

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

Who is participating:*

Since 2008, over **4,600 people** have participated in a CDSME program.



57%

are over age 60

69%

have more than one chronic condition

Top three:

- Arthritis
- Hypertension
- Diabetes



22%

are non-White

12%

are Hispanic/Latino

23%

live alone



More than **440 workshops** have been hosted throughout the state, with an average of 10 participants.

To learn more, visit www.health.utah.gov/arthritis

ncoa
National Council on Aging

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*Based on participants reporting relevant data since 2008.

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