Chronic Disease Self-Management Education Programs Across

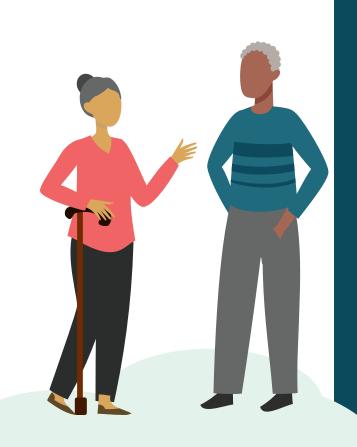
Sincem	ore than	_people have par	ticipated
in CDSME programs in the community and online.			
	•	ere hosted at over th an average of _	

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.



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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

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-Statis-tics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NationalHealthAccountsHistorical

