

Improving Outcomes and Reducing Health Care Costs through Chronic Disease Self-Management

On average chronic disease self-management participants reported living with two conditions, which can greatly impact their healthcare-related financial burden.

From Aug. 1, 2020 until Jan. 31, 2026 there were 87,213 CDSME participants who completed surveys. With an average self-reported health score improvement of 7% and reduction in loneliness of 1% across participants who completed surveys, evidence-based chronic disease self-management programs have a direct impact on the healthcare costs of older Americans.

NCOA's Evidence-Based Programs ROI Assessment Report: Chronic Disease Self-Management Education (CDSME), which includes program participant data between 2017 and 2024, projects annual mental health cost savings per CDSME participant to be between \$112 to nearly \$298 based solely on improvements in loneliness.

92% gave satisfied or very satisfied program ratings.

85,192 workshops were implemented from Aug. 1, 2020 through Jan. 31, 2026 reaching 10,737,223 workshop participants. Workshops were conducted in 43 states and Puerto Rico. No workshops were held in Alaska, Arkansas, Indiana, Louisiana, Montana, South Carolina, Tennessee, or West Virginia. The top states by number of participants included:

State	Total Number of Participants	% of Total Participants
Michigan	4,014,339	37%
Pennsylvania	3,553,217	33%
New Hampshire	922,330	9%
North Carolina	718,810	7%

The remaining states and territories represented less than 5% of total participants.

CDSME programs are shown to have a positive impact on the quality of life and financial burden for older adults and should be expanded to better reach older Americans across all states and territories.