

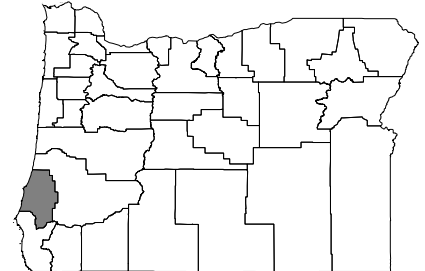
LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

COOS 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, Coos County has hosted:

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

Participants

Since 2005, three people have completed a Living Well program in Coos County.

- All three participants were white females under the age of 65.
- Chronic conditions reported were arthritis, high blood pressure, diabetes, depression and fibromyalgia.
- Participants reported hearing about the workshop from newspapers and friends.

Leaders and Master Trainers

In Coos County, there are:

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

Licensed and Partner Organizations

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

- Coos County Health Department

For More Information

Living Well Programs

Michelle Wyatt

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Tobacco-Related and Other Chronic Diseases (TROCD)

Coos County is a TROCD county. Please contact Michelle Wyatt for more information.

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

