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

5%
Increase in confidence managing chronic conditions before and after the workshop.

6%
Improvement in self-rated health before and after the workshop

“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