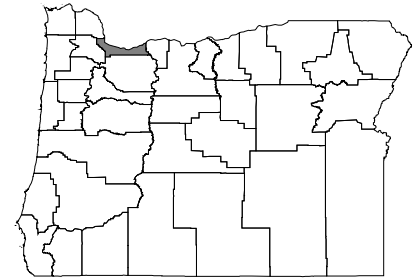


LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

MULTNOMAH 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.

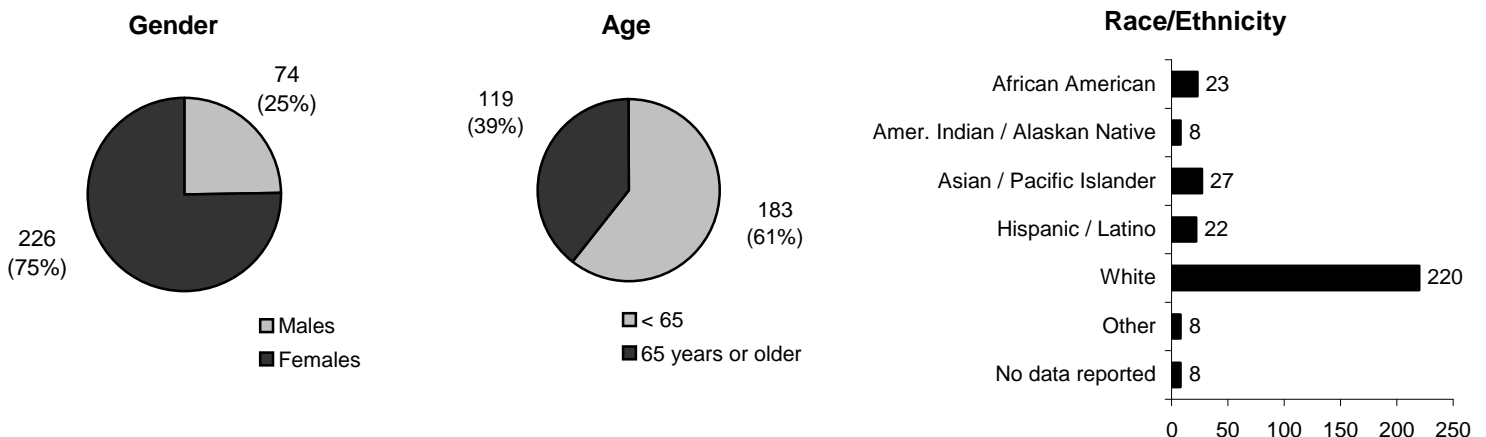
Programs

Since 2005, Multnomah County has hosted:

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

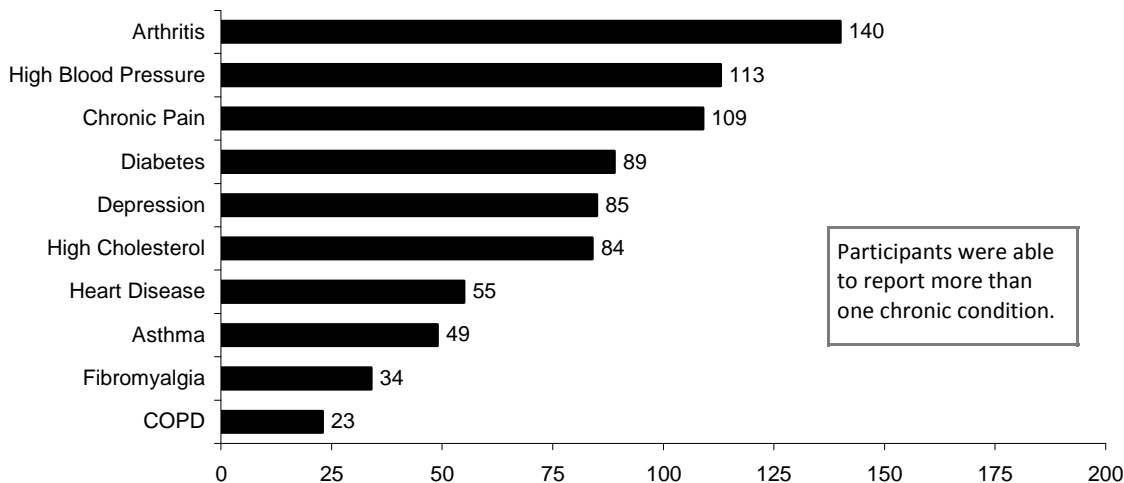
Participants

Since 2005, 302 people have completed a Living Well program in Multnomah 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

- 20% (61) Family or friend
- 15% (45) Doctor or nurse’s office
- 15% (44) Other health or social service provider
- 11% (32) Senior center
- 8% (24) Poster
- 6% (18) Announcement at work
- 5% (15) Newspaper
- 3% (8) Church or faith group
- 2% (5) Senior or retirement housing
- < 1% (2) Word of mouth

Leaders and Master Trainers

In Multnomah County, there are:

- 126 Living Well leaders (16 are Master Trainers)
- 14 Tomando leaders (5 are Master Trainers)
- 8 Positive Self-Management Program leaders (2 are Master Trainers)

Licensed and Partner Organizations

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

- | | |
|------------------------------------|--------------------------------------|
| African American Health Coalition | Northwest Parish Nurse Ministries |
| CareOregon | Quest Center for Integrative Health |
| Multnomah County Health Department | Oregon Health and Science University |

* A complete list of licensed organizations in Multnomah County is available at www.healthoregon.org/livingwell

For More Information

Living Well Programs

1-888-576-7415 or living.well@state.or.us

Tobacco-Related and Other Chronic Diseases (TROCD)

Multnomah County is a TROCD county. Please contact Sonia Manhas at (503) 988-3663, Ext. 26221 for more information.

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

