

# Chronic Disease Self-Management Education Programs Across the United States

Since **2010** more than **480,000** people have participated in CDSME programs in the community and online.

More than **43,000** workshops were hosted at over **18,000** sites throughout the country, with an average of 11 participants.

**Evidence-Based CDSME programs empower older adults and adults with disabilities to manage ongoing health conditions. Among participants:**

**66 years** average age

**60%** manage more than one chronic condition

**Top three chronic conditions:**

- 1.** Hypertension
- 2.** Arthritis
- 3.** Diabetes

**31%** are People of Color

**15%** are Hispanic/Latino

**51%** live alone

**35%** have a disability



# Benefits to older adults

- About 85% of older adults manage one chronic condition and 60% manage 2 or more.
- In the United States, 90% of \$4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.
- Prevention and management of chronic conditions through evidence-based programs can reduce these costs and improve quality of life as we age.



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**Average rating on a scale of 1-10  
for confidence in managing  
chronic conditions**

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5%

**Increase in confidence managing  
chronic conditions before and  
after the workshop.**

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6%

**Improvement in self-rated health  
before and after the workshop**

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“Positive attitudes from facilitators helped motivate me to make changes to food, exercise, and socializing. I use stress management to develop realistic action plans for changes.” – Participant, Diabetes Self-Management Program

Sources: Buttorff C, Ruder T, Bauman M. Multiple Chronic Conditions in the United States [PDF -393kb] Santa Monica, CA: Rand Corp.; 2017; National Health Expenditure Data: Historical. Center for Medicare & Medicaid Services. December 15, 2021. Accessed May 5, 2022. <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NationalHealthAccountsHistorical>