



National Council on Aging

Disease Diagnoses and Racial/ Ethnic Variation in Chronic Disease Self-Management Programs

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About NCOA



Who We Are:

NCOA is the national voice for every American's right to age well

Our Vision:

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

National Chronic Disease Self-Management Database (2010-2018)

354,850



**Program
Participants**

32,138



Workshops

226



Database Users

96

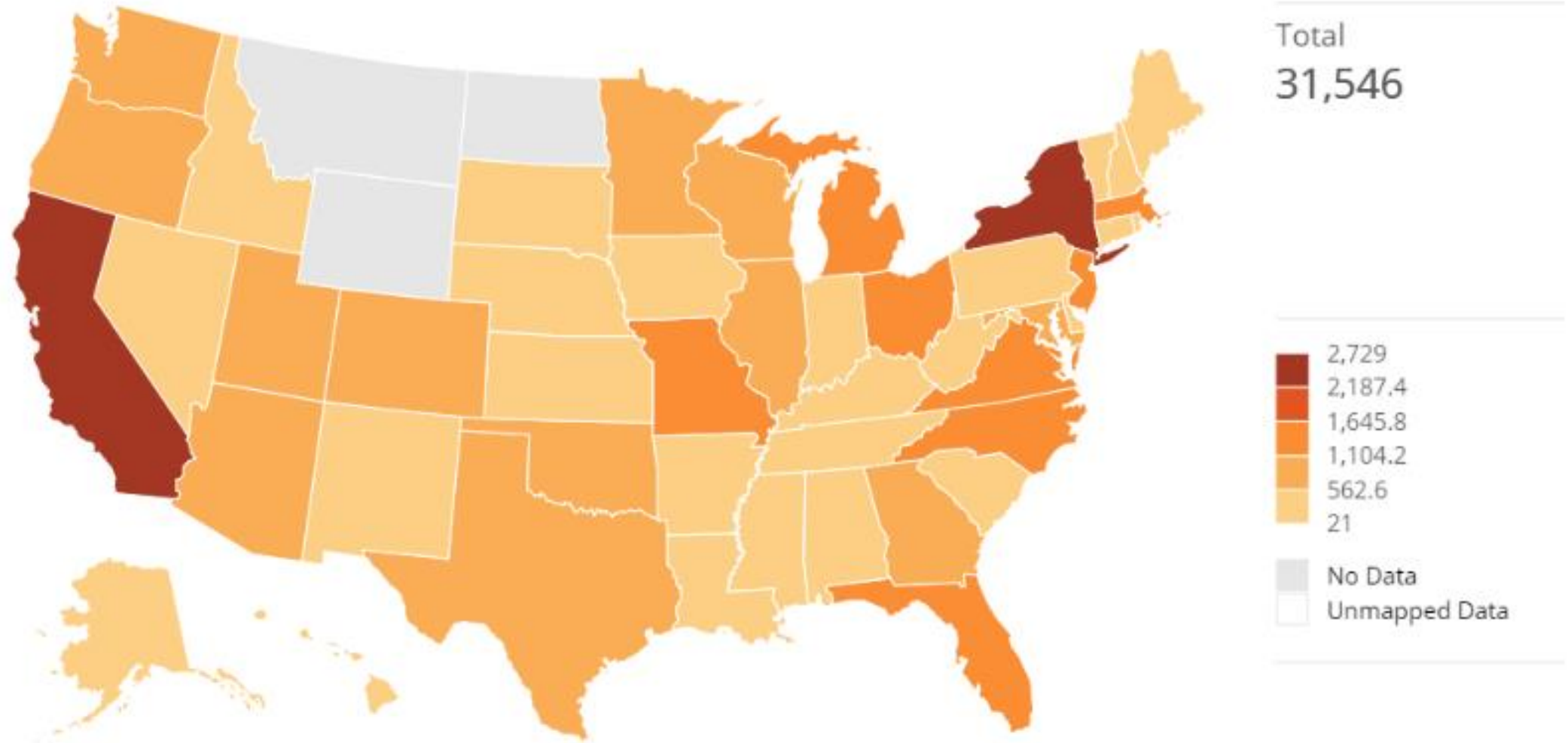


Networks

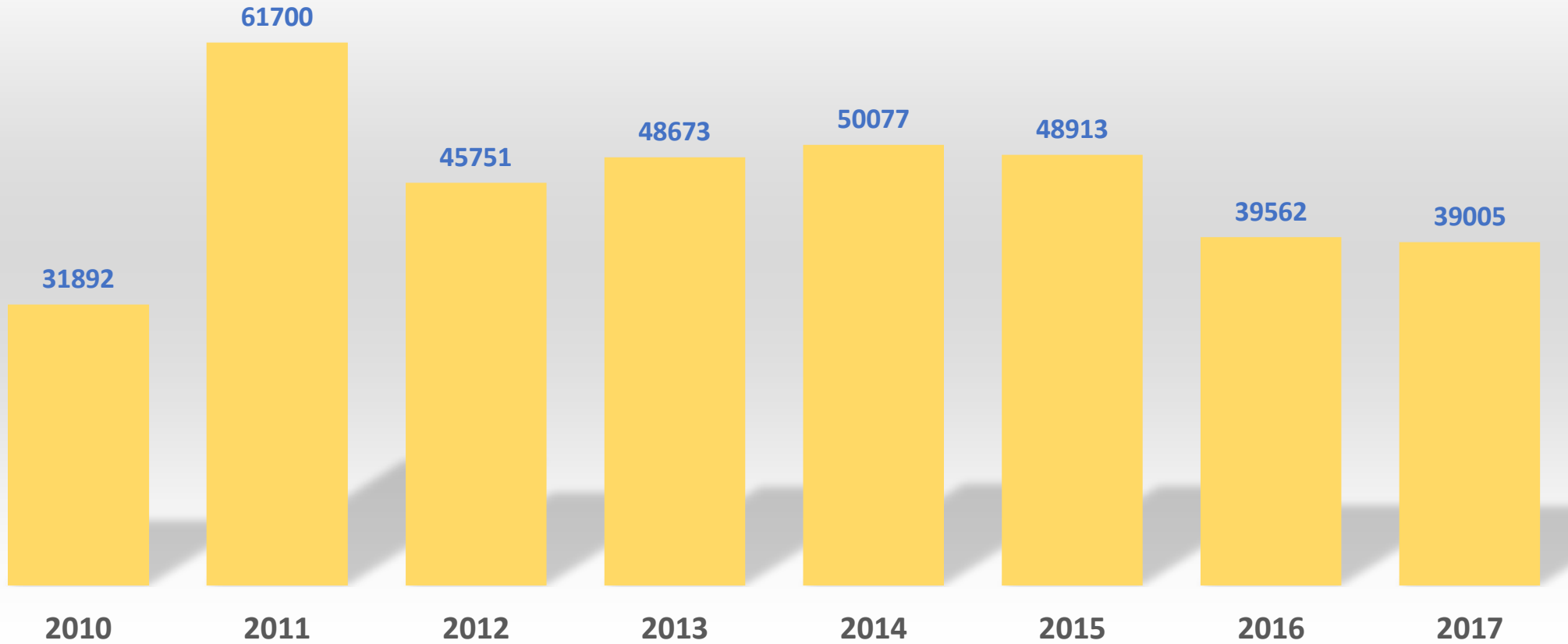
Program Types and Corresponding Field Forms in Database

The Self-Management Resource Center's Suite of Programs	Other Programs
<ul style="list-style-type: none">• Arthritis Self-Management Program• Better Choices, Better Health (on-line)• Cancer: Thriving and Surviving• Chronic Disease Self-Management Program• Chronic Pain Self-Management Program• Diabetes Self-Management Program• Positive Self-Management Program• Programa de Manejo Personal de la Diabetes• Tool Kit for Active Living with Chronic Conditions• Tomando Control de su Salud	<ul style="list-style-type: none">• Active Living Every Day• Camine Con Gusto (in person)• EnhanceFitness• EnhanceWellness• HomeMeds• Living Well with a Disability• PEARLS• Walk With Ease (in-person)• Walk With Ease (self-directed)

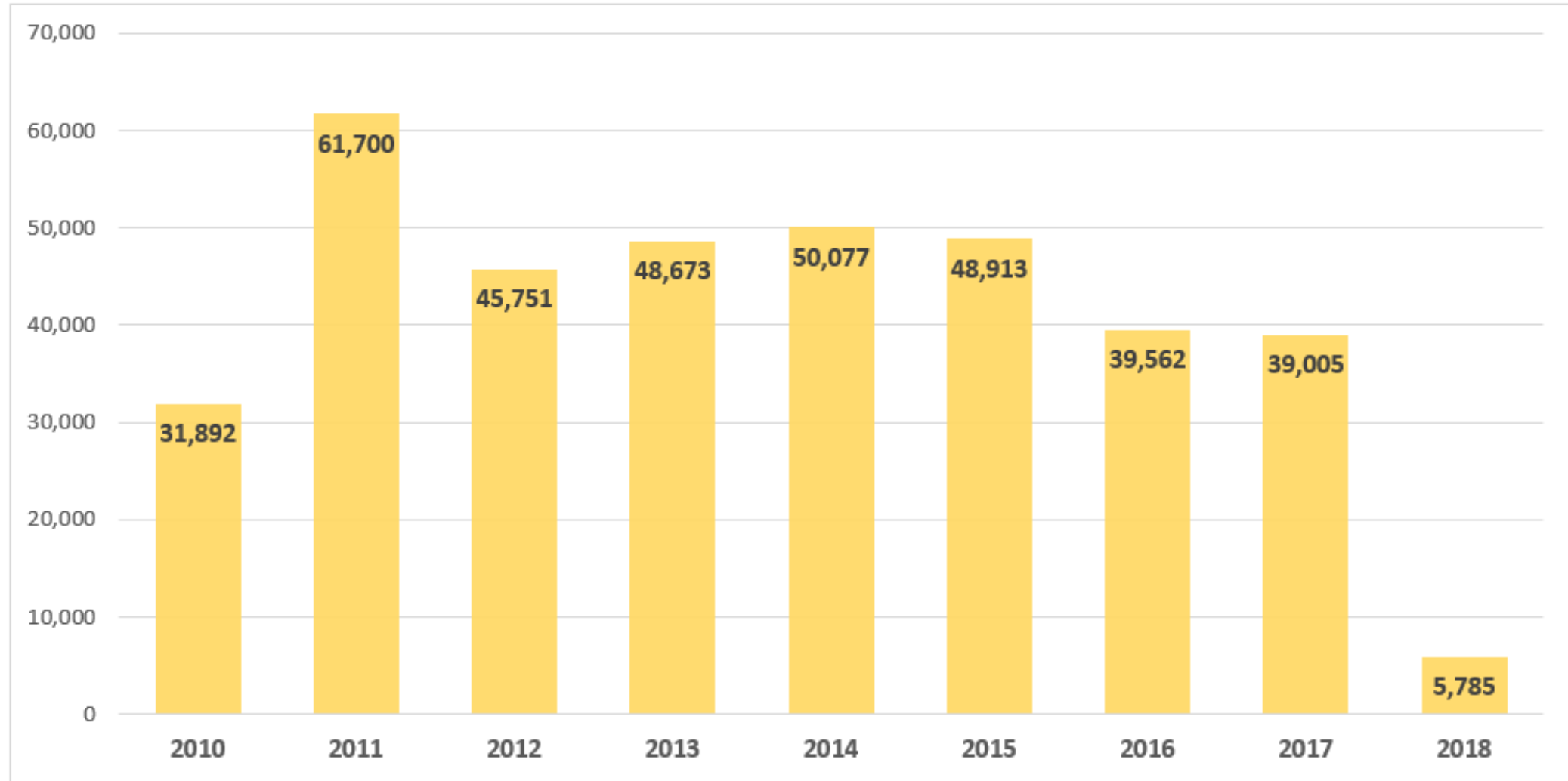
CDSME Total Number of Workshops by State (2010 to 2018)



Total Number of Participants Reached by CDSME Programs by Calendar Year (2010-2017)



Total Number of Participants Enrolled By Calendar Year (1/1/2010 to 5/31/2018)

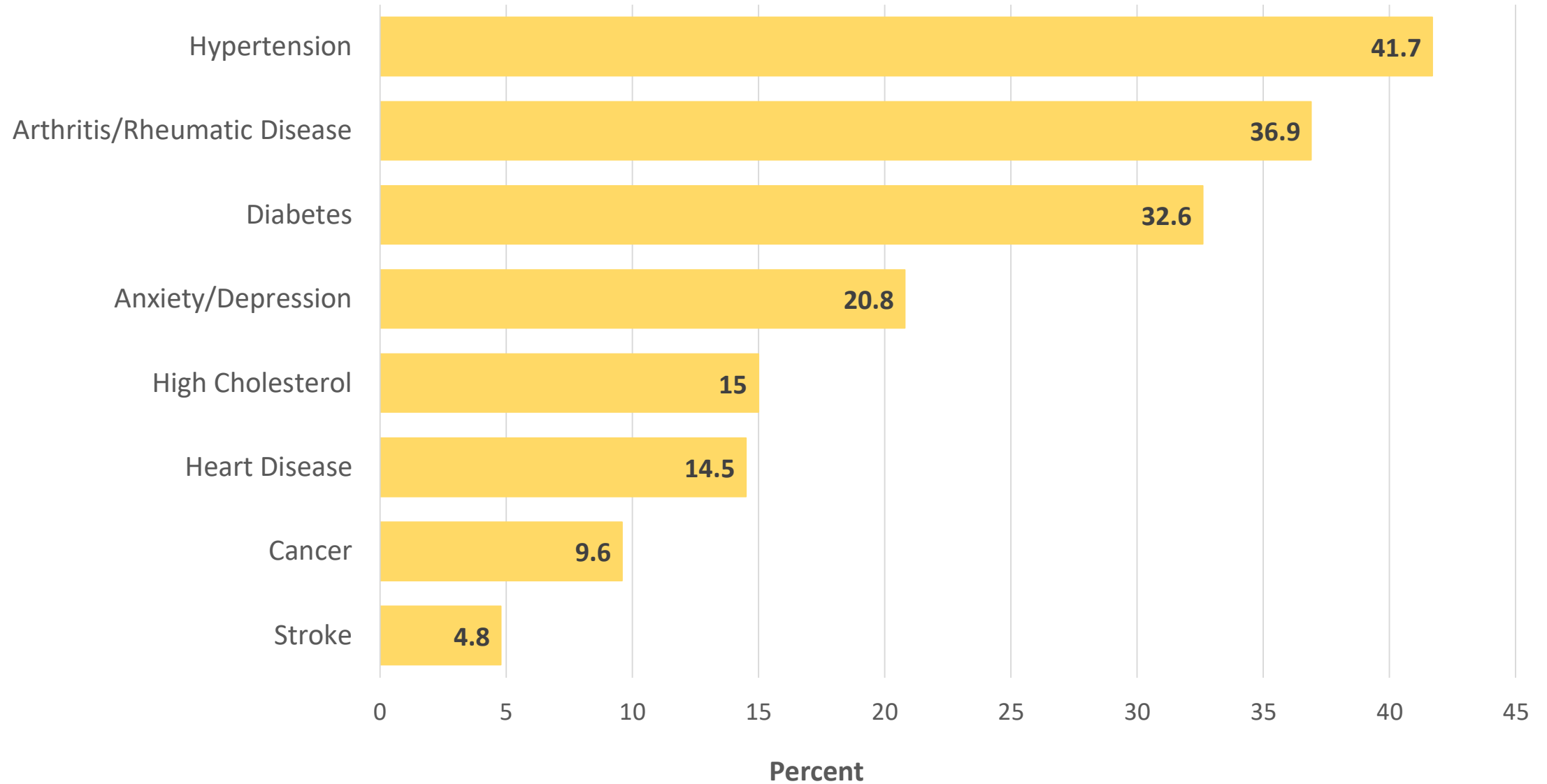


The # of grantees and grantee target goals for enrollment varies by year, which contribute to variation in yearly totals.

CDSME Demographic of Participants

CDSME vs General Older Adult Population					
Average Age:	65 years	n/a	Disability:	43%	35%
Female:	76%	56%	Two or More Chronic Conditions:	61%	70%
Race/Ethnicity:	White (70%) African-American (24%) Hispanic (16%) Asian (4%) Native Hawaiian / Pacific Islander(<1%) Other (2%)	White (77%) African-American (9%) Hispanic (8%) Asian (4%) Native Hawaiian / Pacific Islander (.1%)	Top Chronic Health Conditions:	Hypertension (43%); Hyperlipidemia (34%); Arthritis/Rheumatic disease (37%); Diabetes (36%); Heart disease (14.4%); Anxiety/Depression (22%).	Hypertension (58%), Hyperlipidemia (48%), Arthritis (31%), Ischemic heart disease (29%), and Diabetes (27%).
Education	56% have some college or higher	30%	Lives Alone:	54%	20%
Caregiver	27%	19%	Referred by physician	17%	n/a
In Poor or Fair Health	30%	22%	Confidence managing chronic condition after workshop	7.7 of 10	n/a

Most Common Chronic Health Conditions of CDSME Participants (n=356,427)



Racial/Ethnic Variation by Chronic Condition

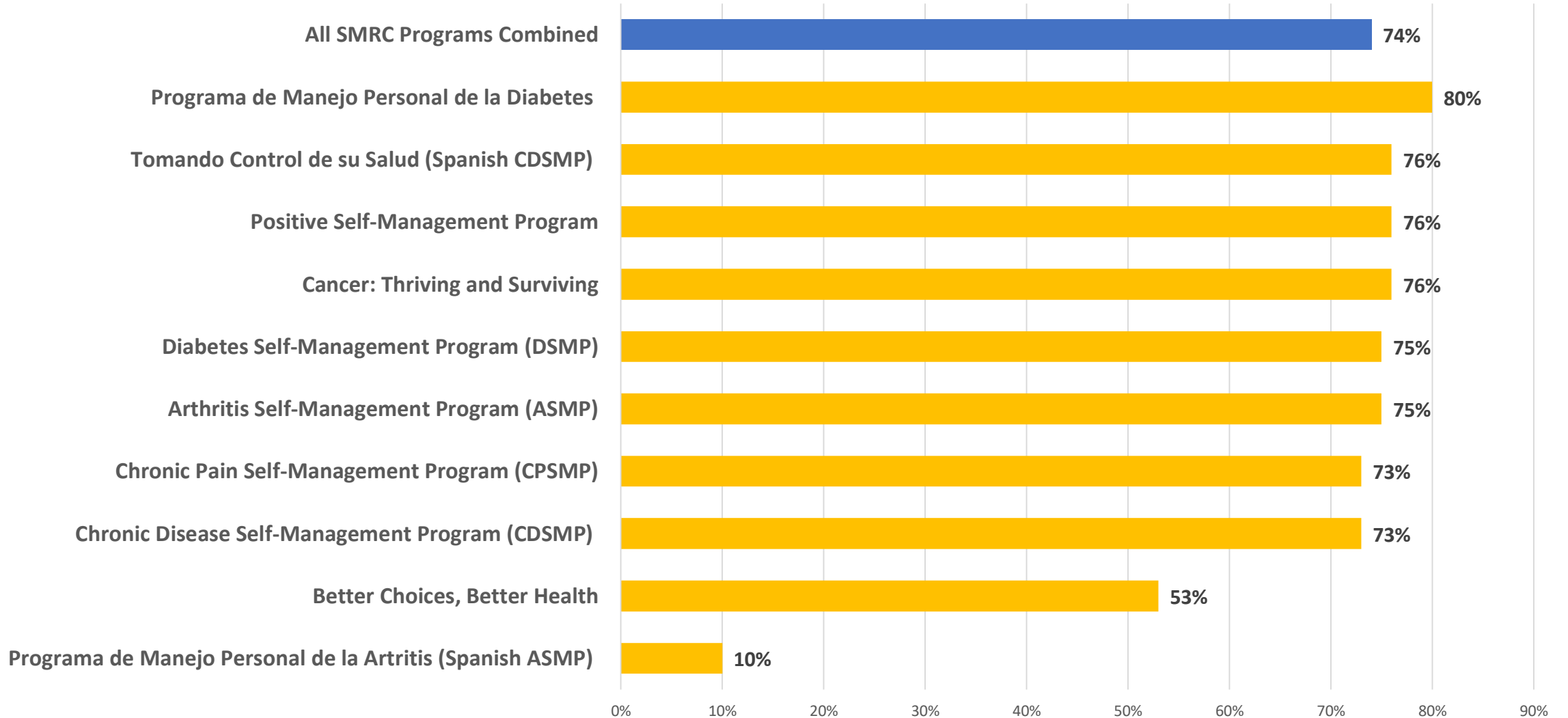
	Hispanic	Black/African-American	Asian American	American Indian	White
Hypertension	48.5%	57.3%	45.5%	44.1%	45.5%
Arthritis / Rheumatic Disease	43.3%	40.2%	31.7%	42.5%	44.6%
Diabetes	35.7%	43.1%	31.3%	38%	34.3%
Anxiety/ Depression	24.5%	15.7%	10.1%	32%	27.6%
High Cholesterol	17.7	16.8	17.5	15.8	17.6

**unadjusted*

Location of Venue of Evidence-based Program

	Hispanic	Black/African-American	Asian American	American Indian	White
Health care organizations	31.7	16.6	20.3	22.8	23.7
Senior centers	18.3	21.9	24.1	16.9	21.7
Faith-based organizations	7.8	12.3	3.7	5.1	6.6
Residential facility	11.5	18.6	18.6	14.5	17.7
Other	10.3	11.6	7.7	16.4	10.8
Tribal center	--	--	--	7.1	--

Completion Rates for All SMRC CDSME Program Types, 2010 to 2018 (n=343,947)



Predictors of Greater Attendance in Evidence-based Self-Management Programs

	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	3.789	0.109		34.849	0.000	3.575	4.002
Age	0.004	0.001	0.031	3.885	0.000	0.002	0.006
Hispanic	0.271	0.045	0.050	5.982	0.000	0.183	0.360
Asian	0.368	0.086	0.039	4.302	0.000	0.200	0.536
Black, African American	0.411	0.060	0.092	6.832	0.000	0.293	0.529
Education Level	0.100	0.015	0.050	6.468	0.000	0.130	0.070
Caregiver	0.129	0.033	0.030	3.950	0.000	0.065	0.192
Diabetes	0.211	0.033	0.055	6.400	0.000	0.146	0.275
High Cholesterol	0.152	0.034	0.039	4.429	0.000	0.085	0.220
Hypertension	0.162	0.035	0.043	4.692	0.000	0.094	0.230
Arthritis/Rheumatic Disease	-0.176	0.036	-0.046	-4.847	0.000	-0.247	-0.105
Provider referral	0.078	0.037	0.016	2.070	0.038	0.004	0.151