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

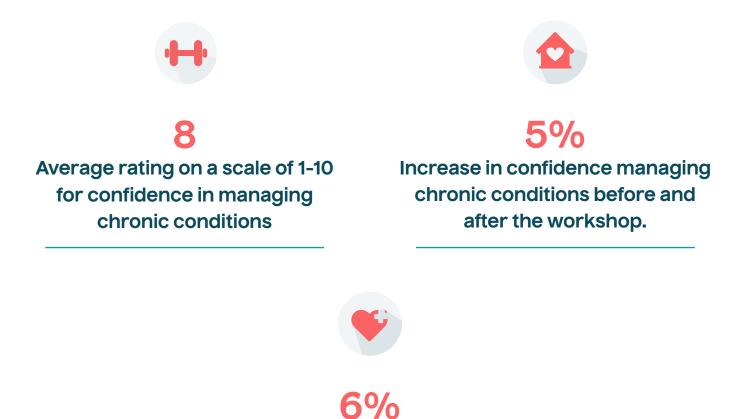
51% live alone

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.



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

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. <u>https://www.cms.gov/Research-Statis-tics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NationalHealthAccountsHistorical</u>

