

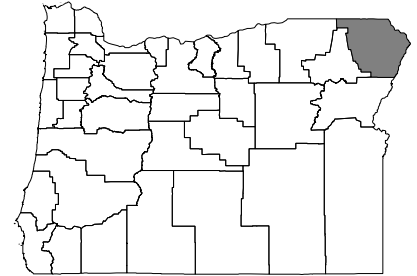
LIVING WELL WITH CHRONIC CONDITIONS

Chronic Disease Self-Management in Oregon

WALLOWA 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, Wallowa County has hosted:

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

Participants

Since 2005, nine people have completed a Living Well program in Wallowa County.

- The majority of participants were white females under the age of 65.
- Chronic conditions reported were arthritis, high blood pressure, diabetes, high cholesterol, depression, heart disease, fibromyalgia and stroke.
- Participants reported hearing about the workshop from posters, newspapers, friends, family members and health/social service providers.

Leaders and Master Trainers

In Wallowa County, there are:

- 3** Living Well leaders (1 is a Master Trainer)
- 0** Tomando leaders
- 0** Positive Self-Management Program leaders

Licensed and Partner Organizations

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

- Wallowa Valley Center for Wellness

For More Information

Living Well Programs

Wallowa Valley Center for Wellness
(541) 426-4524

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

