Rosebud Wellness Center Poster Presentation

Introduction

Fitness assessments were completed to determine improvement in the health status of the participants.

Improvements in fitness activity contribute to improvements in health status.

Method

Fitness assessments were completed in-person at the Rosebud Wellness Center from January 1-December 31, 2023.

Fitness assessment areas include:
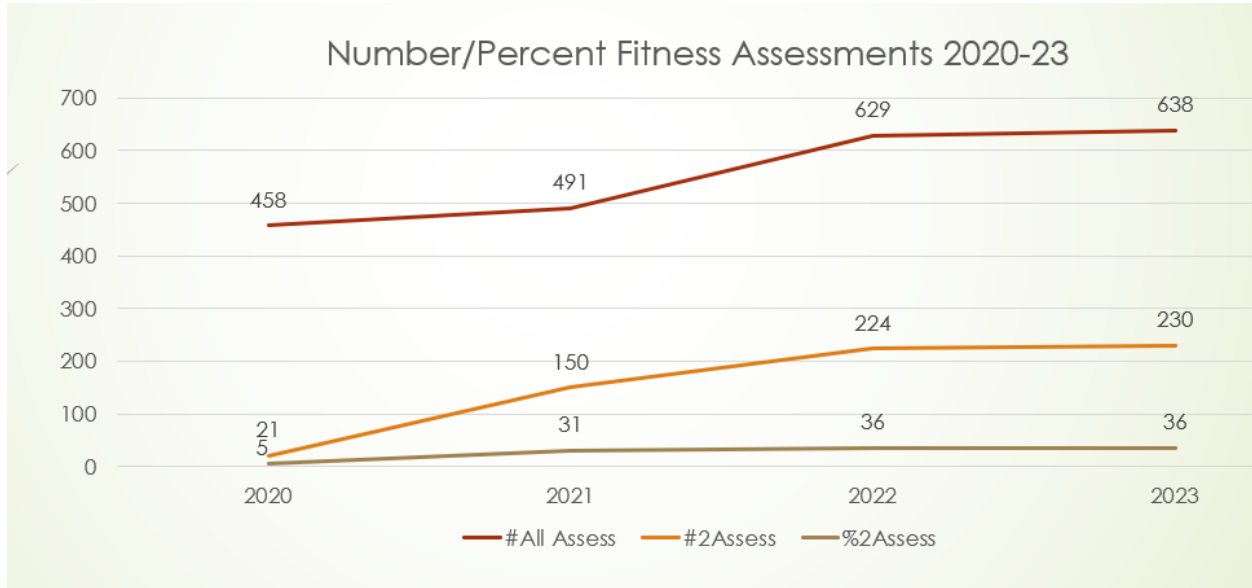
- Walk/Run
- Bike
- Push-ups
- Sit-ups
- Sit & Reach

Participants are asked to complete a second fitness assessment ~90 days following the first assessment to determine improvement in their fitness levels.

Results

- Results display results for participants, participants with diabetes, participants with prediabetes by gender, age, and Body Mass Index (BMI)
- Improvement in 1, 2, 3 and 4 Fitness Areas are presented
- Improvement in each Fitness Area
- Percentages are not equal 100% due to rounding

Number/Percent Fitness Assessments 2020-23

The number of participants has steadily increased from 2020 to 2023. The number of participants who have completed a second fitness assess has continued to increase 2020-23.

Number/Percent Fitness Assessments 2020-23

|	2020	2021	2022	2023
#All Assess	458	491	629	638
#2Assess	21	150	224	230
%2Assess	5	31	36	36

In 2023, 8% (n=53/638) of the participants had prediabetes, type 1 or type 2 diabetes. Of the 53 individuals with prediabetes or diabetes, 34% (n=18/53) had prediabetes, 6% (n=3/53) had type 1, and 60% (n=32/53) had type 2.

Of Participants with Prediabetes or Diabetes, Percent Participants with Prediabetes, Type 1 or Type 2 2023

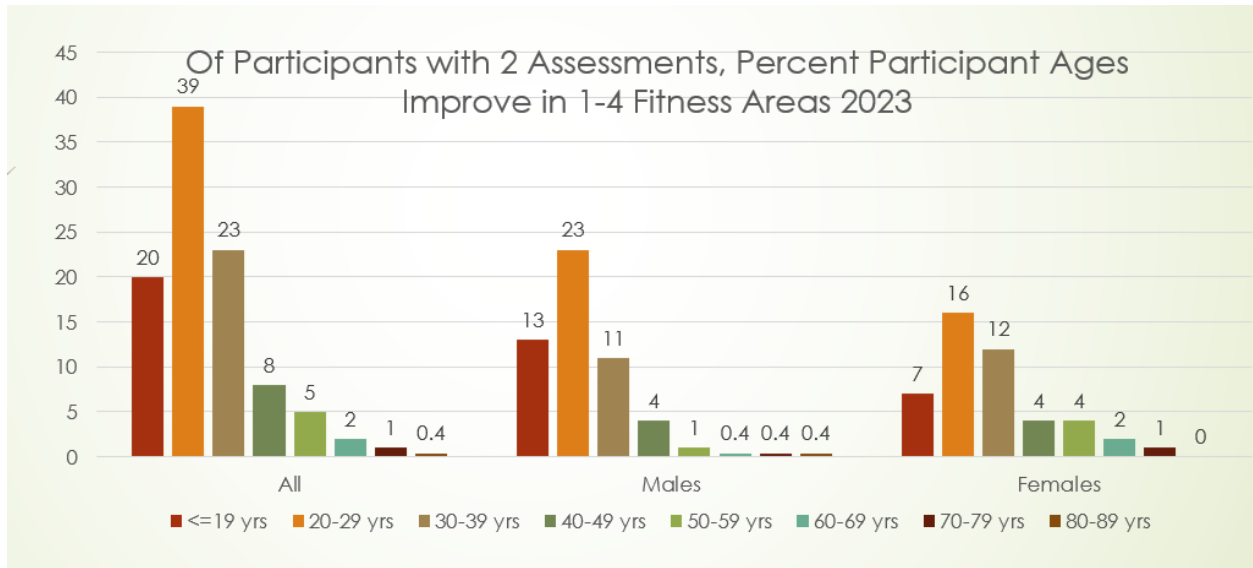|	2023
Prediabetes or Diabetes	8
Prediabetes	34
Type 1	6
Type 2	60
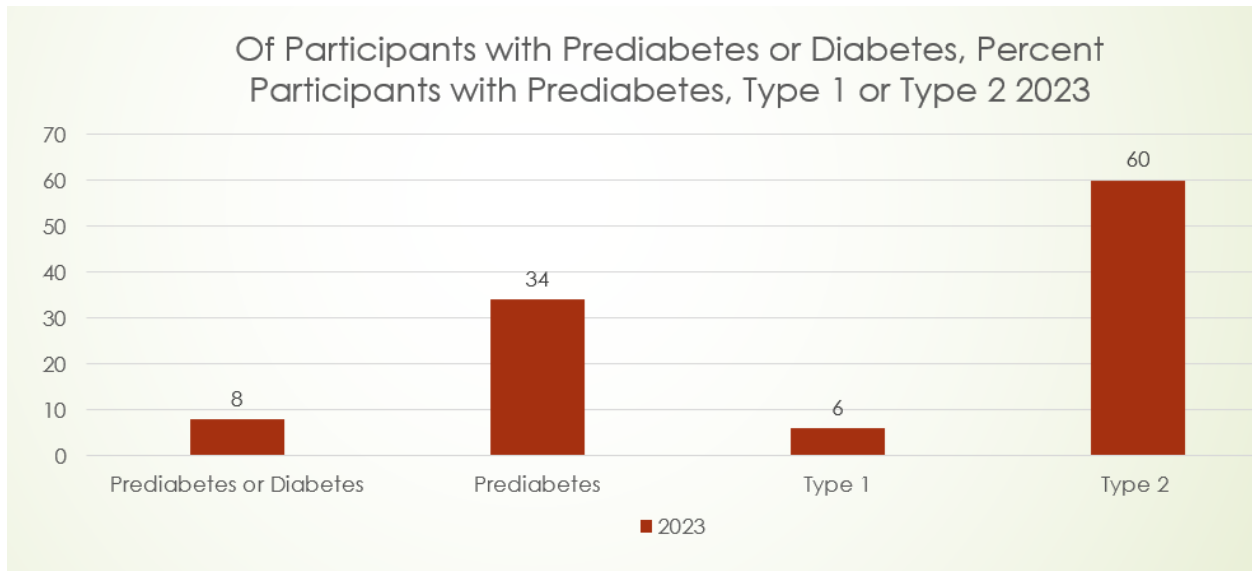
Approximately one-half of the participants are male and one-half are female. Nearly all the male participants and female participants improved their fitness levels.
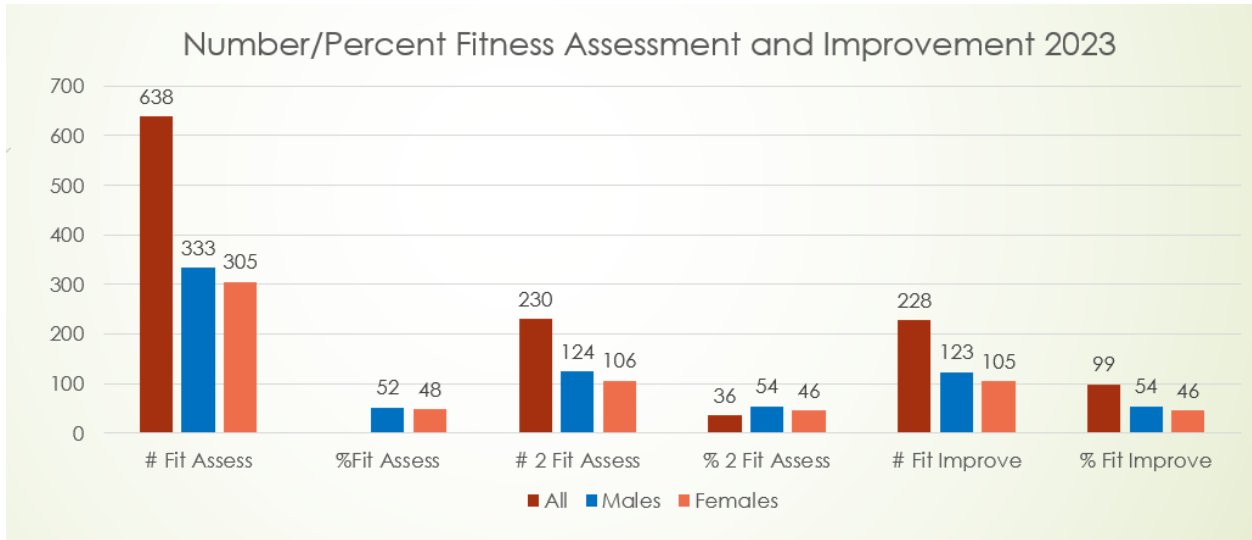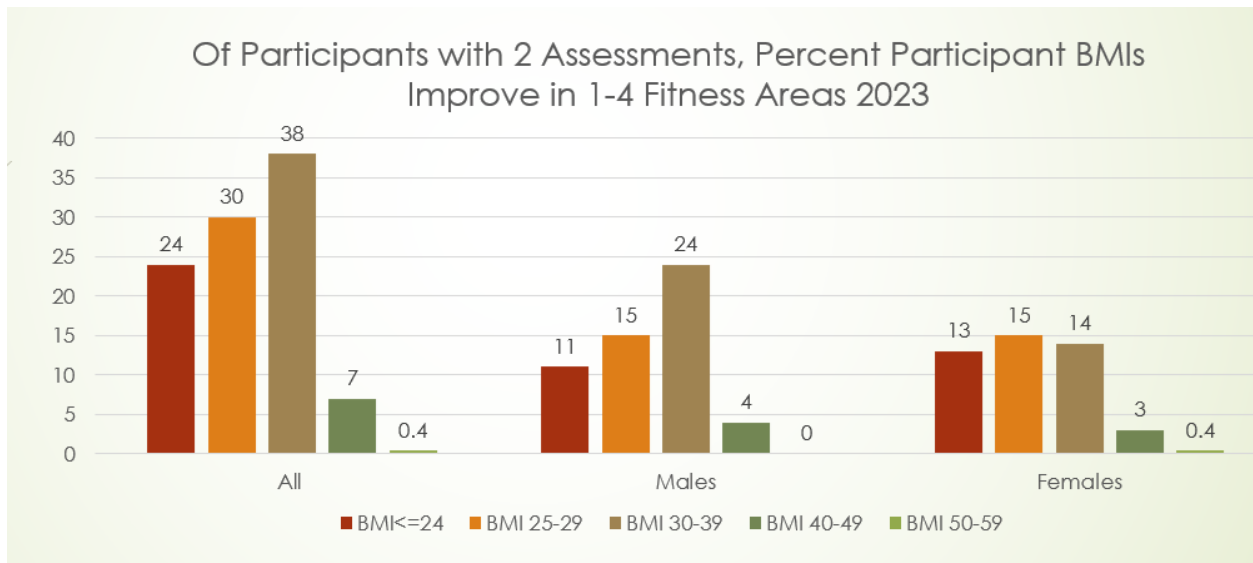

The majority of the participants with 2 assessments improved in 3 or 4 fitness areas for both male and female participants.
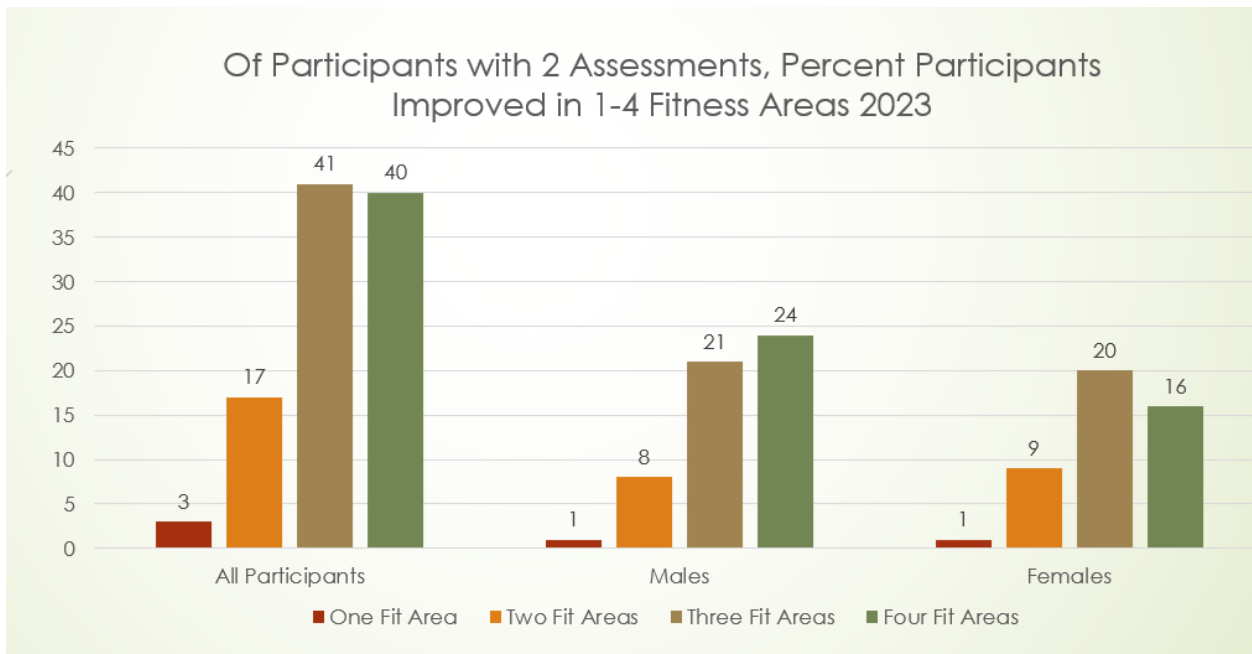
Participants in the age range of 20-29 years had the greatest improvement followed by participants in the 30-39 years and <=19 years.

Of Participants with 2 Assessments, Percent Participant Ages Improve in 1-4 Fitness Areas 2023

Legend: <=19 yrs, 20-29 yrs, 30-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70-79 yrs, 80-89 yrs

All: 20, 39, 23, 8, 5, 2, 1, 0.4
Males: 13, 23, 11, 4, 1, 0.4, 0.4, 0.4
Females: 7, 16, 12, 4, 4, 2, 1, 0

Of the participants with 2 assessments, BMI's ranged from <=24 to 50-59. The BMI range of 30-39 had the greatest number of participants.

Of Participants with 2 Assessments, Percent Participant BMIs Improve in 1-4 Fitness Areas 2023

Legend: BMI<=24, BMI 25-29, BMI 30-39, BMI 40-49, BMI 50-59

All: 24, 30, 38, 7, 0.4
Males: 11, 15, 24, 4, 0
Females: 13, 15, 14, 3, 0.4

Participants improved their fitness levels in all 5 fitness areas for both male and female participants.
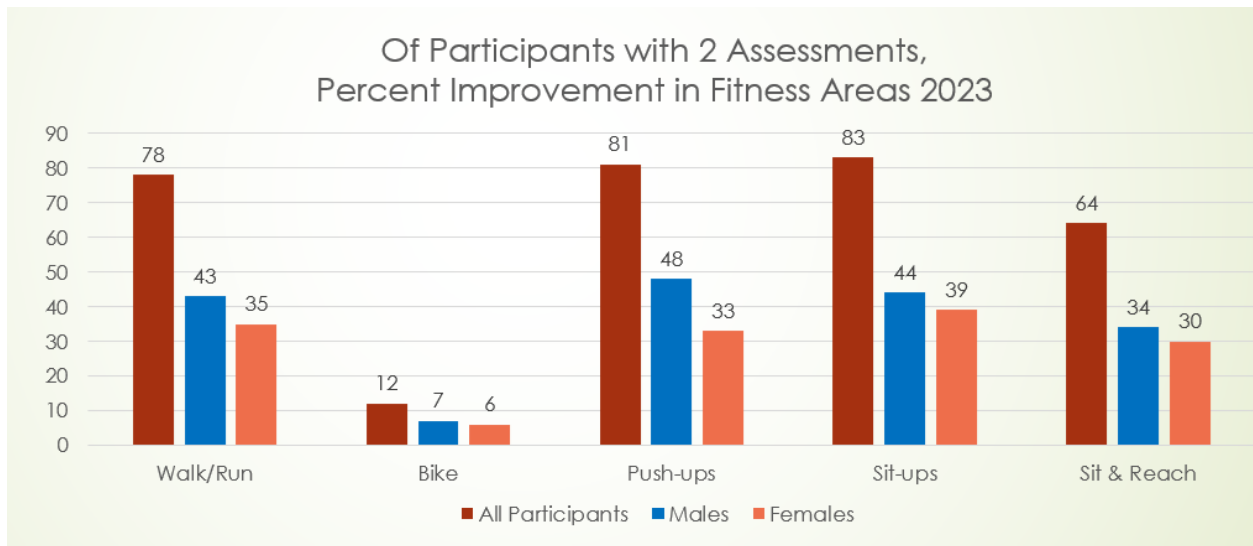
Of the participants with 2 assessments, participants in BMI ranges from <=24 to 30-39 improved their fitness levels the most for each of the fitness areas.
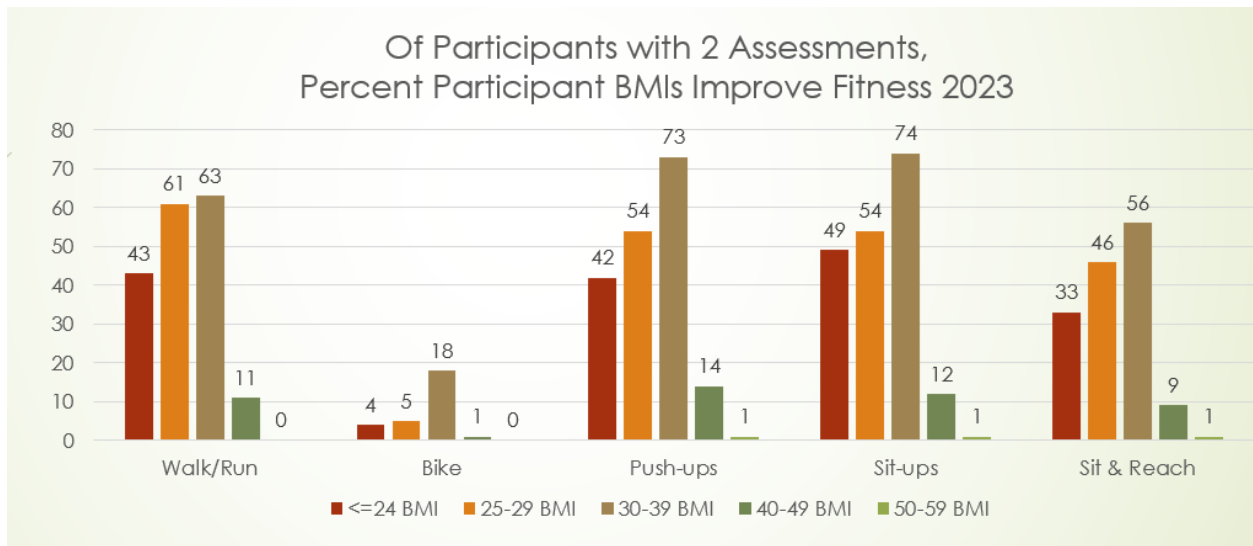
Summary

- The number of participants has steadily increased from 2020 to 2023. The number of participants who have completed a second fitness assess has continued to increase 2020-23.
- In 2023, 8% (n=53/638) of the participants had prediabetes, type 1 or type 2 diabetes. Of the 53 individuals with prediabetes or diabetes, 34% (n=18/53) had prediabetes, 6% (n=3/53) had type 1, and 60% (n=32/53) had type 2.
- Approximately one-half of the participants are male and one-half are female. Nearly all the male participants and female participants improved their fitness levels.
- The majority of the participants with 2 assessments improved in 3 and 4 fitness areas for both male and female participants.
- Participants in the age range of 20-29 years had the greatest fitness improvement followed by participants in the 30-39 years and <=19 years.
- Of the participants with 2 assessments, BMI's ranged from <=24 to 50-59. The BMI range of 30-39 had the greatest number of participants.
- Participants improved their fitness levels in the fitness areas for both male and female participants.
- Of the participants with 2 assessments, participants in BMI ranges from <=24 to 30-39 improved their fitness levels the most for each of the fitness areas.