Chronic Disease Self-Management Education (CDSME) programs are growing by the day!

Since 2006, more than 200,000 people have participated in a CDSME program.

More than 15,000 workshops were hosted throughout the country, with an average of 14 participants.

72% are over age 60
60% have more than one chronic condition
Top three:
• hypertension
• arthritis
• diabetes
31% are non-White
17% are Hispanic/Latino
46% live alone

To learn more, visit ncoa.org/CHA

©2014 National Council on Aging. All Rights Reserved.
*Based on participants reporting relevant data since 2010.

This project was supported, in part by grant number 90CR2001-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.