

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

Who is participating:*

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



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



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

To learn more, visit ncoa.org/CHA

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National Council on Aging

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*Based on participants reporting relevant data since 2010.

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