

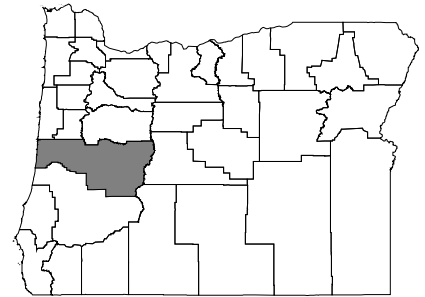
# LIVING WELL WITH CHRONIC CONDITIONS

## Chronic Disease Self-Management in Oregon

### LANE 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 culturally adapted, Spanish language version 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.



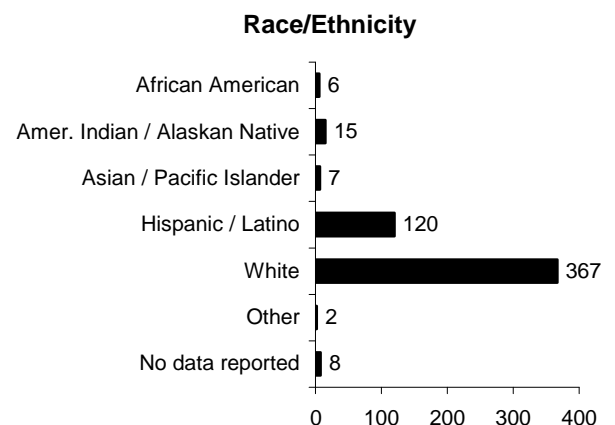
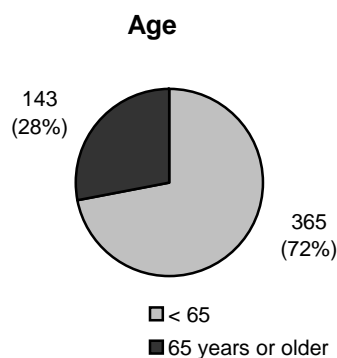
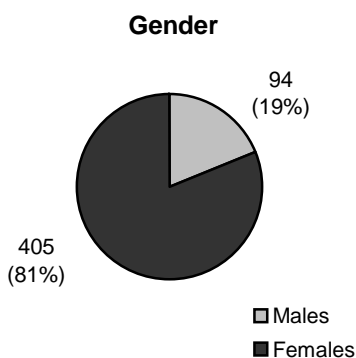
### Programs

Since 2005, Lane County has hosted:

- 30 Living Well programs (LW)
- 6 Tomando Control de su Salud programs (T)
- 1 Positive Self-Management Programs (PSMP)

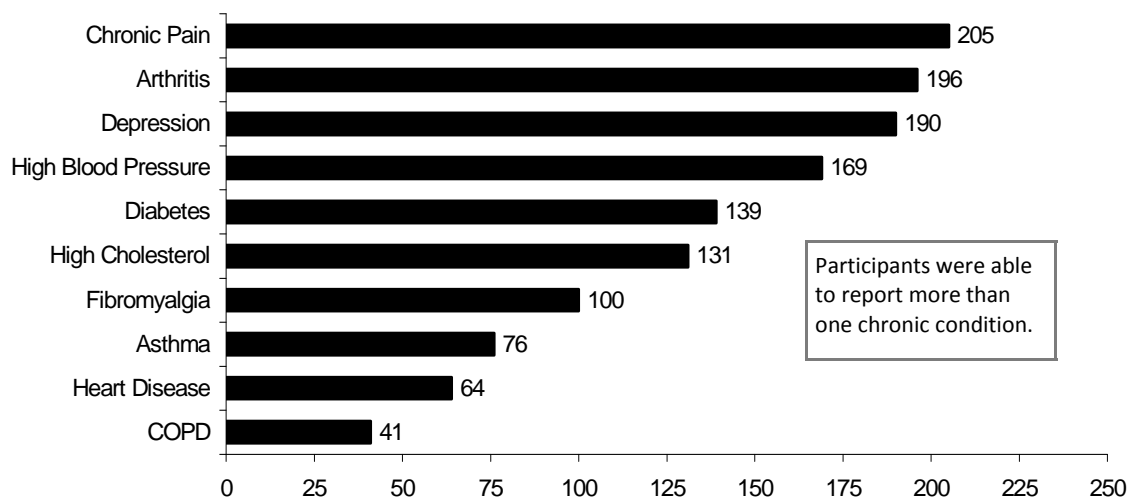
### Participants

Since 2005, 508 people have completed a Living Well program in Lane County.



Note: Data presented here are estimates based on self-reported information from participants through the end of December 2008. These data do not accurately represent the health conditions of this county's population.

### Common Chronic Conditions Reported by Participants



### How Participants Heard About the Workshop

- 25% (129) Family or friend
- 20% (97) Doctor or nurse’s office
- 12% (60) Other health or social service provider
- 8% (42) Senior center
- 8% (41) Poster
- 7% (35) Newspaper
- 3% (17) Announcement at work
- 3% (14) Church or faith group
- 2% (10) Senior or retirement housing
- 1% (7) Word of mouth

### Leaders and Master Trainers

In Lane County, there are:

- 28 Living Well leaders (4 are Master Trainers)
- 19 Tomando leaders (2 are Master Trainers)
- 0 Positive Self-Management Program leaders

### Licensed and Partner Organizations

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

- Lane County Health and Human Services
- PeaceHealth Gerontology Unit
- United Way of Lane County

### For More Information

#### Living Well Programs

Beverly Cridland

(541) 678-6234 or email [bcridland@peacehealth.org](mailto:bcridland@peacehealth.org)

#### Tobacco-Related and Other Chronic Diseases (TROCD)

Lane County is a TROCD county. Please contact Jennifer Jordan at (541) 682-3781 for more information.

For Living Well data and publications, please visit [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

