

Key Facts & Messaging



Key facts about chronic diseases:

- Nearly 93% of adults 65 and over have at least one chronic condition, and nearly 79% of have two or more.
- Chronic conditions are the leading cause of death in the United States.
- Chronic conditions are driving up the nation's health care costs.

Key messages about CDSME:

- Even with a chronic condition, you have a say in your health journey. These free classes can help you take control of your health.
- Others share your condition and health concerns — you are not alone! These classes create communities of people facing similar challenges. Participating can help you connect with and learn from others who know what you're experiencing.
- Class leaders will offer practical steps you can take to improve your health, whatever your condition.
- From reading nutrition labels to managing medications to communicating with your doctors, you will learn real ways to stay healthier longer.
- There's no instant fix, but even small lifestyle changes can make you feel better and improve your quality of life.
- These free classes teach and inspire small changes to your lifestyle that can help you control your condition – and your life.
- Take a free class, take a few small steps, and take control of your condition.