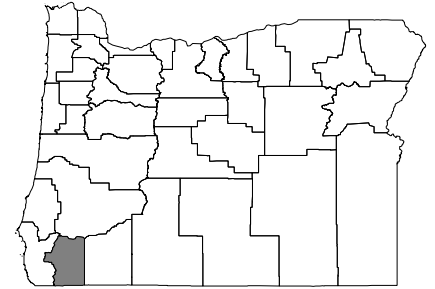


LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

JOSEPHINE 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.

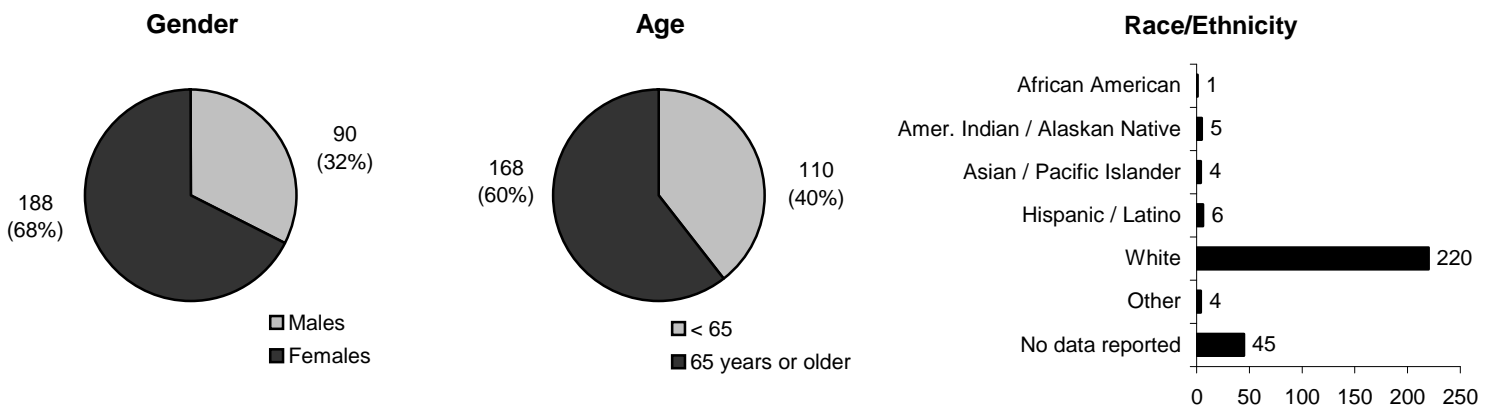
Programs

Since 2005, Josephine County has hosted:

- 25 Living Well programs (LW)
- 0 Tomando Control de su Salud programs (T)
- 0 Positive Self-Management Programs (PSMP)

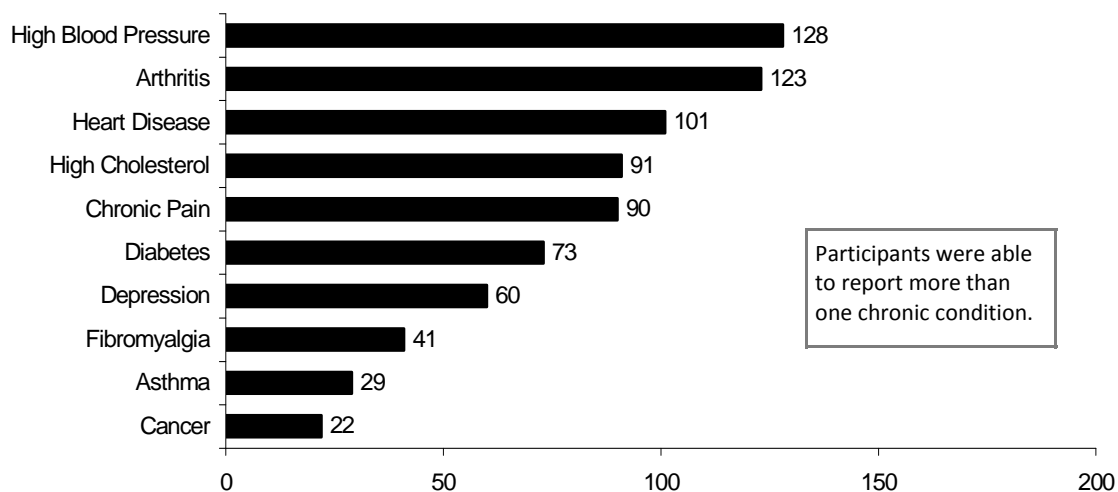
Participants

Since 2005, 278 people have completed a Living Well program in Josephine 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

- 37% (103) Doctor or nurse’s office
- 24% (67) Newspaper
- 17% (47) Word of mouth
- 3% (9) Family or friend
- 2% (5) Poster
- 2% (5) Senior or retirement housing
- 1% (3) Announcement at work
- <1% (2) Senior center
- <1% (1) Other health or social service provider
- 0 Church or faith group

Leaders and Master Trainers

In Josephine County, there are:

- 6 Living Well leaders (1 is a Master Trainer)
- 0 Tomando leaders
- 0 Positive Self-Management Program leaders

Licensed and Partner Organizations

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

- Rogue Valley Council of Governments

For More Information

Living Well Programs

Bernadette Maziarski

Better Living with Chronic Conditions in Southern Oregon

(541) 864-9611 or email information@sohealthyoregon.org or visit www.sohealthyoregon.org

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

