

Chronic Disease Self-Management Education Programs Across

Since _____ more than _____ people have participated in CDSME programs in the community and online.

More than _____ workshops were hosted at over _____ sites throughout the _____, with an average of _____ participants.

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

% aged 60+

% manage more than one chronic condition

Top three chronic conditions:

1.

2.

3.

% are People of Color

% are Hispanic/Latino

% live alone

% 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.



8

**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**

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>