



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

*Better Choices, Better Health®  
South Dakota*



# BETTER CHOICES, BETTER HEALTH

## South Dakota

[extension.sdstate.edu](http://extension.sdstate.edu)  
[goodandhealthsd.org/bcbh](http://goodandhealthsd.org/bcbh)





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# Program **OVERVIEW**

Better Choices, Better Health-SD offers Self-Management Education workshops, designed to help adults living with ongoing physical and/or mental health conditions, along with caregivers.

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**CHRONIC CONDITIONS**

**BUILDING BETTER  
CAREGIVERS**

**CANCER**

**CHRONIC PAIN**

**WORKSITE WELLNESS**

**DIABETES**

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# OUR PROGRAM SUPPORT



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# LEARN ABOUT US

## OUR MISSION

Collectively inspiring  
people to live their  
best life.

## OUR PURPOSE

Challenge and elevate  
people to think differently  
about their health.

## OUR VISION

### **For Individuals:**

To empower South  
Dakotans to achieve  
optimal wellbeing.

### **With Partners:**

To establish a synergetic  
network that provides  
access and opportunity  
for improved health.





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**I-P**

In-Person (I-P)

**V**

Virtual (V)

# OUTREACH

**300+**

workshop

S

**2600+**

participant

S

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# Evidence Based **TESTED & APPROVED**

- Rigorously Tested
  - Medically Approved
  - Supported by research and evidence.
- CDSMP & WWE
    - Approved SNAP-Ed Toolkit
  - BCBH-SD CDSMP
    - Approved SD Medicaid training program under CHW scope of work





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Sessions are held once a week for **6 weeks**.

# CANCER: THRIVING & SURVIVING

Designed for cancer survivors and caregivers to improve self-management skills. Learn techniques to deal with symptoms of cancer and its treatment.

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# BENEFITS:

## Participants will learn:

- Techniques to deal with problems such as frustration, fatigue, pain, isolation, etc
- Setting priorities
- Relationships
- Nutrition
- Communicating effectively
- Making decisions about treatment
- Appropriate exercise



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# Participa nt EXPERIENCE

*It was a great workshop and the presenters were fantastic! I loved connecting with others in the class and hear their stories and what they are going through. I would like to keep in touch with the participants and would love to do another workshop when one is available.*

**-Cancer Participant**





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# STRUCTURE:

- **Delivered by:** 2 trained peer facilitators
- **Program type:** Group
- **Format:** In person, Virtual, Self-Study  
Toolkit with Leader Calls
- **Length:** 6 weekly, 2.5-hour sessions
- **Available in languages:** English, Spanish

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# Lay Leader TRAINING



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## Certification

- **Virtual**, 7 week training course
- **In Person**, 4 full days
- Facilitate first workshop within 6 months
- To remain active: **facilitate 1 workshop per year**

## Self Management Education

- **Chronic Disease Self Management Program**
- Cross-Training:
  - **Cancer: Thriving and Surviving**
  - Diabetes Self-Management Program
  - Chronic Pain Self-Management Program
  - Building Better Caregivers
  - Worksite Chronic Disease Self-Management Program

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# WHO HAS ATTENDED:



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- **Date of first workshop:** 7/29/2020
- **# workshop held:** 13 workshops: 5 in FY21, 5 in FY22, 1 in FY23, 2 in FY24
- **# participants reached:**
  - **85 participants completed** 1 or more session
  - **67 participants completed** 4 of the 6 sessions (78.8% completion rate)

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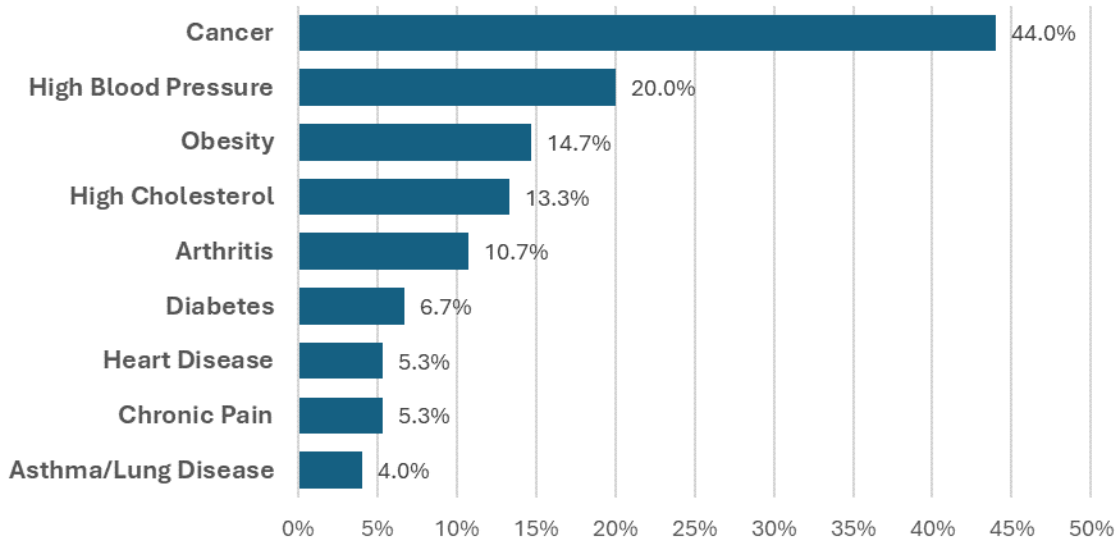




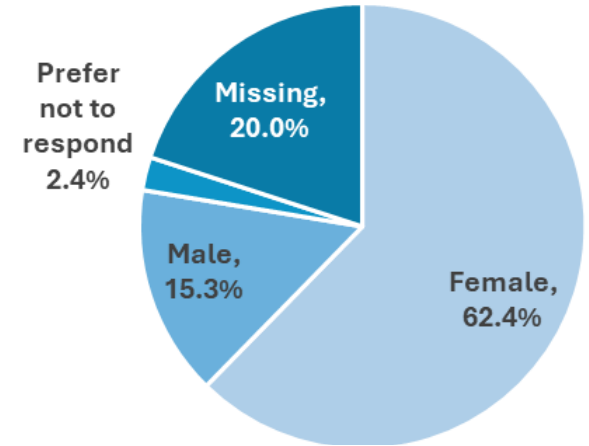
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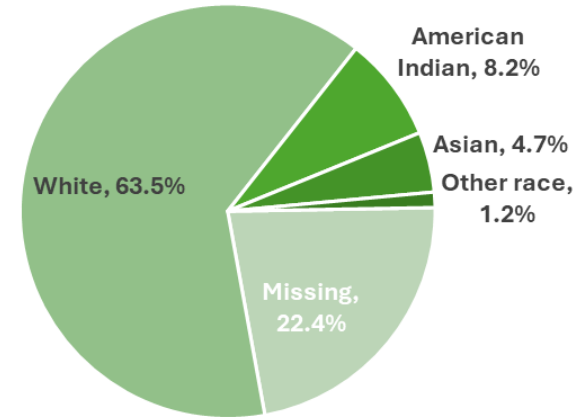
## Most Common Chronic Conditions



## Gender



## Race

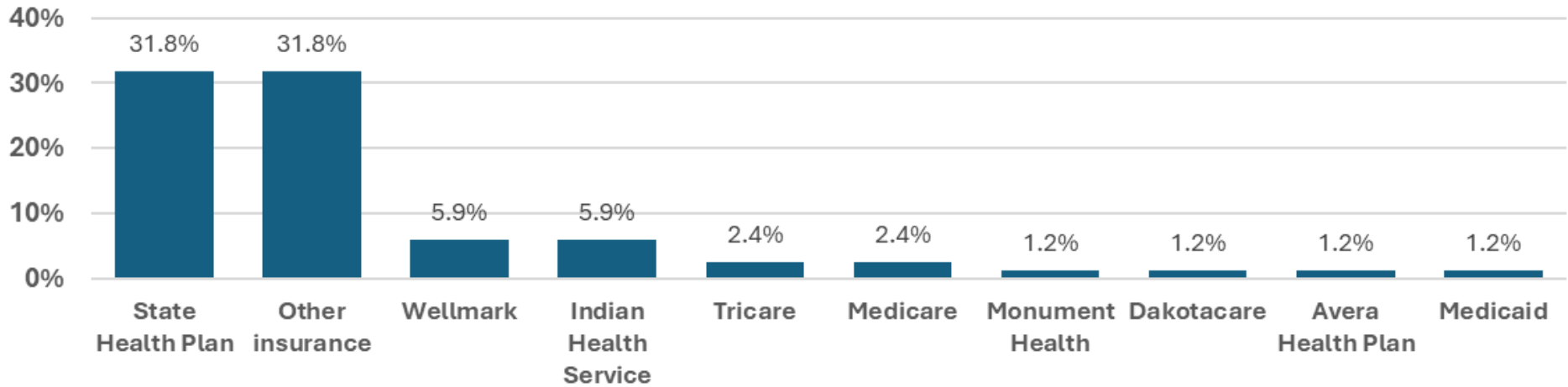




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## Insurance Type



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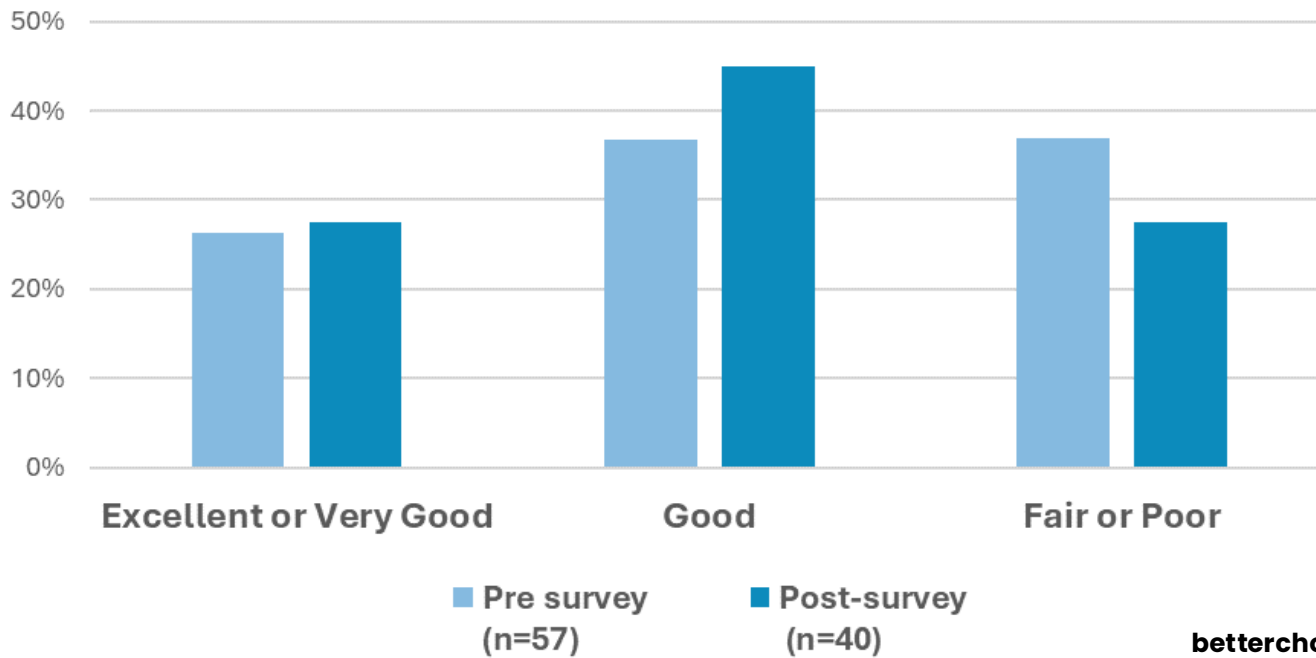
# OUTCOMES:



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## Self-Rated Health



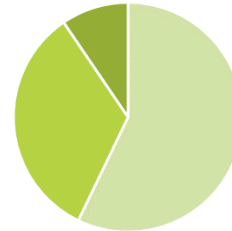
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# SATISFACTION:

Quality of the Program



■ Very satisfied ■ Satisfied ■ Okay



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## Most Useful Aspect of Program

- **Action plans**
- discussion about nutrition, activities and psychology solution to boost health
- encouragement to **exercise** and to **eat healthy**
- **guided imagery**
- Interacting with others and learning my issues are not unique.
- Just overall learning that **I am not alone** in this and learning how to deal with some of the issues
- **relaxation techniques**
- Setting realistic goals to get back to my pre-diagnosis self.
- **The book.**
- The program inspired me to get healthier. This helps not only my physical health, but my mental health as well.
- **Getting matched with a buddy** to check in with.
- **Understanding what others are going through** on the cancer journey and what to do to help.

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# BEHAVIOR CHANGE:



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- I am more **aware** of what I have been eating
- **Better mental attitude.**
- I am holding myself more **accountable**
- I am **more settled with the ongoing challenges** associated with being a cancer survivor and future outcomes associated with a potential recurrence.
- I've been **taking more walks.**
- Just starting to **work on goals**
- Mentally I am **more confident and calm.**

- more **active** and start body **flexibility** enhancing practice
- More **encouraged** to get out and do more outdoor activities
- More of a **commitment to my health**
- my treatment has progressed and I've had to make use of some of the skills learned, such as **using mind/relaxation techniques to deal with nausea**
- The program started early in my cancer journey so I have seen many **improvement, especially with fatigue** since participating



# UPCOMING WORKSHOPS



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## Cancer: Thriving & Surviving

Location	Start Date	End Date	Day(s)	Time
Virtual	2/20/25	3/27/25	Thursdays	9 to 11:30 am CT

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# REGISTER TODAY!



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ABOUT ▾ RESOURCES ▾ EVENTS ▾ FUNDING ▾ KEY DATA ▾

BETTER CHOICES, BETTER HEALTH® SD ▾



## Register for a Workshop

Stay active and connected! The Better Choices, Better Health® SD network (BCBH-SD) offers a suite of FREE evidence-based Self-Management Education and Physical Activity programs for adults and their caregivers living in South Dakota. Join a program in-person or virtual from the comfort of your own home.

Explore the available programs below or give us a call at [1-888-484-3800](tel:1-888-484-3800)

Contactar Para Aprender Más: [deseree.corrales@sdstate.edu](mailto:deseree.corrales@sdstate.edu), 1-605-773-8122

## Available Programs

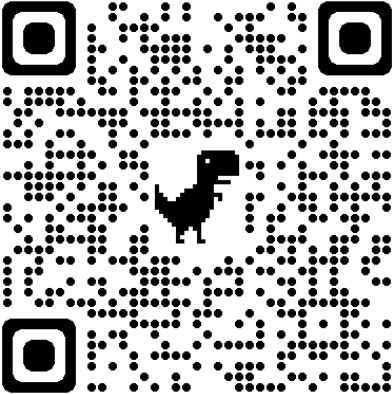
### Self-Management Education Programs

Millions of adults live with chronic health conditions. These workshops can help you manage symptoms, improve quality of life, and reduce healthcare costs.

**Programs include:**

- [Chronic Conditions](#)
- [Diabetes](#)
- [Chronic Pain](#)
- [Cancer](#)
- [Building Better Caregivers](#)
- [Worksites](#)

[EXPLORE SELF-MANAGEMENT EDUCATION](#)





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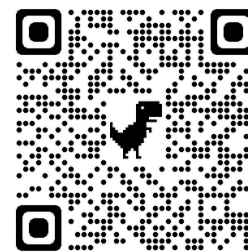
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# let's work **TOGETHER**



## BCBH WHY STATEMENT

**We believe every person  
has the right and power  
within to live well.**

ACCESS

WELLNESS

EMPOWERMENT

COMMUNITY



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