



National CDSME Resource Center

Program Highlights and Charts

Last Update: January 2023

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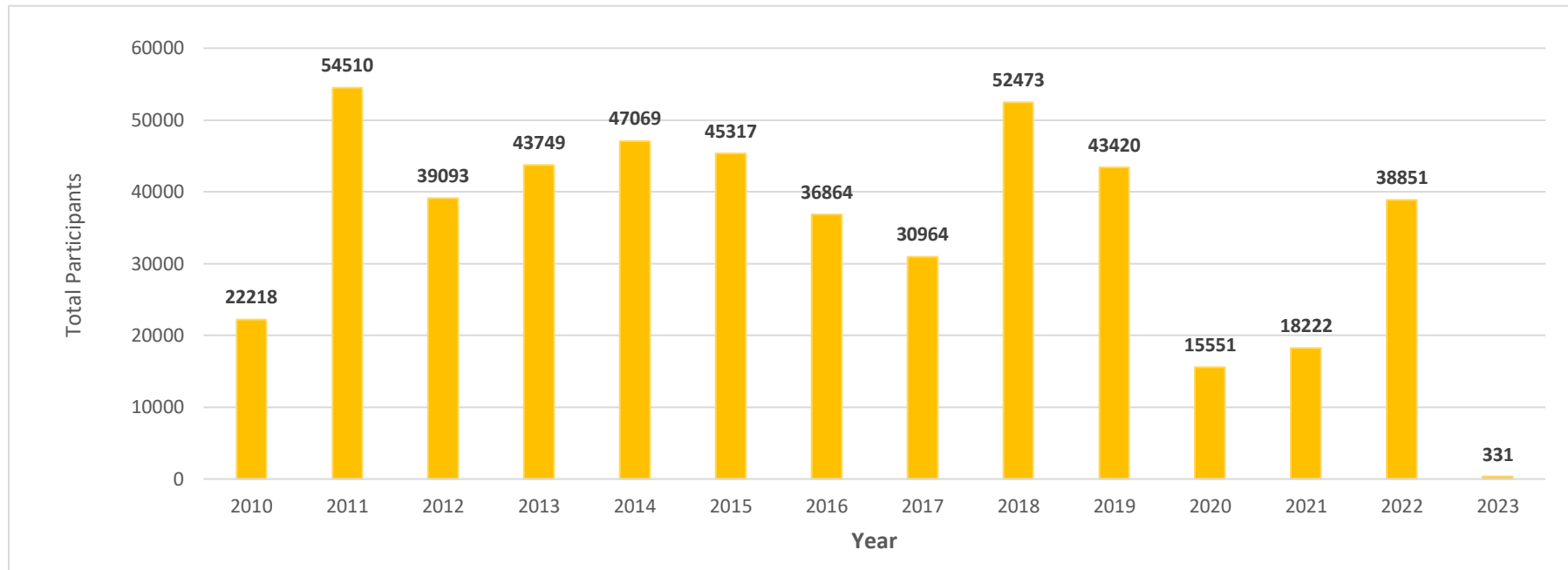
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FIGURE 1. NATIONAL CDSME DATABASE PROGRAM REACH (3/1/2010 – 1/16/2023)



FIGURE 2. TOTAL NUMBER OF PARTICIPANTS ENROLLED BY CALENDAR YEAR (1/1/2010 TO 1/16/2023)



- 2020 and 2021 are marked by a significant reduction in the total number of enrolled participants, during the peak COVID-19 pandemic period.
- However, in 2022, there is a promising rebound, with a growth of 20,629 participants from the prior year.

FIGURE 3. NUMBER OF UNIQUE WORKSHOPS DELIVERED BY STATE (1/1/2010 TO 1/16/2023)

Since 2010, **43,652** workshops have been entered into the National CDSME Database.

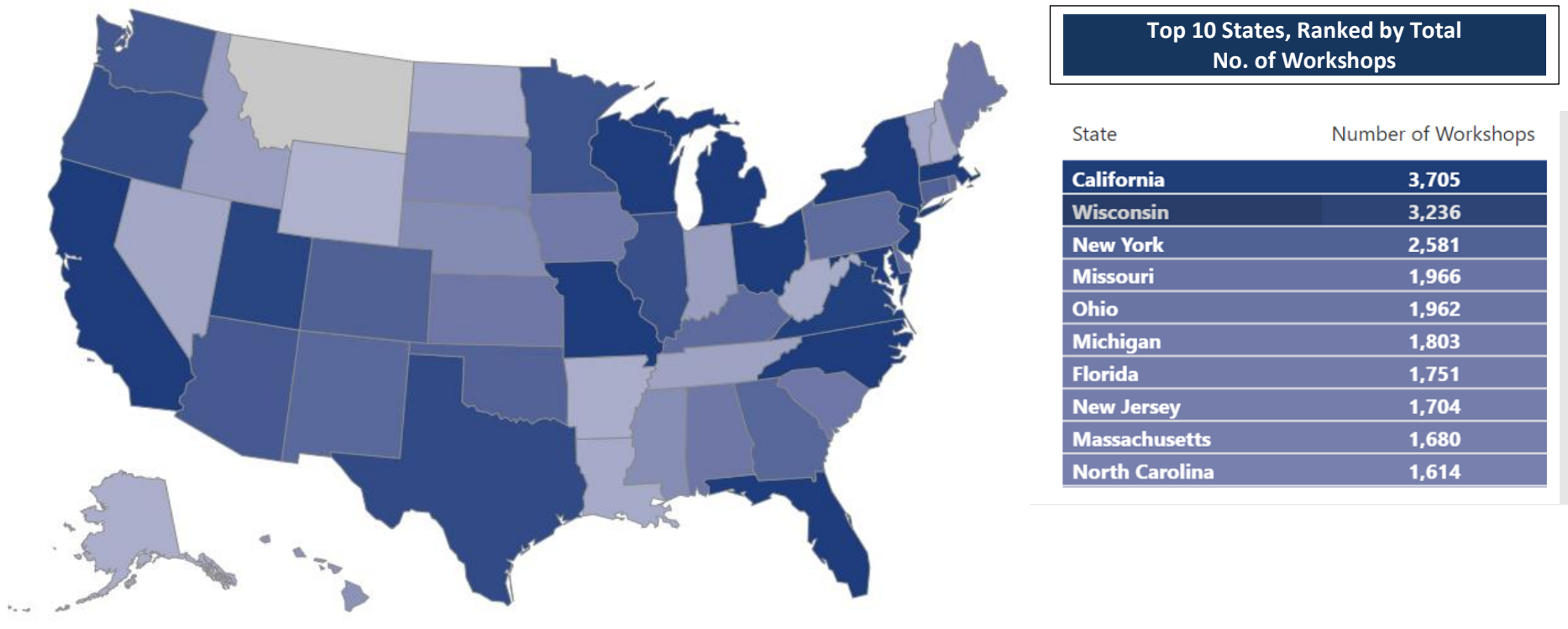
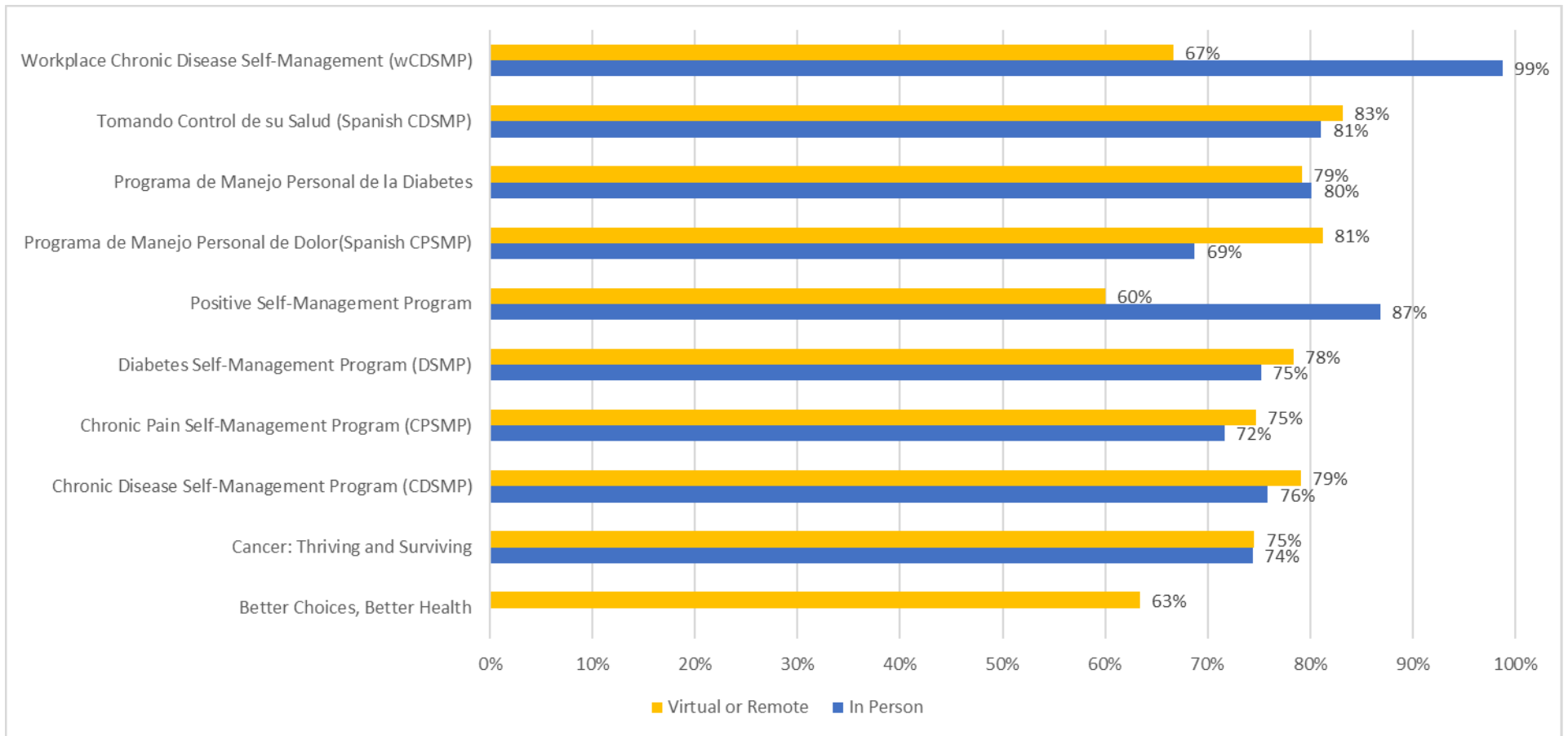


FIGURE 4. TOTAL NUMBER OF PARTICIPANTS ENROLLED AND COMPLETED, BY WORKSHOP TYPE, 1/1/2010 TO 1/16/2023
(N=483,396)

Workshop Type	Enrolled	Completed	No. of Workshops
Chronic Disease Self-Management Program (CDSMP)	279794	206529	26567
Diabetes Self-Management Program (DSMP)	99176	74550	9554
Chronic Pain Self-Management Program (CPSMP)	23208	16777	2509
Tomando Control de su Salud (Spanish CDSMP)	28710	22164	2499
Programa de Manejo Personal de la Diabetes	10183	8095	991
Walk With Ease (in-person)	4965	2097	519
Powerful Tools for Caregivers	2635	2138	396
Better Choices, Better Health	872	503	268
Healthy IDEAS	734	696	239
Cancer: Thriving and Surviving	2010	1517	223
HomeMeds	13406	10368	216
Walk With Ease (self-directed)	3328	1932	194
Tool kit for Active living with Chronic Conditions	2841	1609	193
Arthritis Foundation Exercise Program	1846	1235	176
PEARLS	628	417	142
Mind Over Matter	635	0	113
Arthritis Self-Management Program (ASMP)	915	686	73
EnhanceWellness	372	172	68
Tool Kit for Active Living with Diabetes	828	204	65
Workplace Chronic Disease Self-Management (wCDSMP)	619	500	65
EnhanceFitness	3401	1596	64
Tool Kit for Active Living with Chronic Pain	234	153	46
Wellness Recovery Action Plan (WRAP)	328	255	40
Fit and Strong!	351	223	35
Positive Self-Management Program	233	181	29
Screening, Brief Intervention, and Referral to Treatment (SBIRT)	870	851	10
Active Living Every Day	51	30	8
Other (list)	58	41	8
Programa de Manejo Personal de Dolor(Spanish CPSMP)	48	37	4
Arthritis Foundation Aquatic Program (AFAP)	16	11	3
Health Coaches for Hypertension Control	2	0	2
Programa de Manejo Personal de la Artritis (Spanish ASMP)	99	21	2
Total	483396	355588	45321

FIGURE 5. COMPLETION RATES FOR SELF-MANAGEMENT RESOURCE CENTER CDSME PROGRAM TYPES BY VIRTUAL AND REMOTE VS IN PERSON, 1/1/2019 TO 1/16/2023; N=54,852.



NOTE: For this analysis, Virtual or Remote Program is defined as any workshop delivered partly or entirely virtually or remotely. Workshops were determined to be virtual or remote when they were labeled as virtual, hybrid, self-directed/at-home, OR in which a phone, Zoom, Facebook Live, or other technology was indicated. This information is derived from 3 questions: 1) Was this workshop delivered virtually? Yes/No; 2) Workshop Format (hybrid, online, in-person, phone, self-directed/at-home); and 3) Technology Used. Conversely, an In-Person workshop is one that did not have any tags associated with virtual or remote, and/or which was labeled as In-Person under the Workshop Format question. Workshop size (by participant #'s) as well as user notes were used to allocate workshops to either category (virtual/remote vs in-person). This graph excludes Toolkits.

FIGURE 6. PARTICIPANT DEMOGRAPHICS COMPARED TO GENERAL OLDER ADULT POPULATION; N=112,988 (1/1/2018 TO 1/16/2023)

	CDSME	General Older Adult Population (age 65+)
Average Age	66 years	n/a
Female	76%	56%
Race/Ethnicity	<ul style="list-style-type: none"> • White (72%) • African-American (21%) • Hispanic (15%) • Asian (5%) • Native Hawaiian/Pacific Islander (1%) • American Indian (2%) 	<ul style="list-style-type: none"> • White (76%) • African-American (9%) • Hispanic (8%) • Asian (5%) • Native Hawaiian/ Pacific Islander (.1%) • American Indian (.6%)
Education	30% Bachelors or higher	33% Bachelors or higher
Caregiver	36%	19% (age 65+); 24.4% (age 45 to 64 yrs)
In Poor or Fair Health	32%	20% (age 65 to 74) & 27% (age 75+)
Disability	31%	38%
Top Chronic Health Conditions	<ul style="list-style-type: none"> • Hypertension (39%) • Arthritis/Rheumatic disease (34%) • High cholesterol (31%) • Diabetes (31%) • Chronic pain (22%) 	<ul style="list-style-type: none"> • Arthritis (47%) • Heart disease (27%) • Cancer (26%) • Diabetes (21%) • COPD, emphysema, chronic bronchitis (11%)
Lives Alone	45%	27%

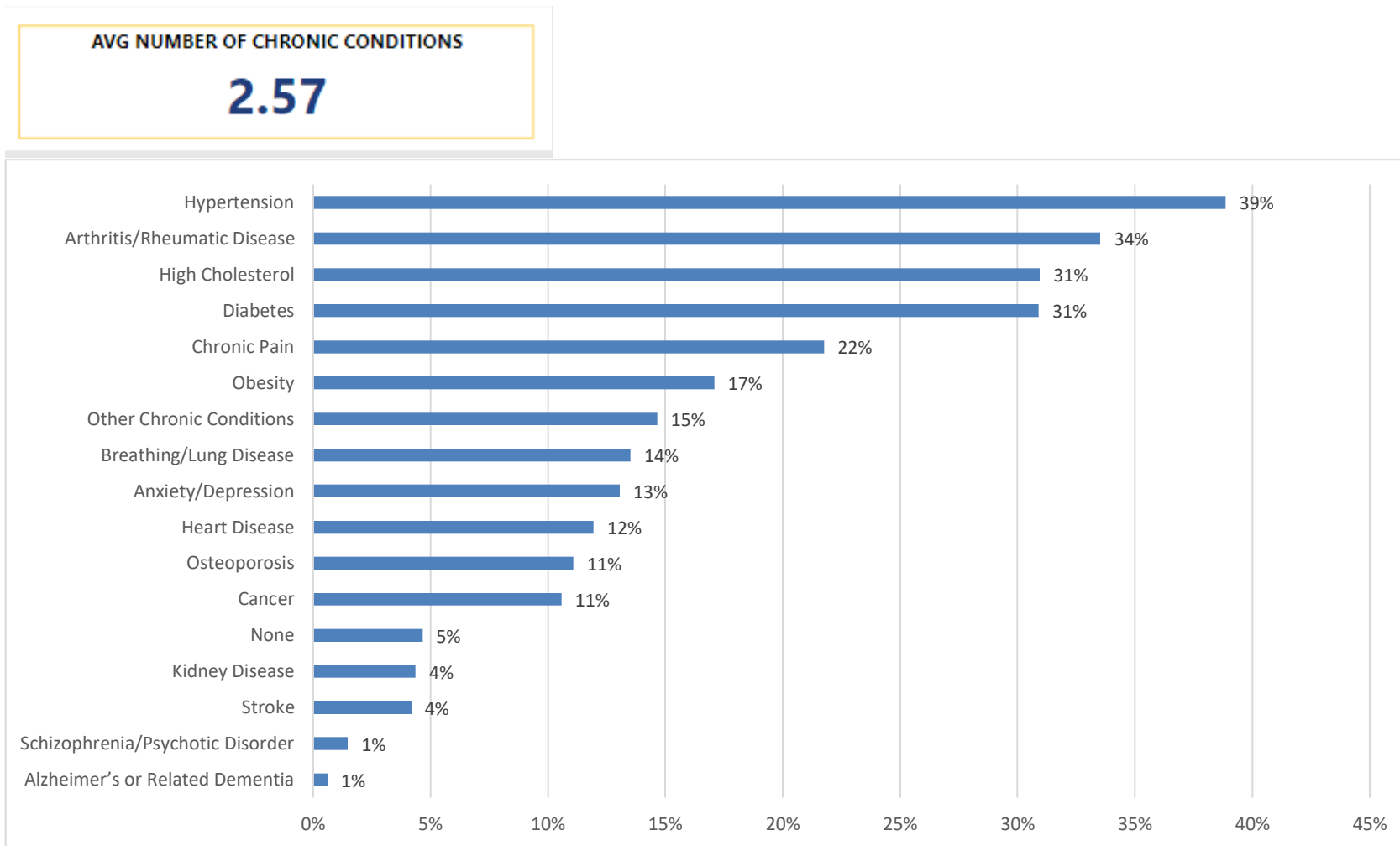
SOURCES:

https://acl.gov/sites/default/files/Profile%20of%20OA/2021%20Profile%20of%20OA/2021ProfileOlderAmericans_508.pdf

<https://www.cdc.gov/aging/caregiving/caregiver-brief.html>

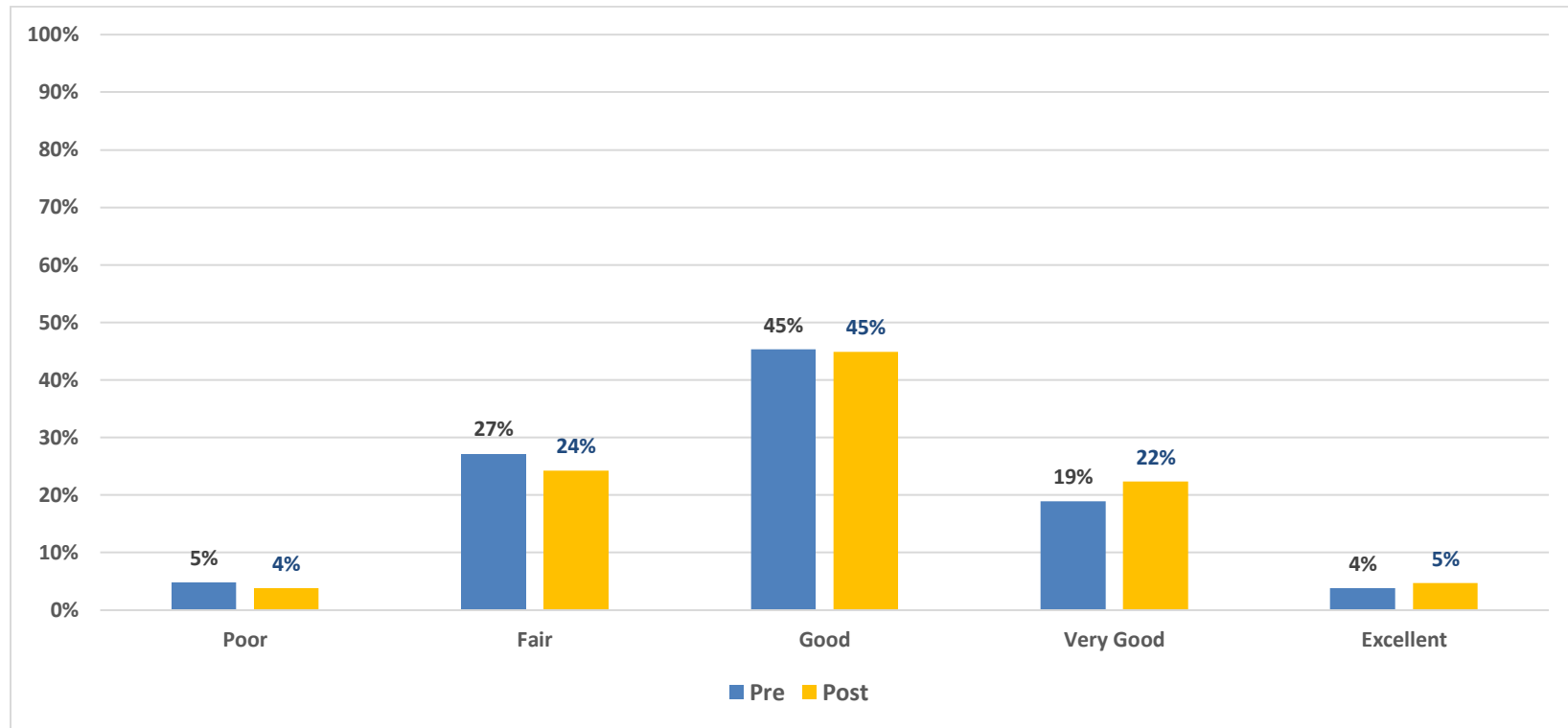
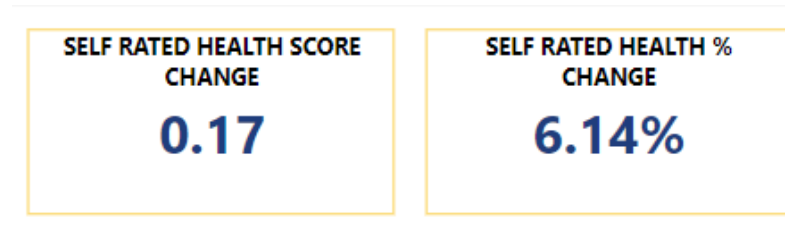
<https://data.census.gov/table?t=Disability&y=2020&tid=ACSST5Y2020.S1810>

FIGURE 7. MOST COMMON CHRONIC HEALTH CONDITIONS AMONG PARTICIPANTS (N=112,988), 1/1/2018 TO 1/16/2023



NOTE: Includes only participants who attended at least one session.

FIGURE 8. PERCENT DISTRIBUTION OF PARTICIPANTS' BASELINE SELF-REPORTED HEALTH RATING AT PRE VS POST-WORKSHOP (N=112,988), (1/1/2018 TO 1/16/2023)



NOTE: At baseline, the total number of respondents was 71, 113; at post-test, it was 10,660. The total number of unknown at baseline was 41,874; at post-test, it was 102, 328. The distribution of self-rated health is based on respondents who attended at least one session. Includes only participants with at least one session recorded.

FIGURE 9. LOCATION OF MOST COMMON IMPLEMENTATION SITE (VENUE) TYPES FOR ALL WORKSHOPS, 2010 TO 2022 (N=45,324)

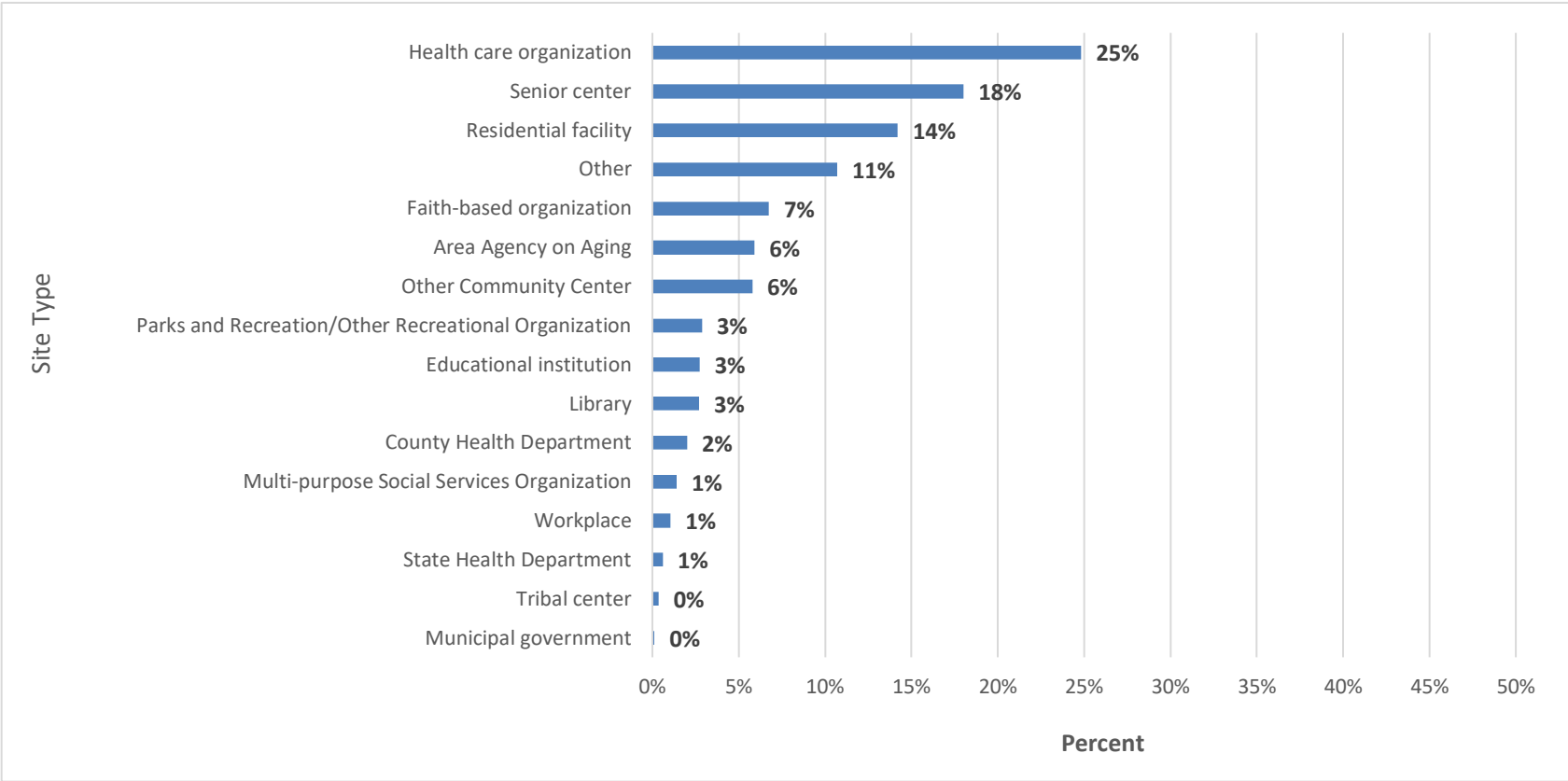
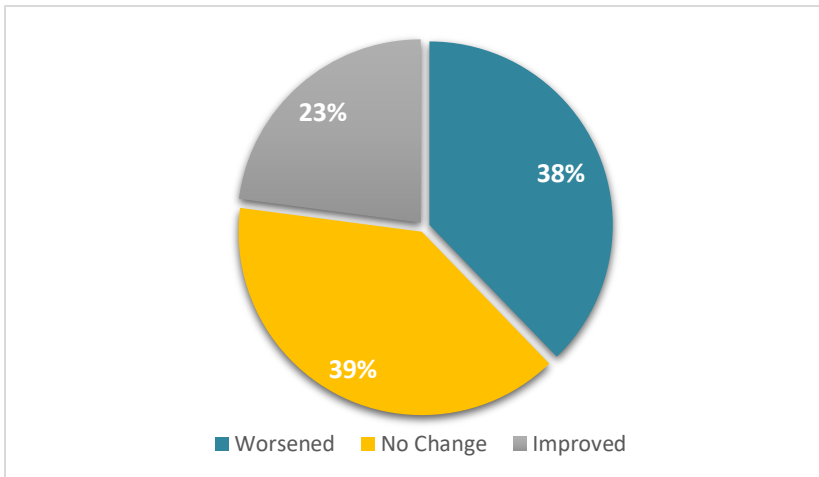
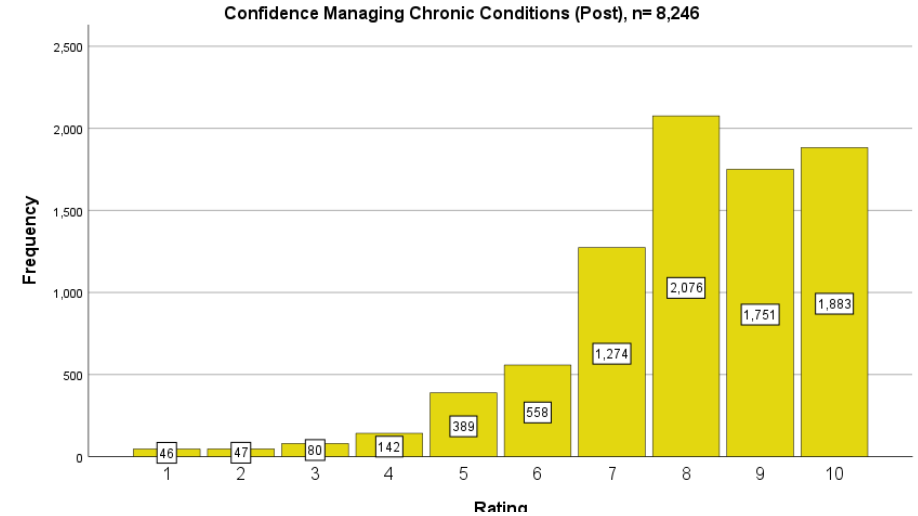
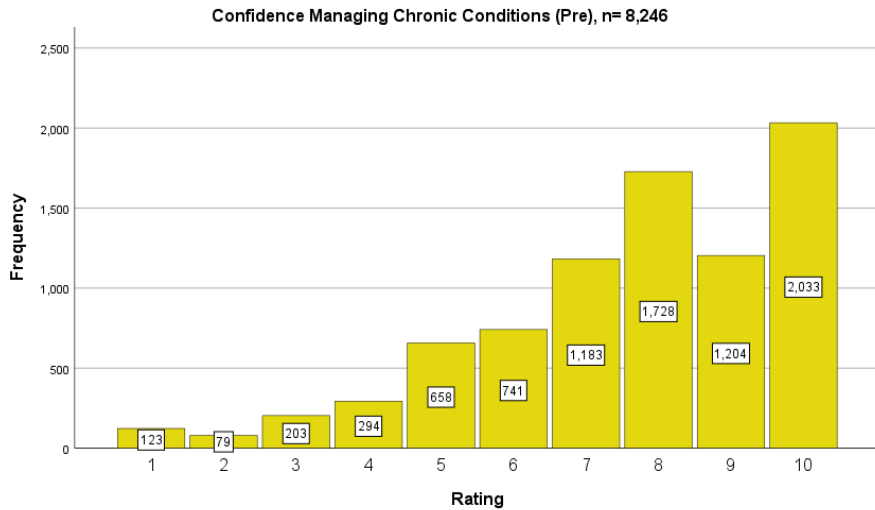


FIGURE 10. DISTRIBUTION AND CHANGE IN PARTICIPANTS' CONFIDENCE IN MANAGING CHRONIC CONDITIONS, N=8,246, 1/1/2016 TO 1/16/2023



Change in Confidence Managing Chronic Condition

	n	%
Worsened	3115	38%
No Change	3241	39%
Improved	1890	23%

+.4*

* Among only participants with both a baseline and post-test survey (n=8,246), a paired t-test showed a significant (p<.01) average improvement from pre to post-test of .398.

Among participants with a baseline and post-test survey (n=8,246), only 23% improved scores following the completion of the program.

FIGURE 11. PARTICIPANTS REFERRED TO EVIDENCE-BASED PROGRAM BY A HEALTH CARE PROVIDER, N=69,623, 1/1/2018 TO 1/16/2023

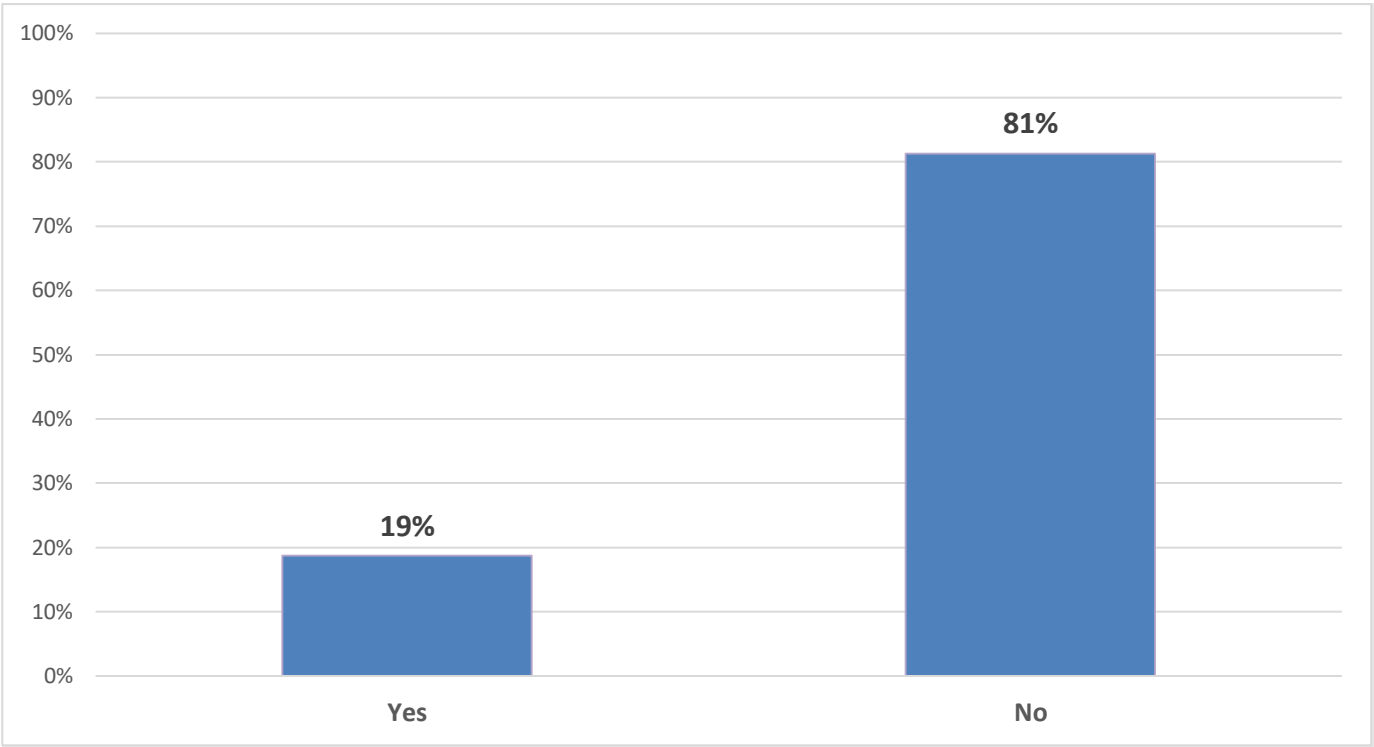


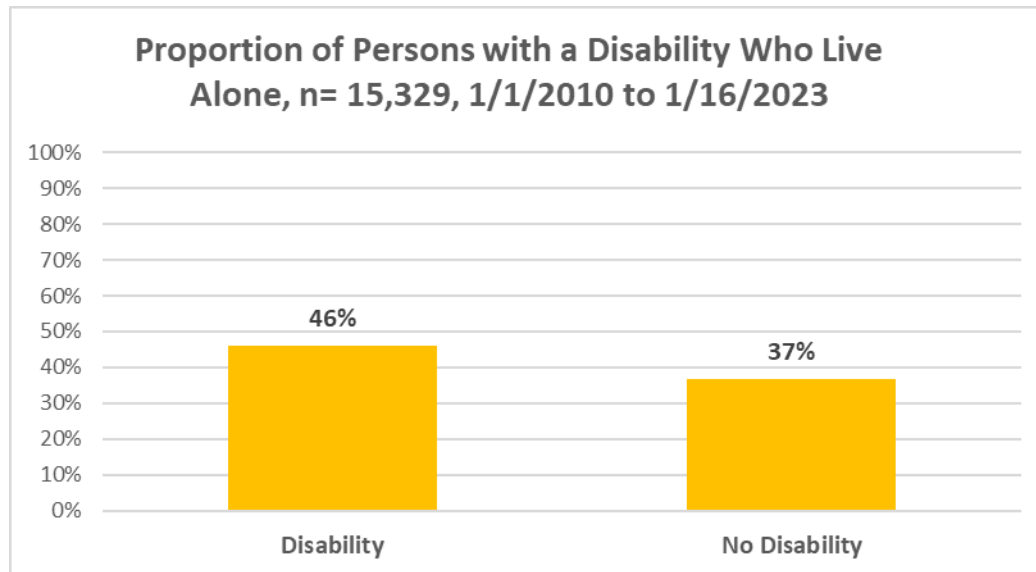
FIGURE 12. DISABILITY STATISTICS IN FOCUS, 2010 TO 2023

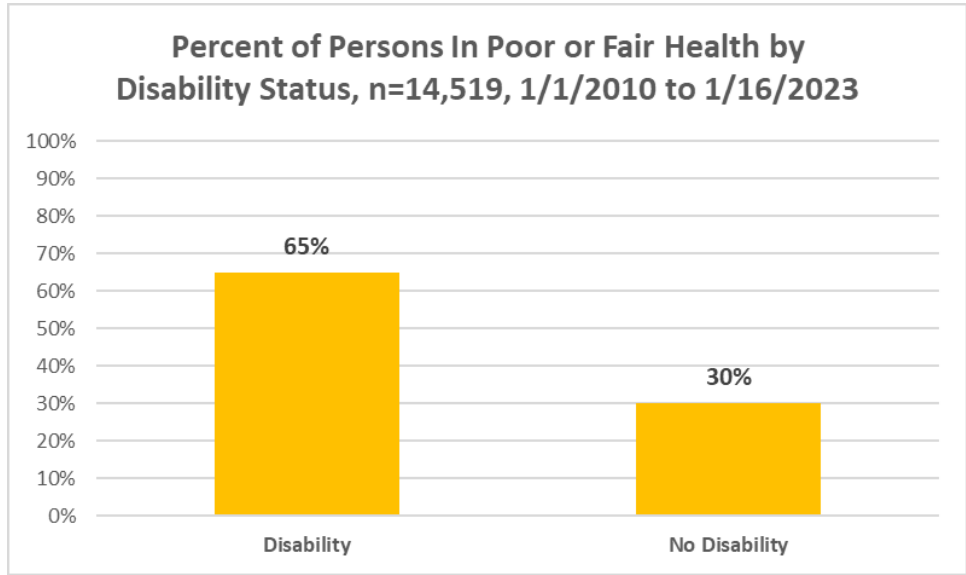
Most common sites attended by persons with disabilities

Implementation Site Type	Number of Participants Reporting Disability
Other	790
Area Agency on Aging	662
Health care organization	430
Residential facility	293
Senior center	292
Educational institution	266

Average Age of Person With a Disability

Disability	Avg Age	SD	N
Yes	69.2	15.3	3025
No	65.8	13.6	12302





Workshop Types Ranked by Highest Proportion of Participants with a Disability

Workshop Type	%
Healthy IDEAS	100%
HomeMeds	95%
PEARLS	85%
Positive Self-Management Program	63%
Chronic Pain Self-Management Program (CPSMP)	40%
Tool Kit for Active Living with Chronic Pain	36%
Walk With Ease (in-person)	32%
Programa de Manejo Personal de Dolor (Spanish CPSMP)	30%
Cancer: Thriving and Surviving	29%

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