

# Living Well with Chronic Conditions

## Data Report

OREGON DEPARTMENT OF HUMAN SERVICES

JANUARY 2009



# Living Well with Chronic Conditions

## I. Introduction

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 caregivers.
- *Tomando Control de su Salud* is the culturally adapted, Spanish language version of CDSMP. It is also a 6-week, peer-led workshop for people living with one or more chronic conditions and their caregivers.
- *Positive Self-Management Program* is a 7-week peer-led workshop designed specifically for people living with HIV/AIDS.



All three programs cover topics such as healthy eating, depression management, communication, managing fatigue, working with health care professionals, problem solving, and action planning.

All three programs have been shown to help people living with chronic conditions better manage their health, resulting in fewer hospital stays, reduced health care expenditures, and improved overall health and energy levels.

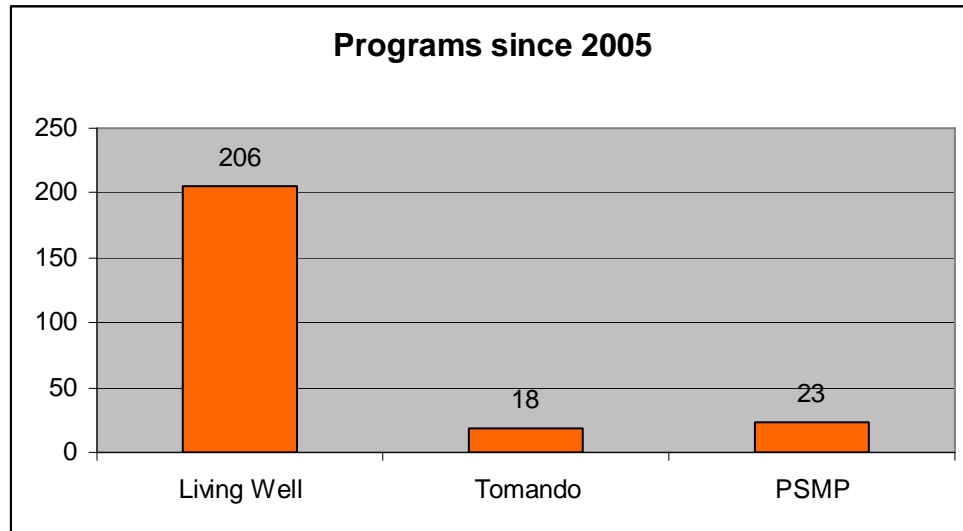
Oregon DHS asks organizations who offer Stanford self-management programs (Chronic Disease Self-Management Programs (CDSMP) or Living Well with Chronic Conditions, Tomando Control de Su Salud, and Positive Self-Management for People with HIV/AIDS) to collect core demographic information on participants in programs they offer, and to share this anonymous data with DHS in order to track use and expansion of the program in Oregon.

This report includes cumulative data since August 2005, when data collection began. Since that time, DHS has attempted to collect data from all programs, but the numbers reflected in this report are only inclusive of those workshops that have submitted data. There may be several workshops and participants that are not represented in this report.

DHS works with counties and regions to provide specific reports as needed. For more information on the following data, or to make a specific data request, contact the DHS Living Well program at (888) 576-7414 or [living.well@state.or.us](mailto:living.well@state.or.us).

## II. Program Data: August 2005 – December 2008

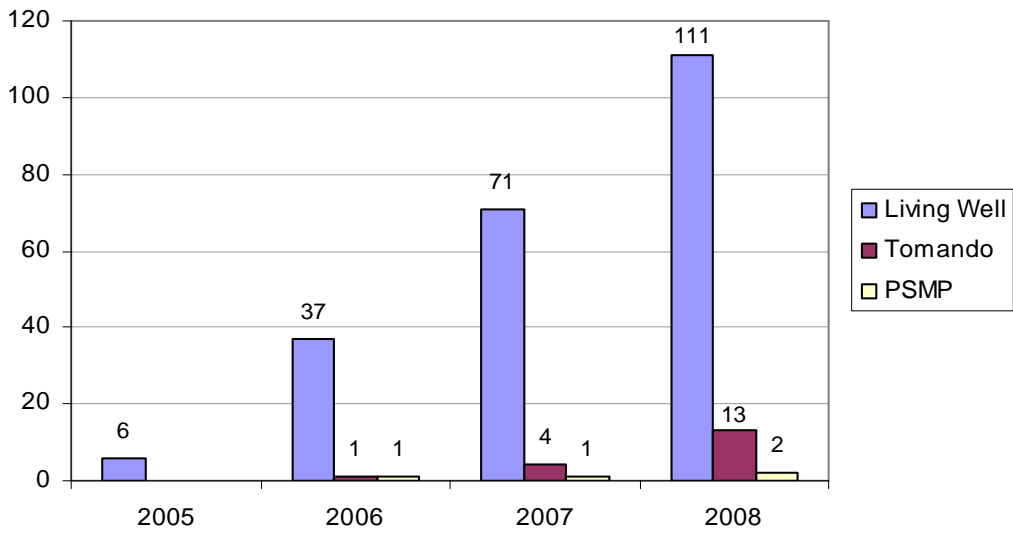
Since August 2005, a total of 247 Living Well programs have been offered through various organizations, including hospital systems, clinics, local health departments, community-based organizations, and health plans across Oregon.



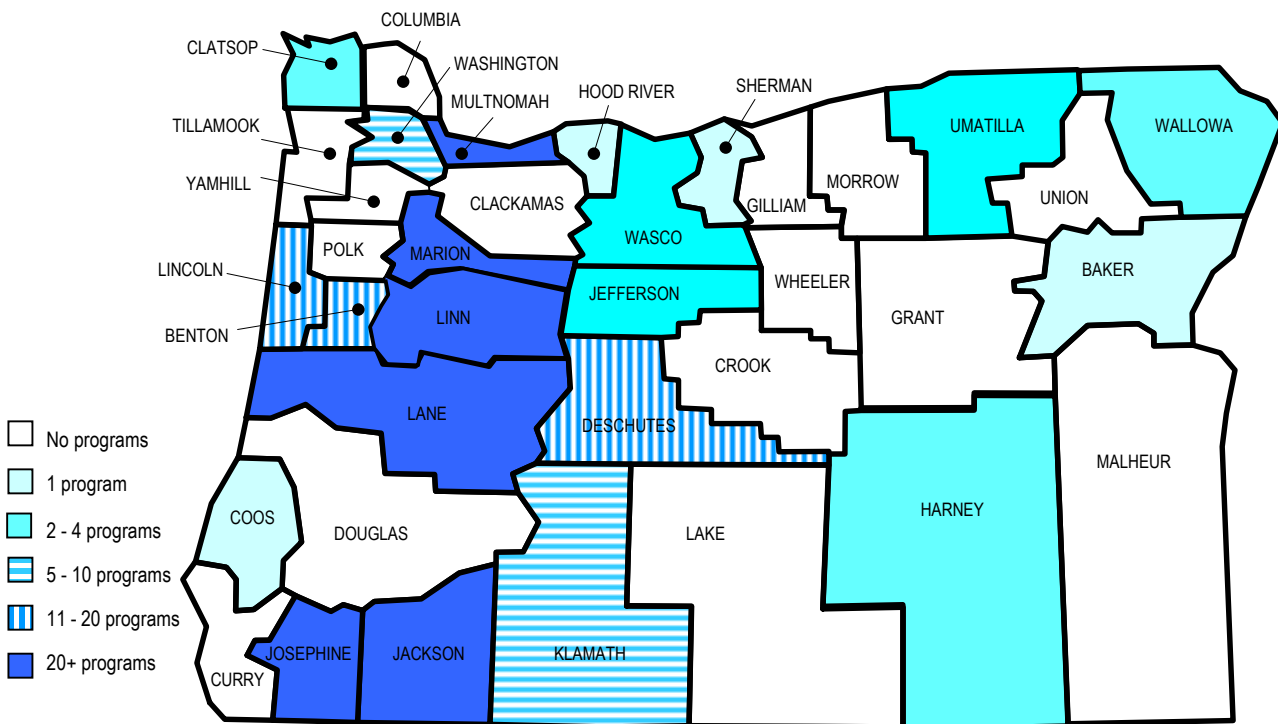
- The **average number of participants who registered for programs was 13**, ranging from 1 to 27.
- The **average number of participants who completed at least 4 of the 6 sessions was 8**, ranging from 1 to 21. Research indicates that positive health outcomes are achieved when at least 4 sessions have been attended.
- **17% of programs reported that they charged a fee** for the program. The fee ranged from \$5 to \$120, with a mean of \$30.



**All Programs (Living Well, Tomando, PSMP) by Year**



**Total Programs by County (2005-2008)**



## Recruitment Approaches

Programs use various recruitment approaches to encourage participation.

Recruitment Approaches	Programs Using This Approach (n=247)
Fliers / brochures	171 (69%)
Referrals from partner agencies	101 (41%)
Newspaper / radio / TV promotion	90 (36%)
Presentations to community groups	87 (35%)
Other	85 (34%)
Data not collected	29 (12%)

### Other recruitment methods included:

Newsletter and calendar listings, information distributed at health fairs, personal recruitment letters, email distribution lists, and Web site listings.

**Put Life Back in Your Life**

**Living Well with Chronic Conditions**  
Workshops begin February 19,  
March 4 and April 15

If you have chronic conditions such as diabetes, arthritis, high blood pressure, heart disease, or other ongoing health issues, the Living Well with Chronic Conditions program can help you take charge of your life. The six-week workshop and book "Living a Healthy Life with Chronic Conditions" costs only \$10.

To register and for more information, please call  
**322-7430**  
[www.deschutes.org/livingwell](http://www.deschutes.org/livingwell)

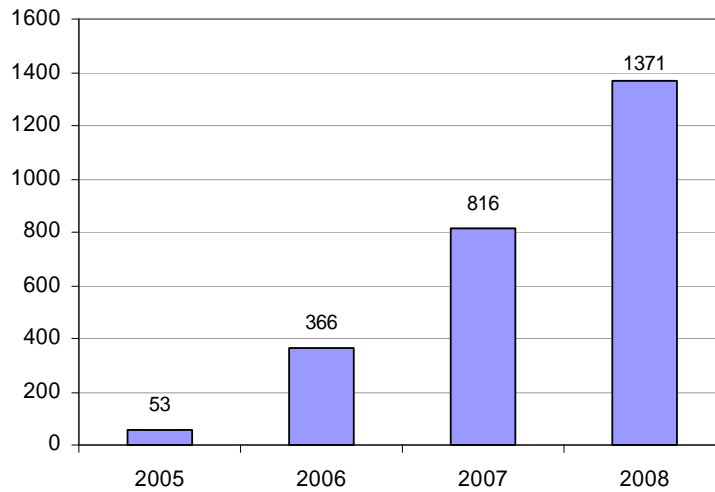
DESCHUTES COUNTY

### III. Participant Data: August 2005 – December 2008

Since August 2005, when DHS began collecting data, **2,606 participants** have filled out all or part of a short anonymous demographic form at the initial session of the programs. DHS began to collect data on Positive Self-Management Programs in November 2008. Data on chronic conditions and how people heard of workshops are based on a set number of check-off options that each participant completes, plus the option of writing in additional health conditions.

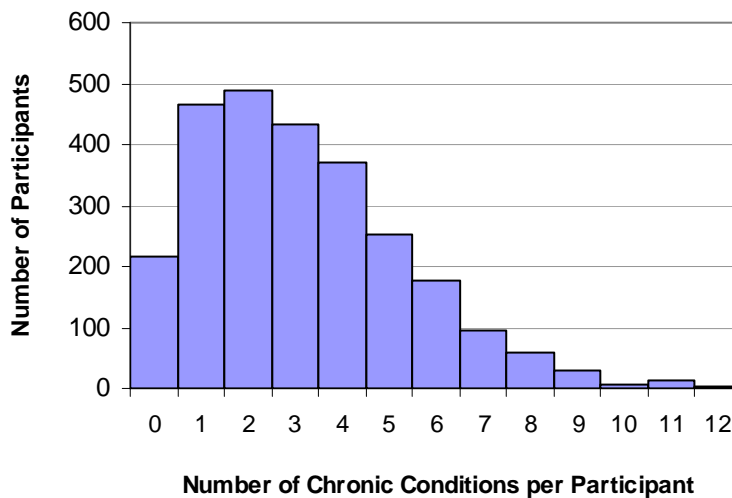
#### Total Participants by Year

The number of participants has increased each year since DHS began collecting data.



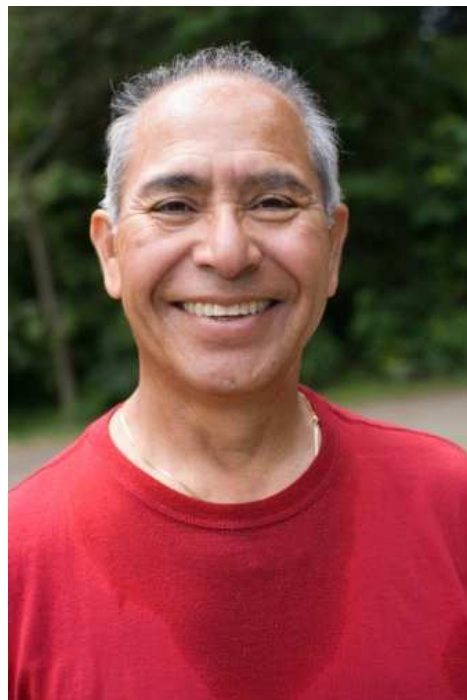
#### Average Number of Chronic Conditions

Since August 2005, participants reported an **average of 3.1 chronic conditions** with a range from 0 to 12 (n=2,606).



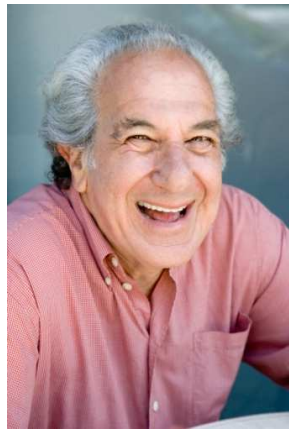
## Participants by Condition

<b>Self-Reported Chronic Condition(s):</b> (check-off options on participant forms)	
	Total (n = 2,606)
Arthritis	43% (1108)
High Blood Pressure	37% (973)
Chronic Pain	33% (857)
Depression	29% (752)
High Cholesterol	29% (749)
Diabetes	28% (723)
Heart Disease	17% (449)
Asthma	14% (372)
Fibromyalgia	14% (355)
COPD	8% (206)
Cancer	7% (186)
Stroke	4% (110)
Multiple Sclerosis	2% (51)
None of above, here to accompany family or friends	8% (220)



### Other Reported Chronic Conditions

In addition to the check-off options of chronic conditions listed on the short demographic forms that each participant completes, participants can also write in additional chronic conditions. Other frequently added conditions are listed below. For a complete list of other frequently reported chronic conditions, see Appendix A: Additional Chronic Conditions Reported by Participants.



	Total (n = 2,606)
<b>Other conditions:</b>	24% (635)
Muscle, bone, or joint issues	6% (164)
Digestive system issues	2% (59)
Sleep apnea or sleep disturbances	2% (57)
Anxiety disorder or panic disorder	2% (45)
Osteoporosis	2% (41)
Hearing or vision problems	2% (40)
Headaches or migraines	1% (37)
Chronic fatigue	1% (35)
Endocrine disease	1% (31)
Parkinson's disease	1% (27)
Bipolar disorder	1% (25)
Lupus	1% (22)
Overweight or obesity	1% (20)
Post-traumatic stress disorder	1% (20)
Vertigo, Meniere's disease, or dizziness	<1% (12)

### Participant Demographics

	Age < 65 (n = 1,527)	Age ≥ 65 (n = 1,079)	Total (n = 2,606)
<b>Gender</b>			
Male	18%	30%	23% (593)
Female	82%	70%	77% (1,996)
<b>Race/Ethnicity</b>			
African American	1%	1%	1% (34)
American Indian/Alaskan Native	5%	1%	4% (93)
Asian/Pacific Islander	1%	3%	2% (48)
Hispanic/Latino	16%	3%	10% (267)
White	70%	84%	76% (1,974)
<b>Age</b>			
Range	11-64 years old	65-96 years old	11-96 years old
Mean	50 years old	74 years old	61 years old
<b>First time attendee</b>	90%	93%	92% (2,389)
<b>Have medical insurance</b>	62%	76%	68% (1,760)

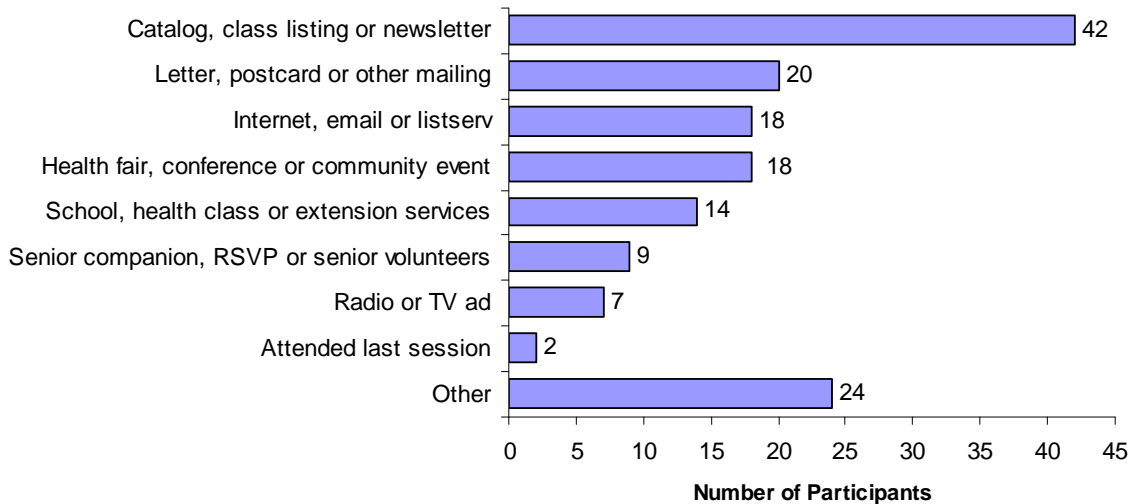
### Ways Participants Heard About the Workshops

Participants reported hearing about these workshops in a variety of ways, including provider referrals, local media, and advertisements at community and faith-based organizations.

	Total (n = 2,606)
<b>Heard about this workshop:</b>	
Through a doctor or nurse’s office	20% (527)
Newspaper	18% (475)
From a friend	15% (379)
Other	14% (364)
Other health or social service provider	9% (225)
From a poster	5% (132)
Word of mouth	4% (117)
Senior Center	4% (100)
From an announcement at work	3% (81)
Church or faith group	3% (77)
Family	3% (77)
Senior or retirement housing	1% (33)

### Additional Ways Participants Heard About the Workshops

In addition to check-off options, additional ways that participants reported hearing about workshops included the following:



**Appendix A: Additional Chronic Conditions Reported by Participants**

**Behavioral/Mental Health**

Alcoholism  
 Attention deficit disorder  
 Chronic stress disorder  
 Gulf War syndrome  
 Hyperactivity disorder  
 Obsessive-compulsive disorder  
 Tourette’s syndrome  
 Multiple personality disorder  
 Social phobia

**Cardiovascular**

Aneurism  
 Aortic valve problem  
 Bleeding disorder  
 Blood clots  
 Dissected aorta  
 Heart palpitations  
 Mitral valve prolapse  
 Phlebitis  
 Pulmonary hypertension  
 Rapid heart rate  
 Pacemaker  
 Peripheral artery disease  
 Vascular leg surgeries

**Skin Conditions**

Abcess  
 Dermatitis  
 Morgellon’s disease  
 Psoriasis  
 Shingles

**Genetic Disorders**

Charcot Marie Tooth syndrome  
 Haemochromatosis  
 Neurofibromatosis

**Immune/Autoimmune**

Allergies  
 Antiphospholipid antibody syndrome  
 Behcet’s disease  
 Chemical sensitivity  
 HIV  
 Immune deficiency syndrome  
 Immune globulin antibody deficiency  
 Scleroderma  
 Sjogren’s syndrome

**Nervous System**

Alzheimer’s,  
 Brain injury  
 Carpal tunnel syndrome  
 Chiari malformation  
 Chronic Lyme disease  
 Dementia, Lewy body dementia  
 Epilepsy  
 Erythromelalgia  
 Essential tremor  
 Fainting spells  
 Memory loss  
 Neuropathy/peripheral neuropathy  
 Paresthesia  
 Pinched nerves  
 Polymyalgie rheumatica  
 Post-polio syndrome  
 Post-herpetic neuralgia  
 Sciatica  
 Seizures  
 Spinal stenosis  
 Sympathetic dystrophy syndrome  
 Spina bifida  
 Spinal demyelination

Polycythemia vera  
 Myeloproliferative disease

**Internal Conditions**

Abdominal adhesions  
 Bladder nerve weakening  
 Costochondritis  
 Enlarged prostate  
 Gout  
 Hepatitis C  
 Hernia  
 Incontinence  
 Interstitial cystitis  
 Kidney condition  
 Liver condition  
 Pancreatitis  
 Ulcer  
 Urostomy  
 Sarcoidosis  
 Tumor

**Other Reasons**

Anemia  
 Bronchitis  
 Chronic cough  
 Chronic sinusitis  
 Constant sinus drainage  
 Cyclic vomiting syndrome  
 Endometriosis  
 Hot flashes, menopause  
 Hypoglycemia  
 Fluid build-up in legs  
 Lymphedema  
 Overeating  
 Scoliosis  
 Valley fever