

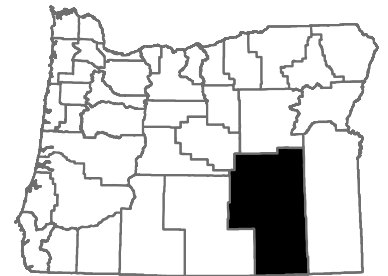
LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

HARNEY COUNTY FACT SHEET 2009

Living Well is Oregon's name for the Stanford Chronic Disease Self-Management Program (CDSMP). Living Well encompasses three different evidence-based programs.

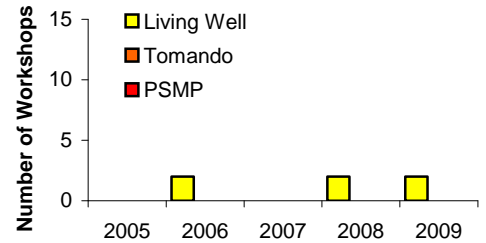
- **Living Well** is the English language version of CDSMP. It is a 6-week, peer-led workshop for people with one or more chronic conditions and their support people.
- **Tomando Control de su Salud** is the Spanish language, Latino cultural adaptation of CDSMP.
- **Positive Self-Management Program** is a 7-week peer-led workshop designed specifically for people living with HIV/AIDS and their support people.



Programs

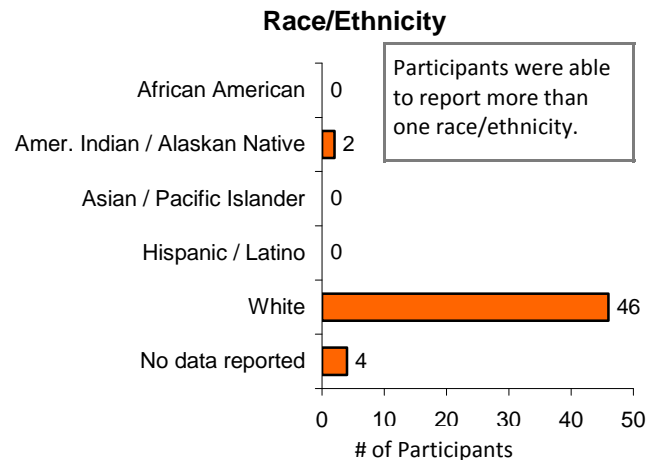
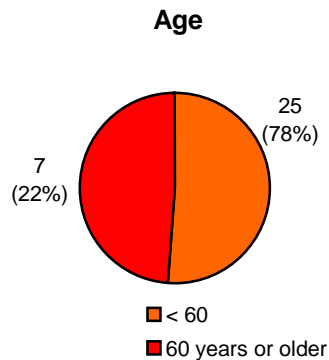
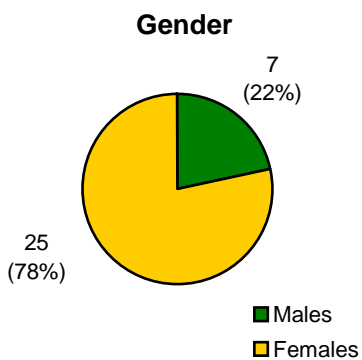
Since 2005, Harney County has reported data on:

- 6 Living Well programs (LW)
 - 0 Tomando Control de su Salud programs (T)
 - 0 Positive Self-Management Programs (PSMP)*
- *DHS began to collect data on PSMP programs in November 2008



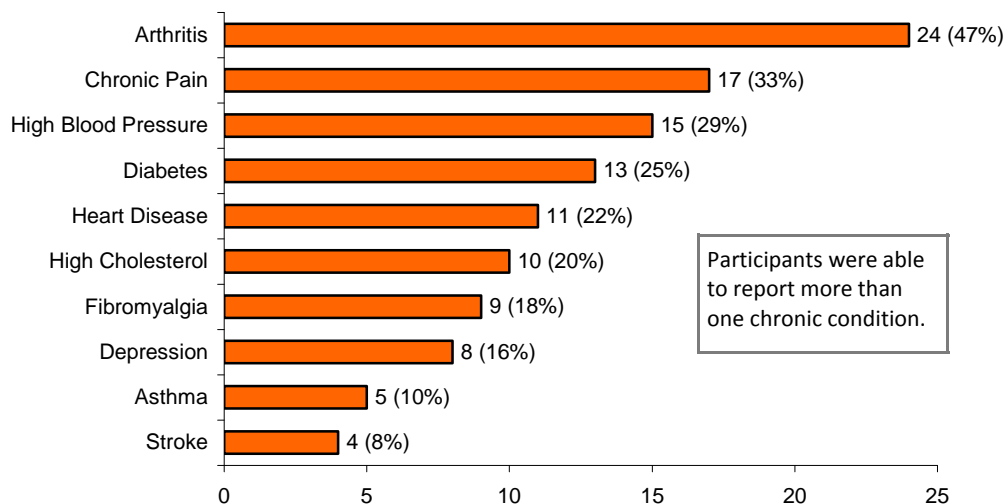
Participants

Since 2005, 51 people have filled out all or part of a short, anonymous demographic form at the initial session of a Living Well workshop in Harney County. In 2009, 80% completed at least 4 sessions.



Note: Data presented here are based on self-reported information from participants through the end of December 2009. These data do not represent the health conditions of this county's overall population.

Common Chronic Conditions Reported by Participants



How Participants Heard About Programs in 2009

- 32%** Friend/Family
- 21%** Community- or Faith-based Organization/Senior Center
- 21%** Newspaper/Radio/TV
- 11%** Work
- 5%** Doctor, nurse, or other health care provider's office

Leaders and Master Trainers

In Harney County, there are*:

- 2** Living Well leaders
- 0** Tomando leaders
- 0** Positive Self-Management Program leaders

*Not all trained leaders are actively involved in offering workshops

Licensed Organizations

The following Harney County organizations hold a license from Stanford University to offer Living Well, Tomando Control de su Salud, or Positive Self-Management programs:

- Harney District Hospital

For More Information

Living Well Programs in Harney County

Contact Amy Dobson, Harney District Hospital, (541) 573-8318 or adobson@harneydh.com.

Arthritis Foundation Exercise Program

To learn more about Arthritis Foundation Exercise Programs in Harney County, dial 1-888-845-5695 or visit <http://oregon.gov/DHS/ph/arthritis/commpro.shtml>.

For Living Well data and publications, please visit www.healthoregon.org/livingwell.

