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

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

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

Who is participating:* 

- 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

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