

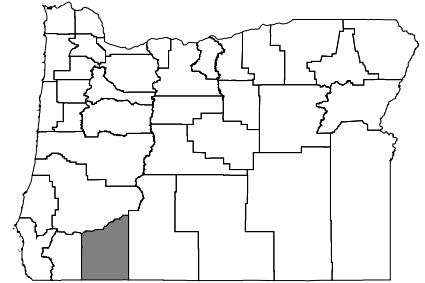
# LIVING WELL WITH CHRONIC CONDITIONS

## Chronic Disease Self-Management in Oregon

### JACKSON 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.



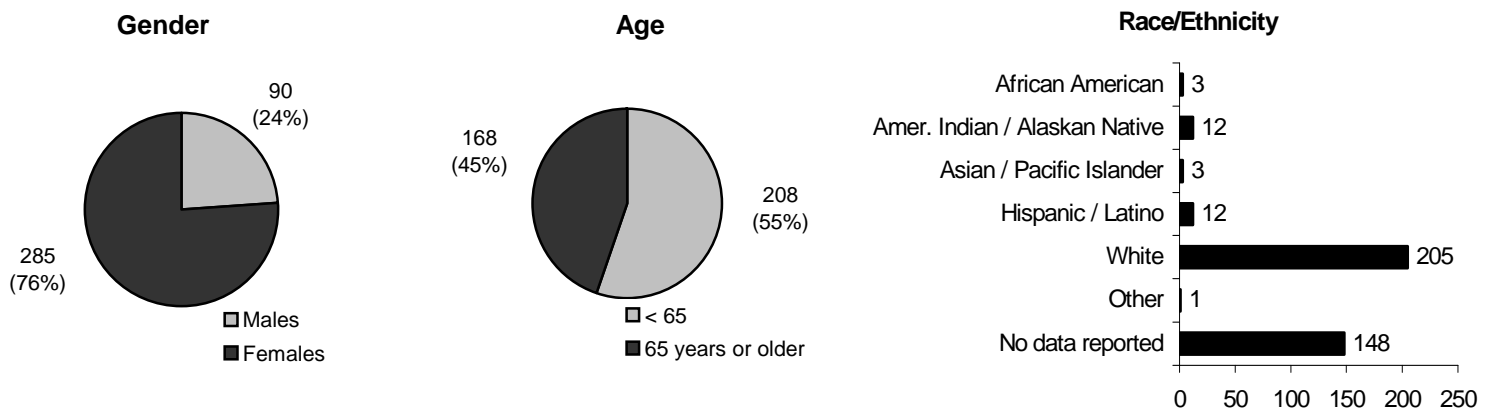
#### Programs

Since 2005, Jackson County has hosted:

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

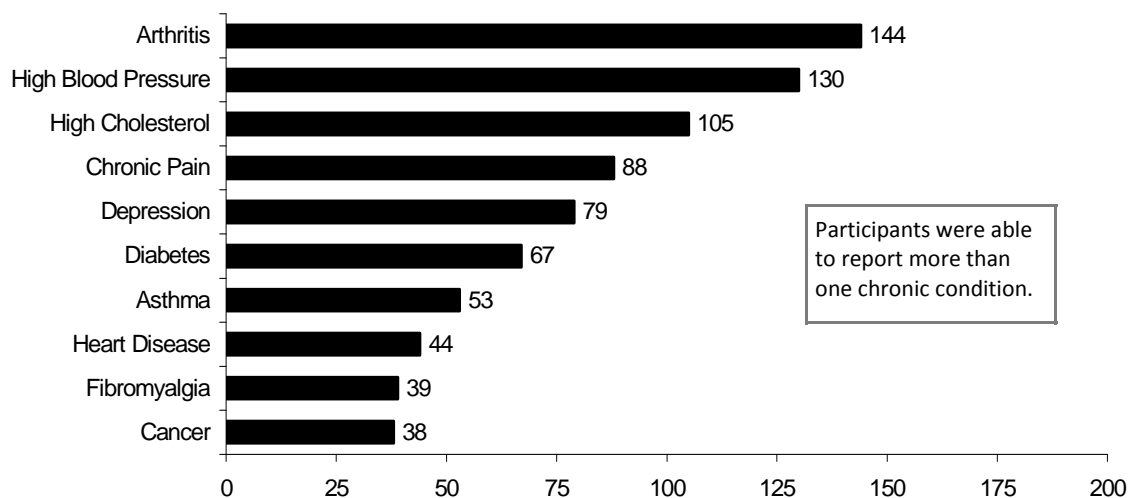
#### Participants

Since 2005, 376 people have completed a Living Well program in Jackson 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% (74) Newspaper
- 15% (57) Doctor or nurse’s office
- 14% (51) Word of mouth
- 9% (33) Family or friend
- 6% (21) Poster
- 2% (8) Other health or social service provider
- 2% (7) Announcement at work
- < 1% (3) Church or faith group
- < 1% (1) Senior center
- 0 Senior or retirement housing

### Leaders and Master Trainers

In Jackson County, there are:

- 32 Living Well leaders (10 are Master Trainers)
- 3 Tomando leaders (3 are Master Trainers)
- 0 Positive Self-Management Program leaders

### Licensed and Partner Organizations

The following Jackson 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
- La Clinica del Valle

### For More Information

#### Living Well Programs

Bernadette Maziarski

(541) 864-9611 or email [information@sohealthyoregon.org](mailto:information@sohealthyoregon.org) or visit [www.sohealthyoregon.org](http://www.sohealthyoregon.org)

#### Tobacco-Related and Other Chronic Diseases (TROCD)

Jackson County is a TROCD county. Please contact Ronalie Sweet at (541) 774-8082 for more information.

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

