

Actions Taken by Participants of Evidence-Based Chronic Disease Self-Management Programs

Chronic conditions can limit an older American's ability to perform their daily activities and live independently, which is why it is vital they continue to manage their conditions after program participation ends.

From Aug. 1, 2020 until Jan. 31, 2026 there were 8,213 CDSME participants who completed surveys.

- 56% of respondents reported one or more conditions with 2.1 conditions reported on average. The lowest number of conditions reported as 0 and the highest was 19.
- The most common conditions reported include hypertension (29%), arthritis (24%), high cholesterol (24%), diabetes (21%), chronic pain (18%), and obesity (15%).

Respondents reported a statistically significant increase in their confidence in their ability to manage their conditions on average by 4%. Because chronic conditions are often lifelong, any increase in a person's ability to manage them on their own improves their quality of life and their ability to maintain their independence.

Top 6 actions taken by participants include:



Started or continued to exercise



Made changes to how I choose the food I eat



Participate in or plan to participate in another health-related or exercise program in my community



Talked to a family member or friend about my health



Talked to a healthcare provider about how I can better manage my chronic condition



Had my medications reviewed by a healthcare provider or pharmacist

These impactful programs lead to sustained changes in the way participants approach the management of their chronic conditions and should be expanded to meet the needs of a growing population.