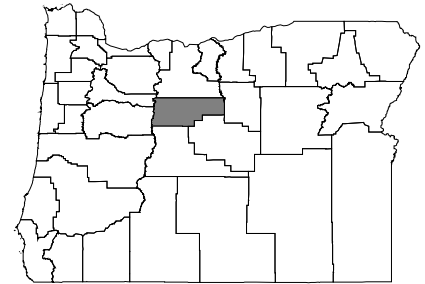


LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

JEFFERSON 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.

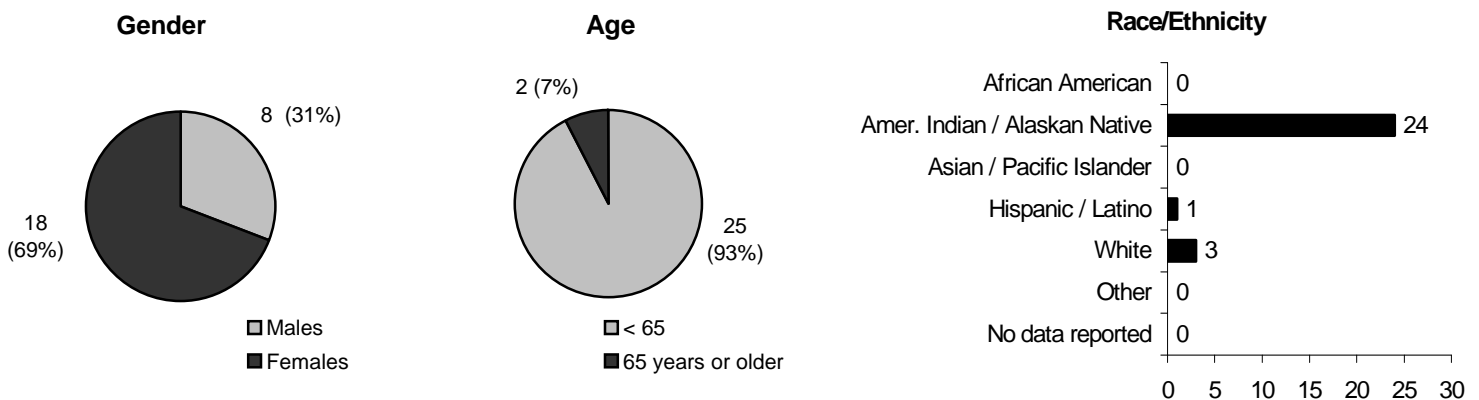
Programs

Since 2005, Jefferson County has hosted:

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

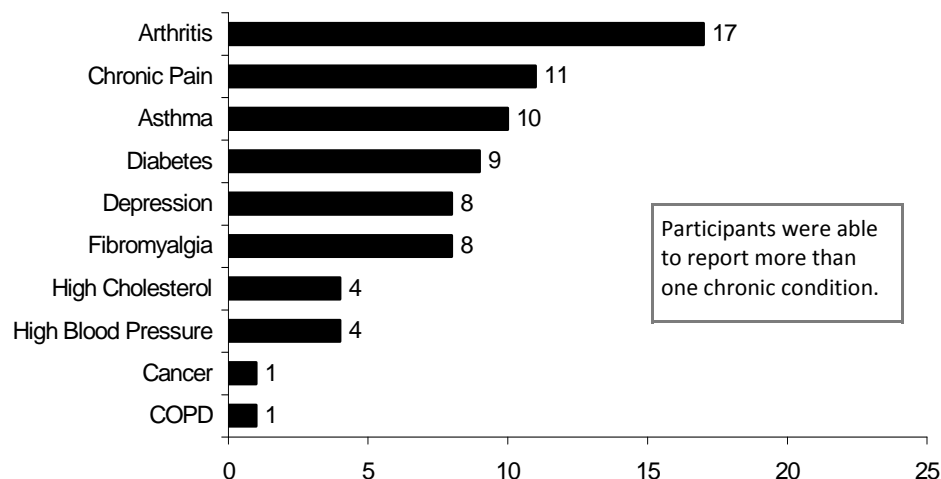
Participants

Since 2005, 27 people have completed a Living Well program in Jefferson 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

- 10 Doctor or nurse’s office
- 8 Family or friend
- 5 Newspaper
- 3 Poster
- 2 Announcement at work
- 2 Other health or social service provider
- 1 Church or faith group
- 0 Senior center
- 0 Senior or retirement housing
- 0 Word of mouth

Leaders and Master Trainers

In Jefferson County, there are:

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

Licensed and Partner Organizations

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

- Jefferson County Health Department
- Warm Springs Health and Wellness Center

For More Information

Living Well Programs

Bernadette Maziarski

(541) 864-9611 or email information@sohealthyoregon.org or visit www.sohealthyoregon.org

Tobacco-Related and Other Chronic Diseases (TROCD)

Jefferson County is a TROCD county. Please contact Danna Hastings at (541) 475-4456 for more information.

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

