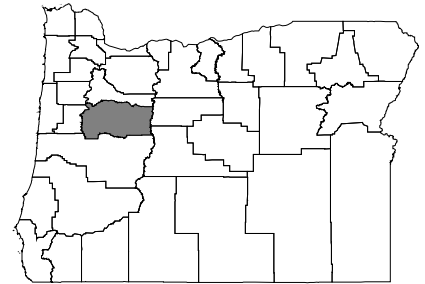


# LIVING WELL WITH CHRONIC CONDITIONS

## Chronic Disease Self-Management in Oregon

### LINN 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.

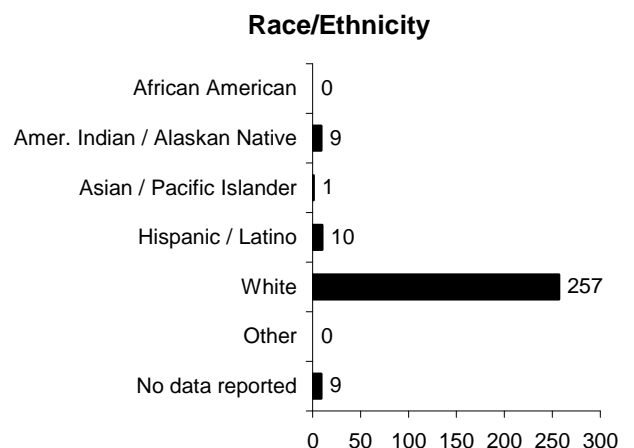
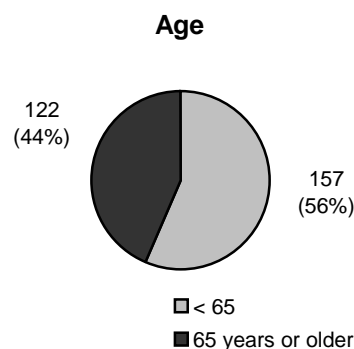
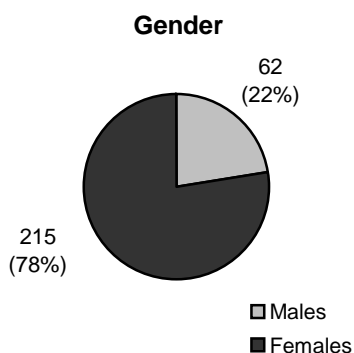
### Programs

Since 2005, Linn County has hosted:

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

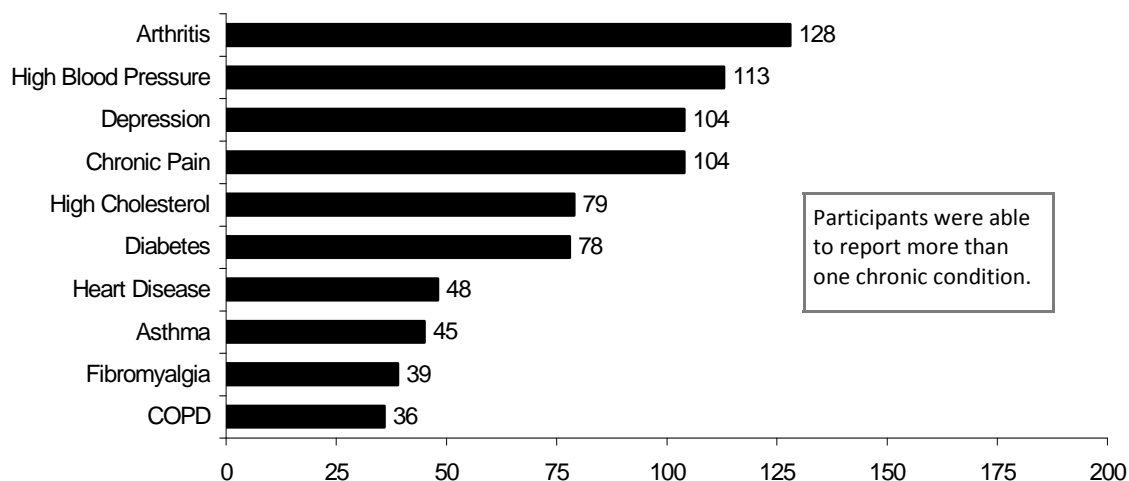
### Participants

Since 2005, 279 people have completed a Living Well program in Linn 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

- 35% (99) Newspaper
- 18% (49) Family or friend
- 11% (31) Other health or social service provider
- 9% (24) Doctor or nurse’s office
- 3% (7) Announcement at work
- 3% (7) Church or faith group
- 2% (6) Senior or retirement housing
- 1% (4) Poster
- 0 Senior center
- 0 Word of mouth

### Leaders and Master Trainers

In Linn County, there are:

- 7 Living Well leaders
- 0 Tomando leaders
- 0 Positive Self-Management Program leaders

### Licensed and Partner Organizations

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

- Linn County Department of Health
- Samaritan Health Services

### For More Information

#### Living Well Programs

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

