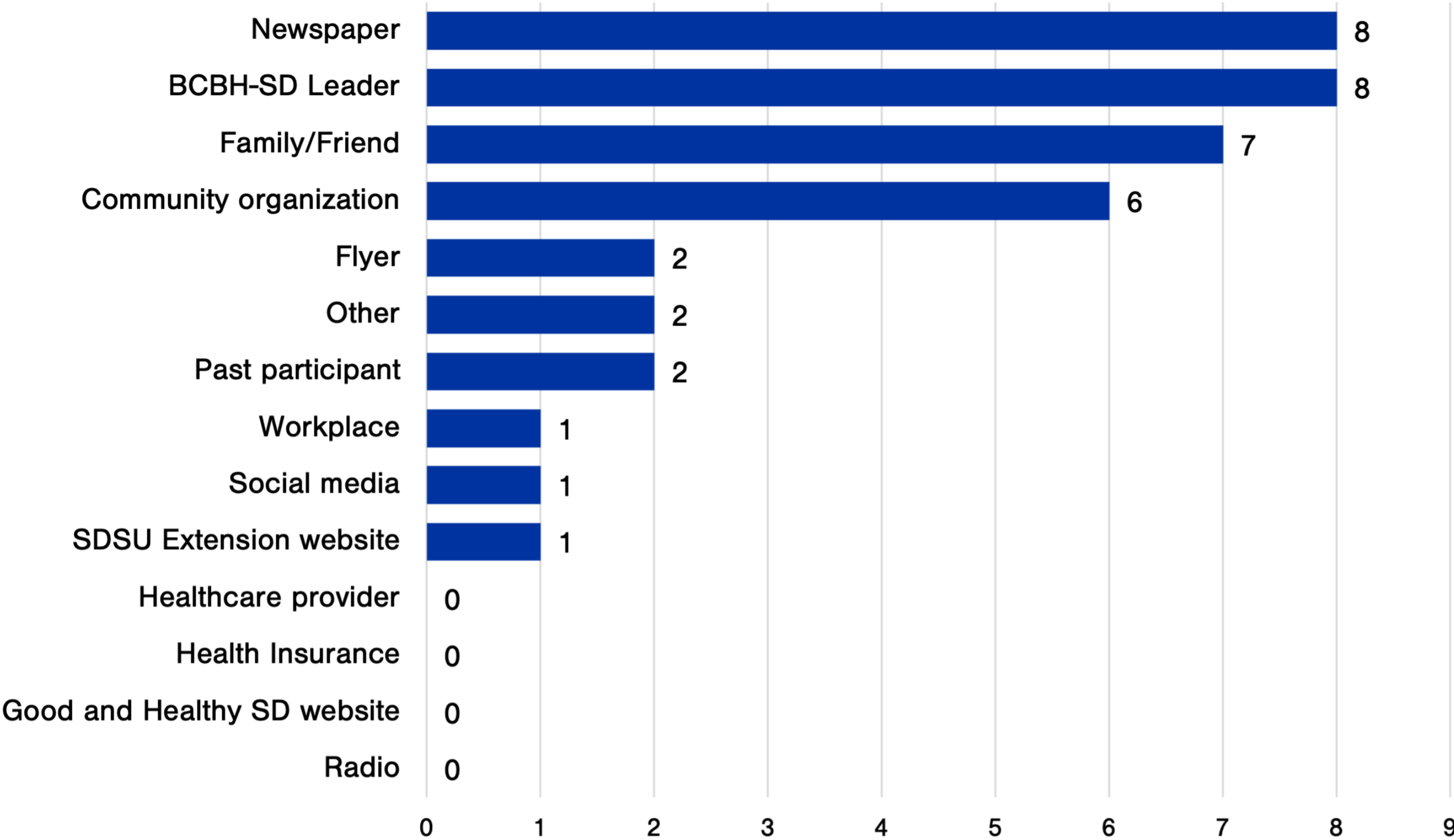
Caregiver

16.7%

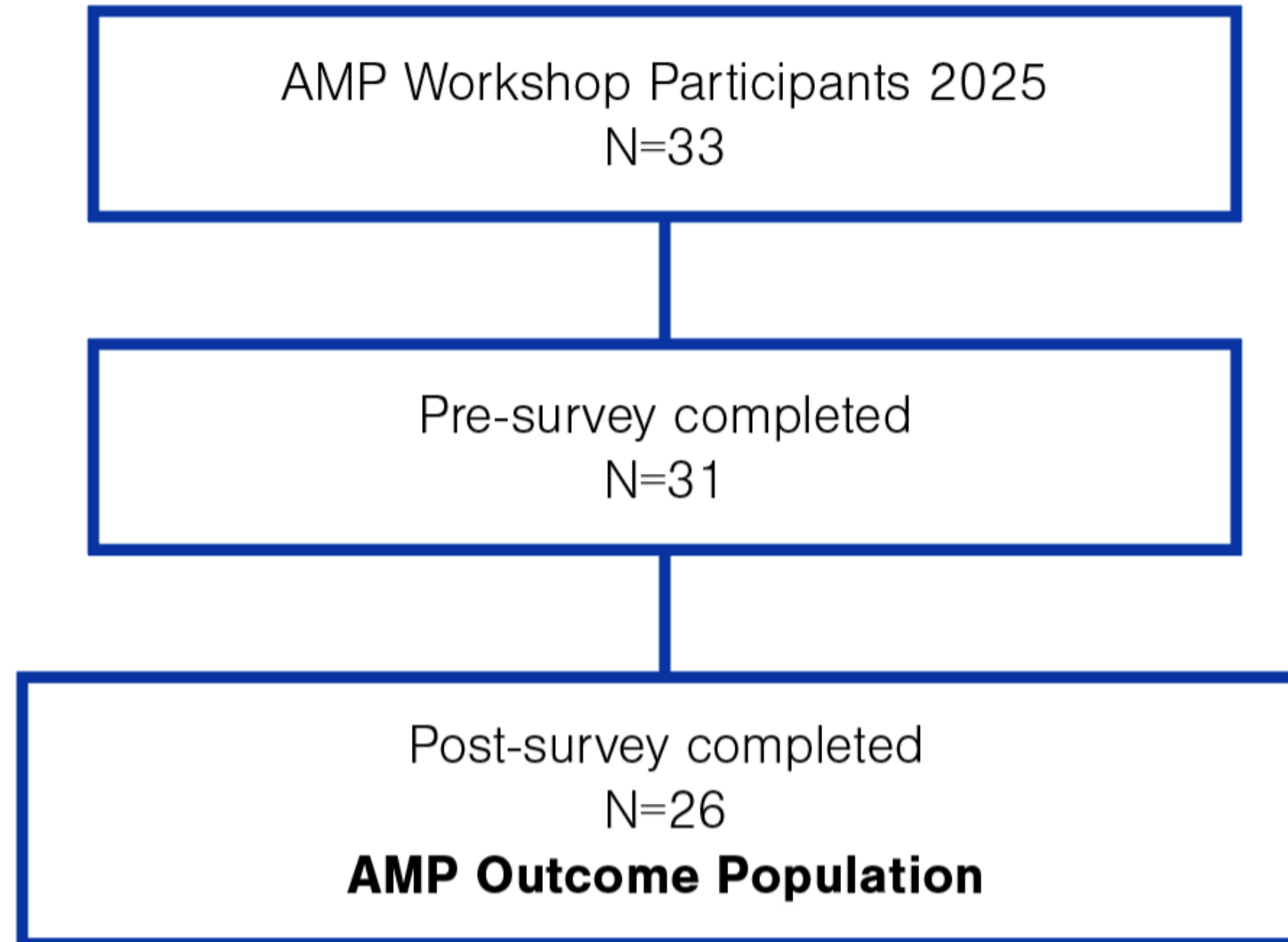
Most Common Chronic Health Conditions Reported by AMP Program Participants, 2025



Avenues to Enrollment - AMP Participants

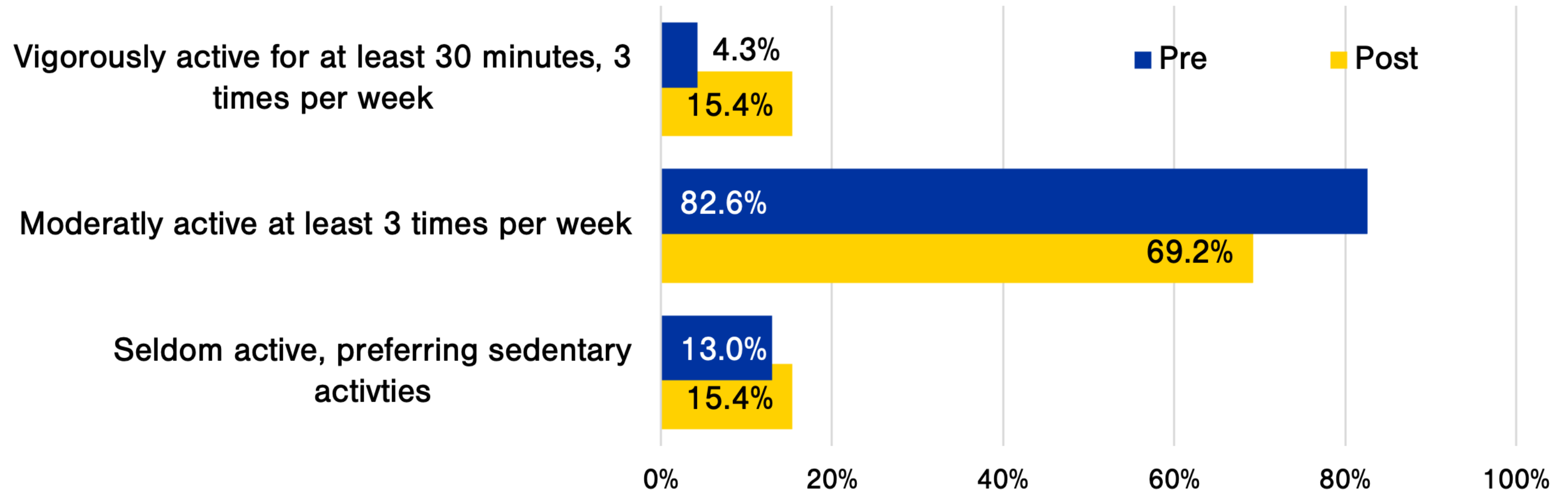


Outcomes - AMP Programs - 2025



NOTE: This is a very small population for outcome assessment so all results should be interpreted with caution, as a larger population could demonstrate different results.

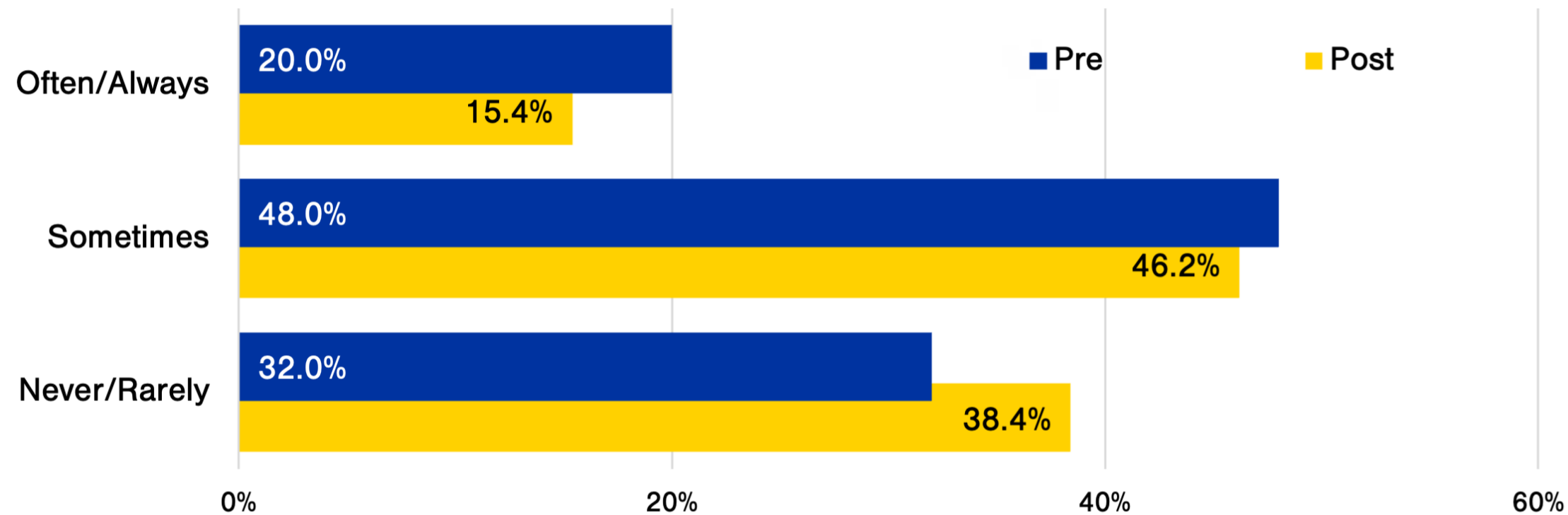
AMP Program Outcomes: Activity Level*



- Activity level increased from pre to post workshop participation for 13% of participants – most were unchanged.

*Only participants who responded at both timepoints are included.

AMP Participant Outcomes: Stress*

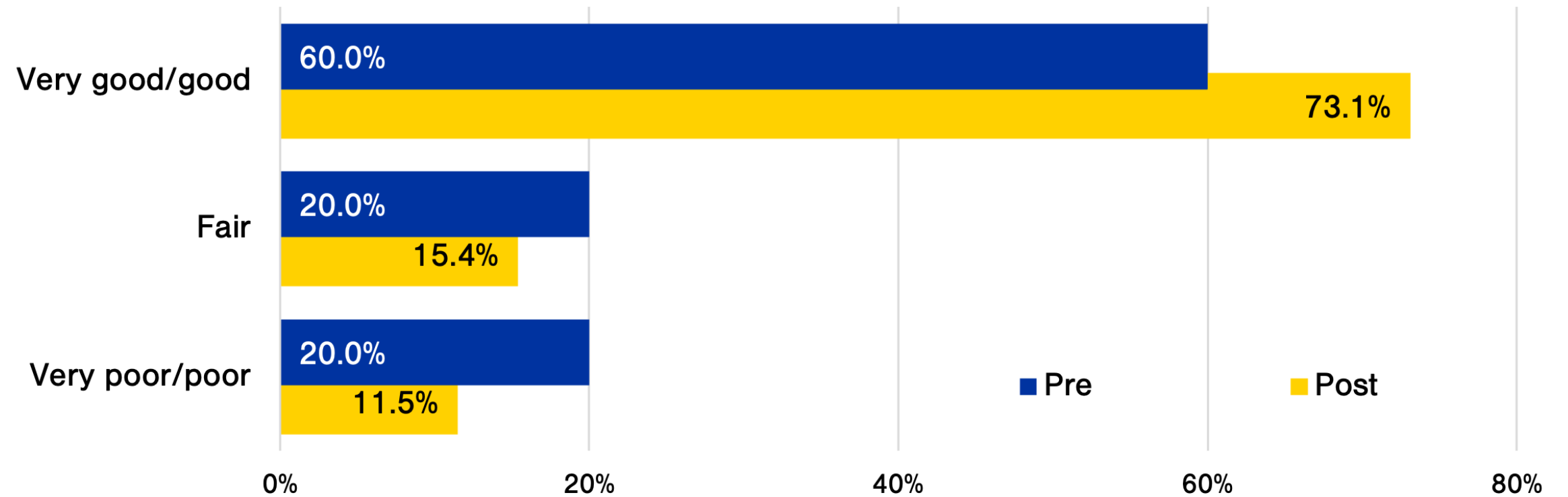


- Participants are asked to rate how often they feel stressed or nervous in the past month.
- Stress level decreased from pre to post workshop participation for 32% of participants.

*Only participants who responded at both timepoints are included.

AMP Program Outcomes: Sleep Quality*

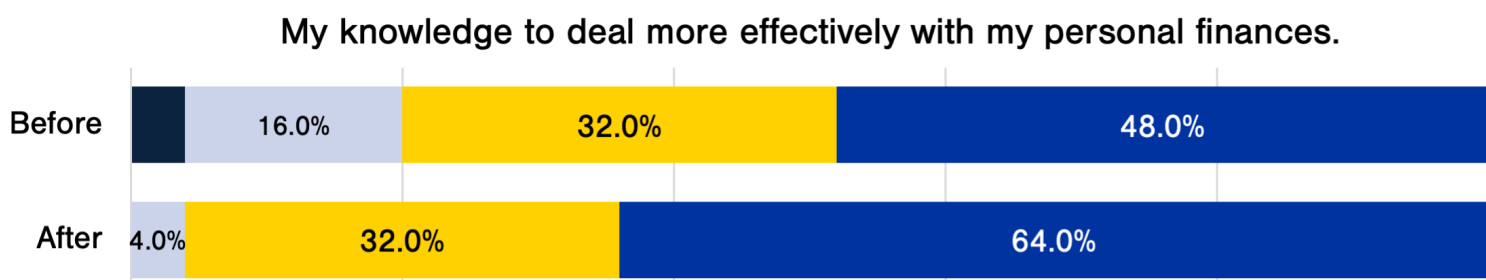
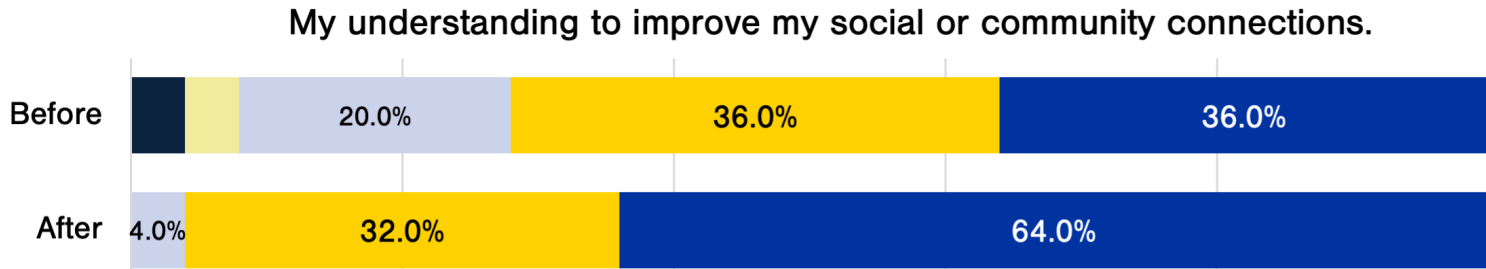
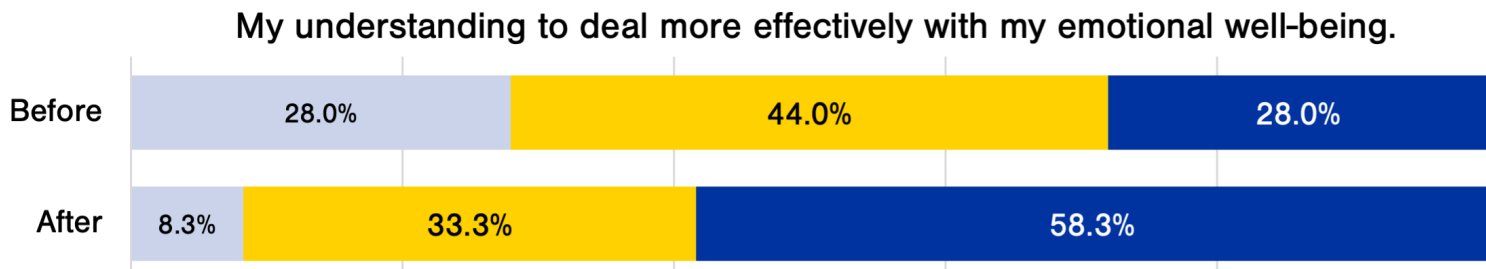
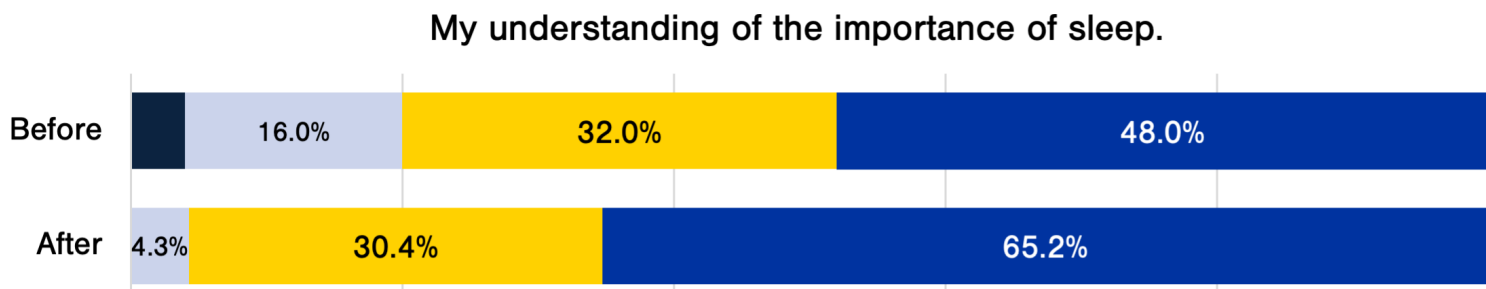
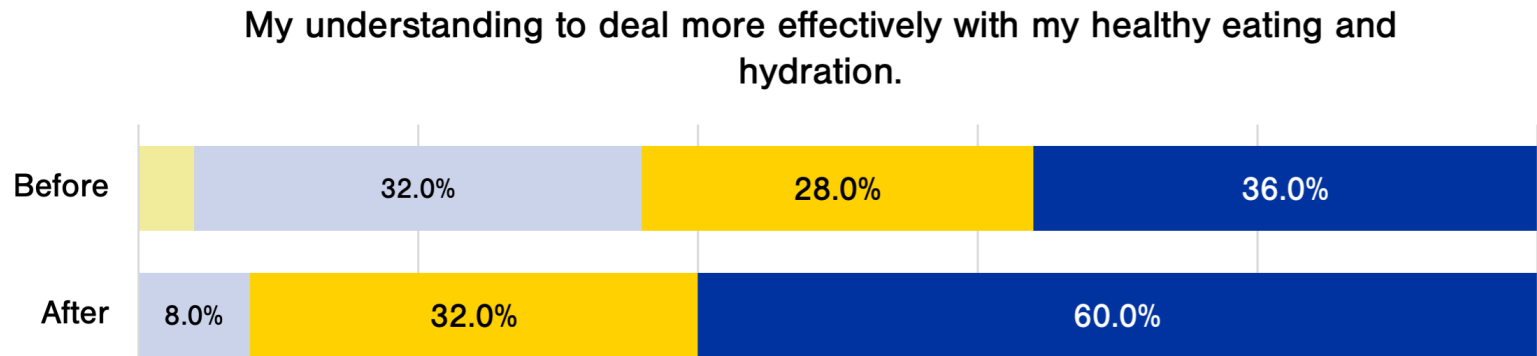
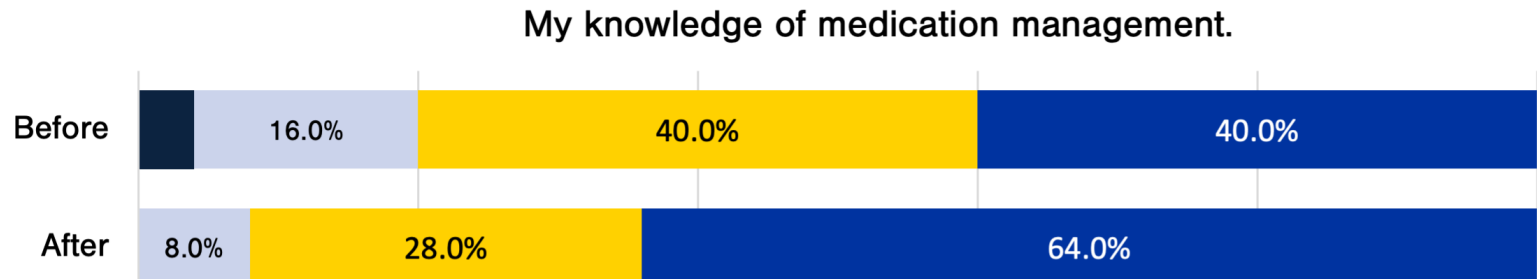
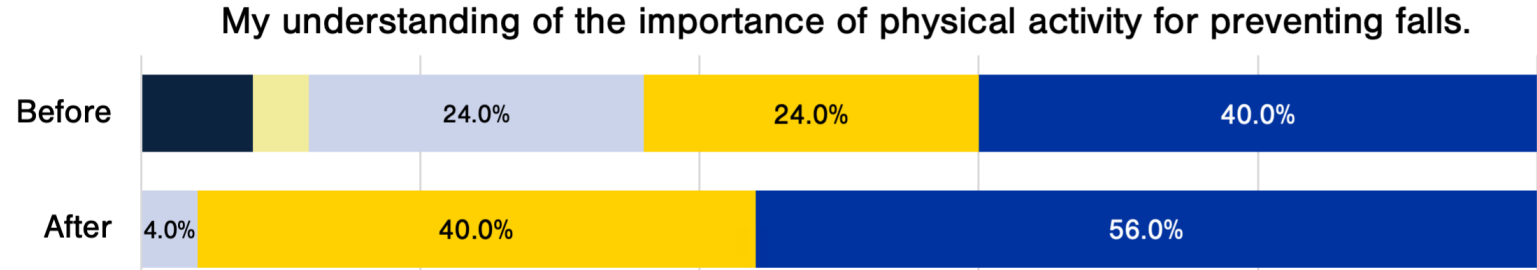
Sleep quality improved from pre to post workshop participation for **28%** of participants.



*Only participants who responded at both timepoints are included.

Knowledge Change – AMP Participants

■ Low ■ Low-Medium ■ Medium ■ Medium-High ■ High

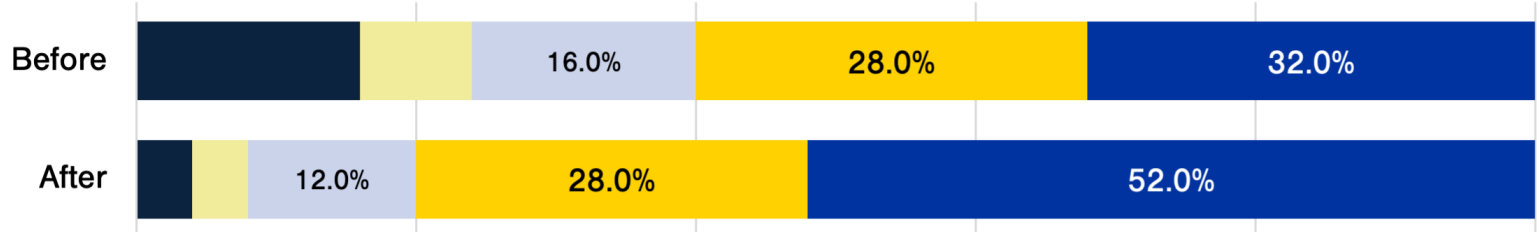


*Only participants who responded at both timepoints are included.

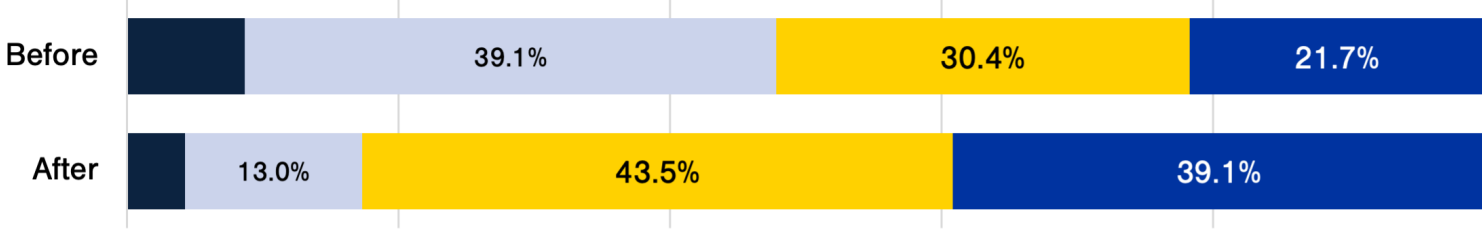
Knowledge Change – AMP Participants

■ Low ■ Low-Medium ■ Medium ■ Medium-High ■ High

My knowledge to create the pathway for my life's legacy and purpose.



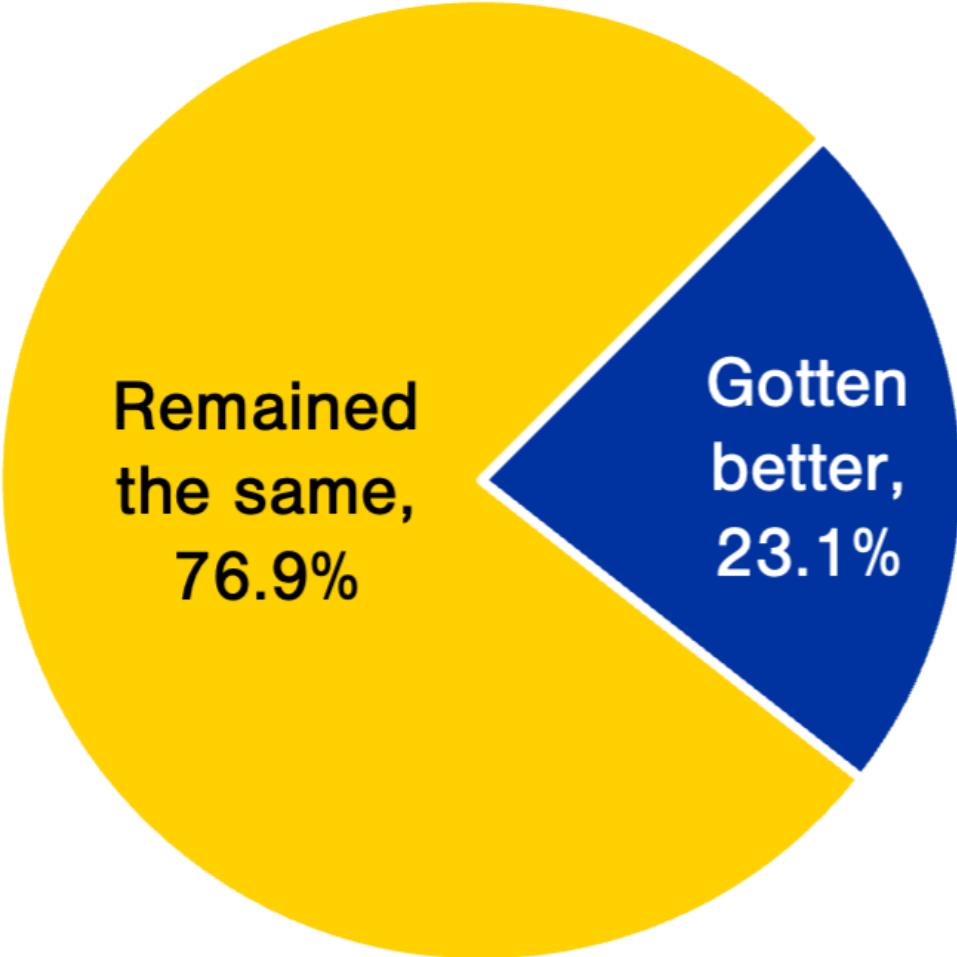
My quality of life has improved overall.



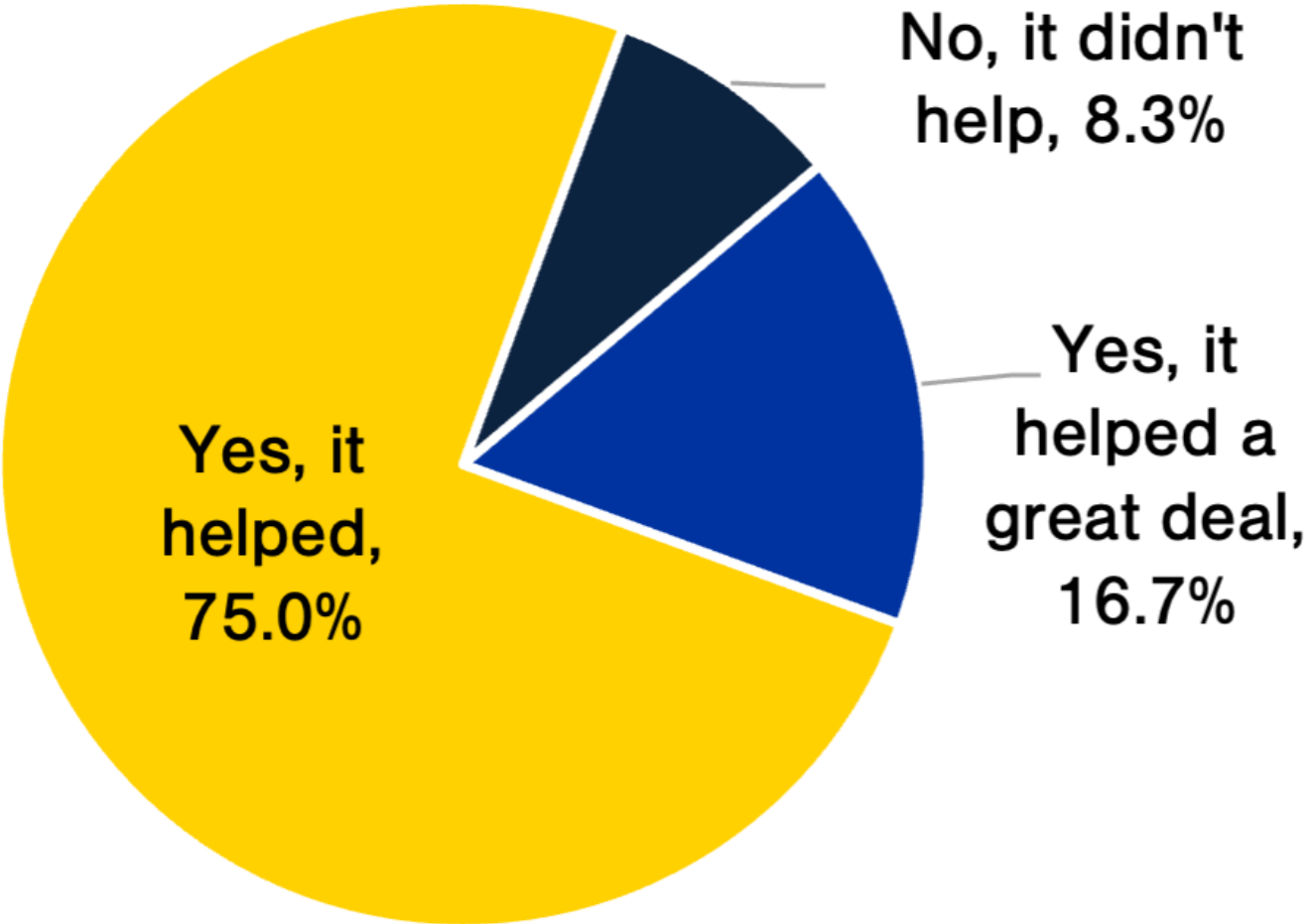
*Only participants who responded at both timepoints are included.

Health Changes since Participating – AMP

Would you say your physical health has...

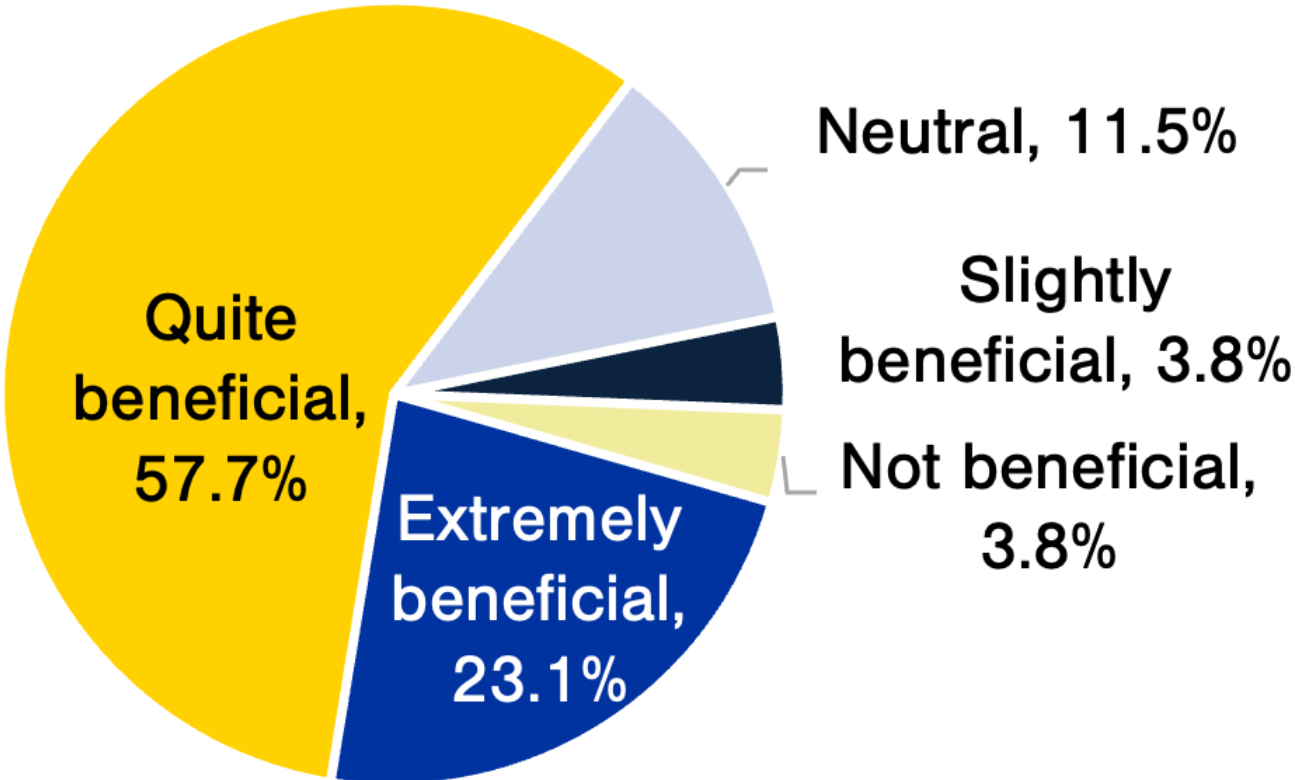


Has the workshop helped you deal more effectively with your health?

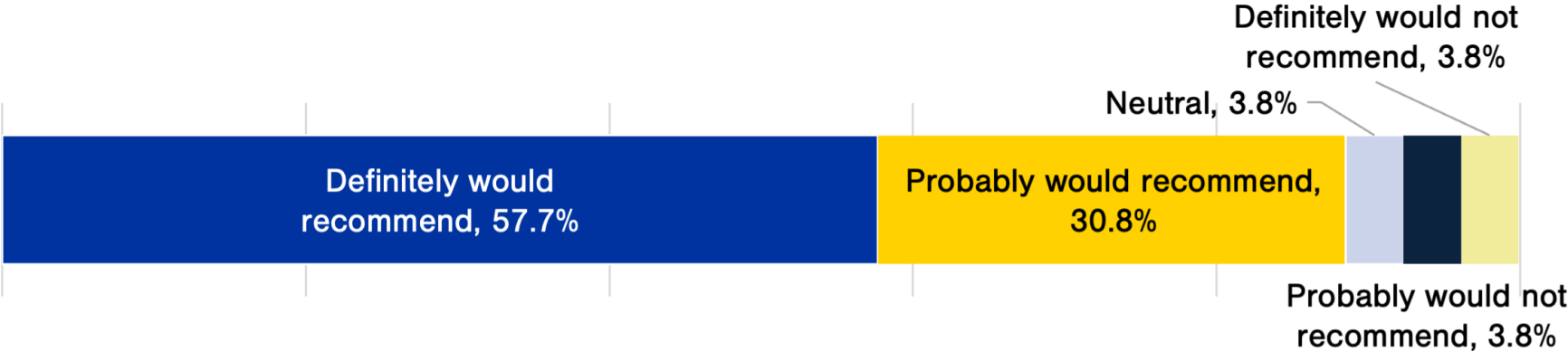


Overall Satisfaction – AMP Workshops*

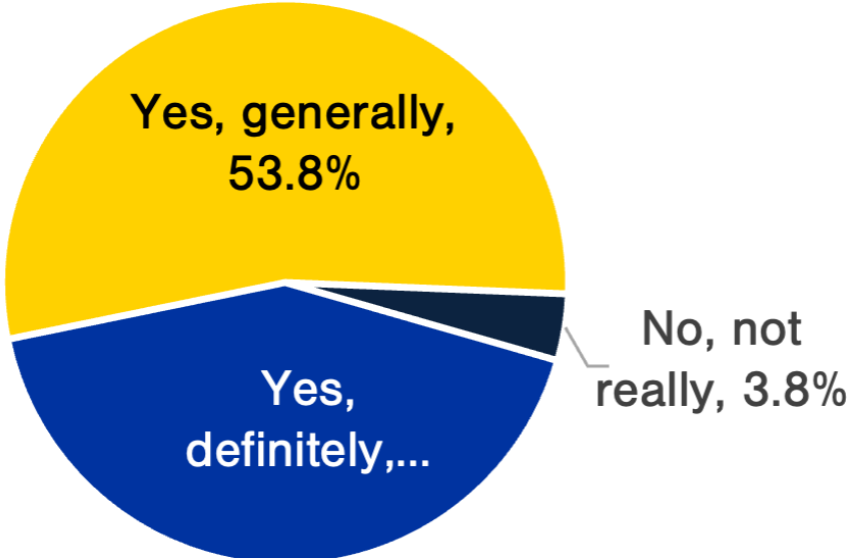
Overall benefit of workshop



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.

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

Better hydration and “age-proofing” our home.

Interaction with other participants and listening to stories and testimonials.

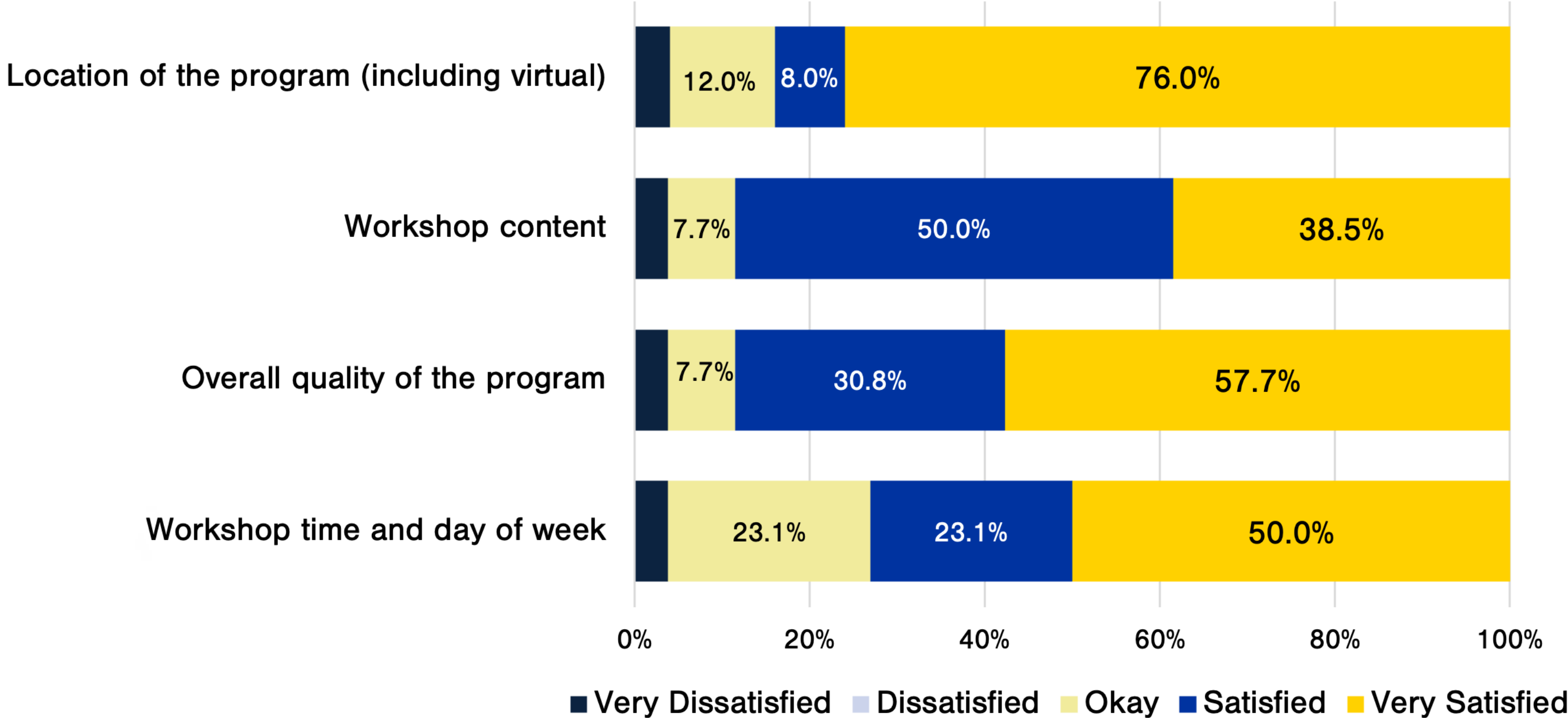
A great deal of interaction with others about a wide range of topics to improve the quality of life. I was able to review many aspects for healthy living and I have the booklet to keep for a reference.

Exercise and activity can help me avoid a fall. This really hit home when my brother fell and broke his hip the week our class ended. This will encourage me to dig deeper into learning more about exercises for balance.

I was amazed at the number of references and resources that were provided. Many of those sources were new to me even though I consider myself to be a student of longevity. In many ways the class as whole reinforced the concept that I was on the right track and was covering lots of bases as needed. Thank you so much for including me and hope you continue to provide access to more participants.

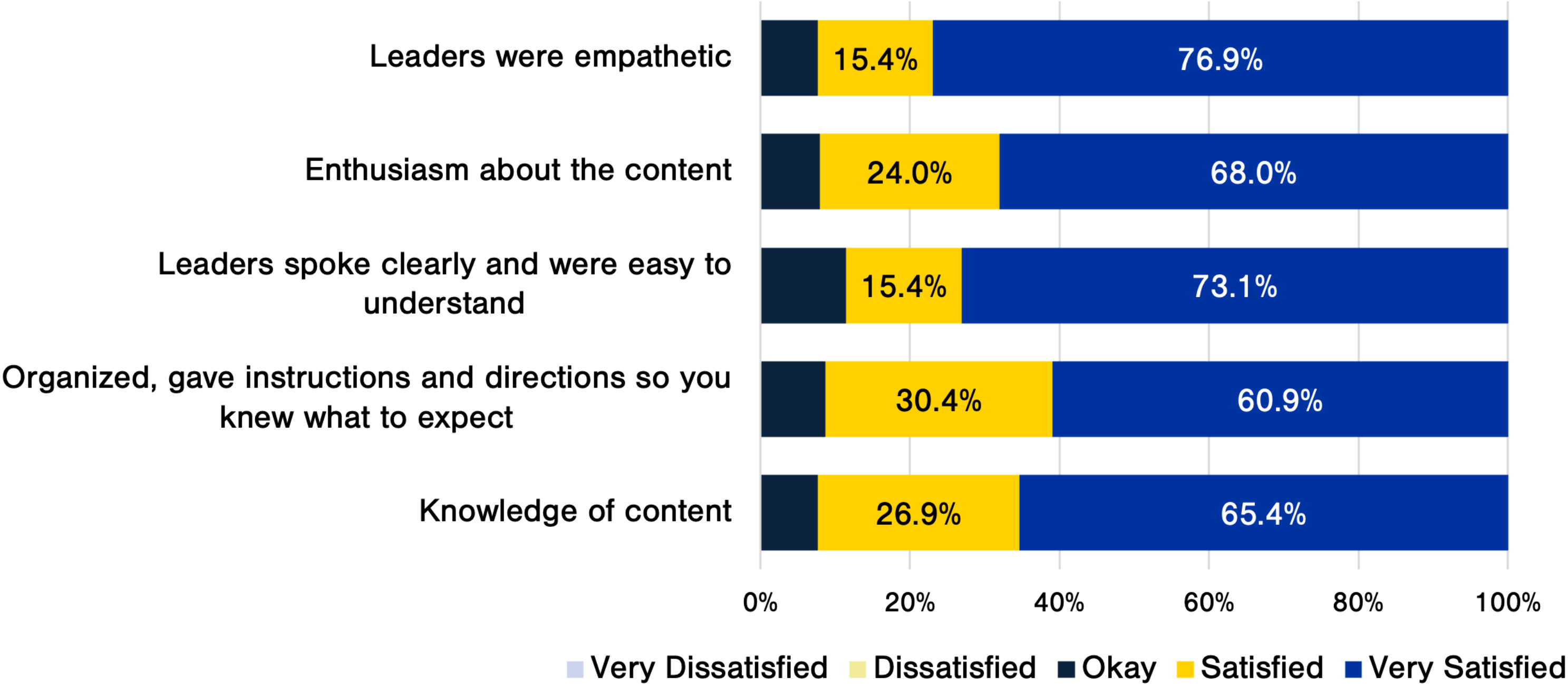
Financial fitness-All of the information, worksheets, etc. are such useful tools. I'm inspired to use them! Advance Planning- Comfort One information! All of it really. My family and I talk a lot about it but have not put anything in place. NOW is the time! I've enrolled my daughter in working together on this. The information re: other Resources is invaluable. I enjoyed being in a group of others and knowing we're together in this aging/living space. I'm glad I have the workbook. Been dealing with Walking Pneumonia and not much interested in doing anything. Much better now and getting back into it and taking on the “assignments”. Lots to handle and so appreciative for the program. Helps to make it doable!

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 – AMP Workshops

I felt the curriculum covered all aspects of aging. I learned something new at each class. I would have enjoyed doing more of the class activities as a group though. The Zoom speakers were very knowledgeable & personal.

I don't like Zoom classes, but I realize you can reach more people and save travel and money. I appreciated the special speakers who were more enthusiastic about their topics.

Great leaders who were prepared to get us to think about a wide variety of topics. The setting was quiet, clean, and a great place to learn and interact.

I enjoyed being part of these sessions and would be interested in future such programs about various subjects such as managing food preparations and storage when one is alone. It would be helpful to learn how to refocus ones life after one becomes a widow(er).

Diane and Macy were exceptional leaders! They are great listeners and kept everyone engaged. We may have been able to do two chapters per session. I highly recommend this workshop to anyone regardless of age.

These programs are vital to those who are elderly, alone, and do not get out and interact with others. And to rural South Dakotans who are remote from physical locations.