



2012 Living Well County Data

Benton County

Fact Sheet

INTRODUCTION

This report includes several evidence-based chronic disease self-management programs developed by the Stanford Patient Education Research Center.

They are all currently offered in Oregon:

- ***Living Well with Chronic Conditions*** is Oregon's name for the English-language version of the Stanford Chronic Disease Self-Management Program (CDSMP). It is a six-week, peer-led workshop for people with one or more chronic conditions and their support people.
- ***Tomando Control de su Salud (Tomando Control)*** is the culturally adapted, Spanish-language version of CDSMP. It is also a six-week, peer-led workshop for people living with one or more chronic conditions and their support people.
- ***Positive Self-Management Program (PSMP)*** is a seven-week, peer-led workshop designed specifically for people living with HIV/AIDS and their support people. PSMP is also offered in Spanish.
- ***Diabetes Self-Management Program (DSMP)*** is a six-week, peer-led workshop designed specifically for people living with diabetes and their support people.

The Oregon Health Authority (OHA) supports and collects data on Living Well, Tomando Control and the PSMP program. OHA does not currently support the DSMP curriculum; however, organizations providing DSMP voluntarily furnished data for this report.



PARTICIPANTS

Since 2006, 486 people have filled out all or part of a short demographic form at the initial session of a Living Well, Tomando Control, PSMP or DSMP workshop in Benton County. In 2012, 77 percent of participants completed at least four workshop sessions — the minimum number associated with positive health outcomes such as improved exercise, communication with physicians and general health.

Participant demographics (2006–2012)

	2006–2012			U.S. Census 2010
	Ages < 60 (222)	Ages ≥ 60 (261)	Total* (486)	
Gender				
Male	23% (51)	24% (63)	23% (114)	50%
Female	77% (171)	76% (198)	76% (371)	50%
Race				
African American	--% (--)	--% (--)	--% (--)	1%
American Indian/ Alaska Native	5% (10)	2% (5)	3% (15)	2%
Asian/Pacific Islander	--% (--)	--% (--)	--% (--)	7%
White	69% (154)	94% (245)	83% (402)	90%
Hispanic/ Latino Ethnicity	35% (78)	3% (9)	18% (87)	6%
Age				
Range	11–59	60–91	11–91	
Mean (U.S. Census Median)	45	71	59	32

Participants self-identify their race and ethnicity and can choose all that apply. Race from the U.S. Census includes those who chose multiple racial categories.

* Total includes those of unknown age, gender, and race.

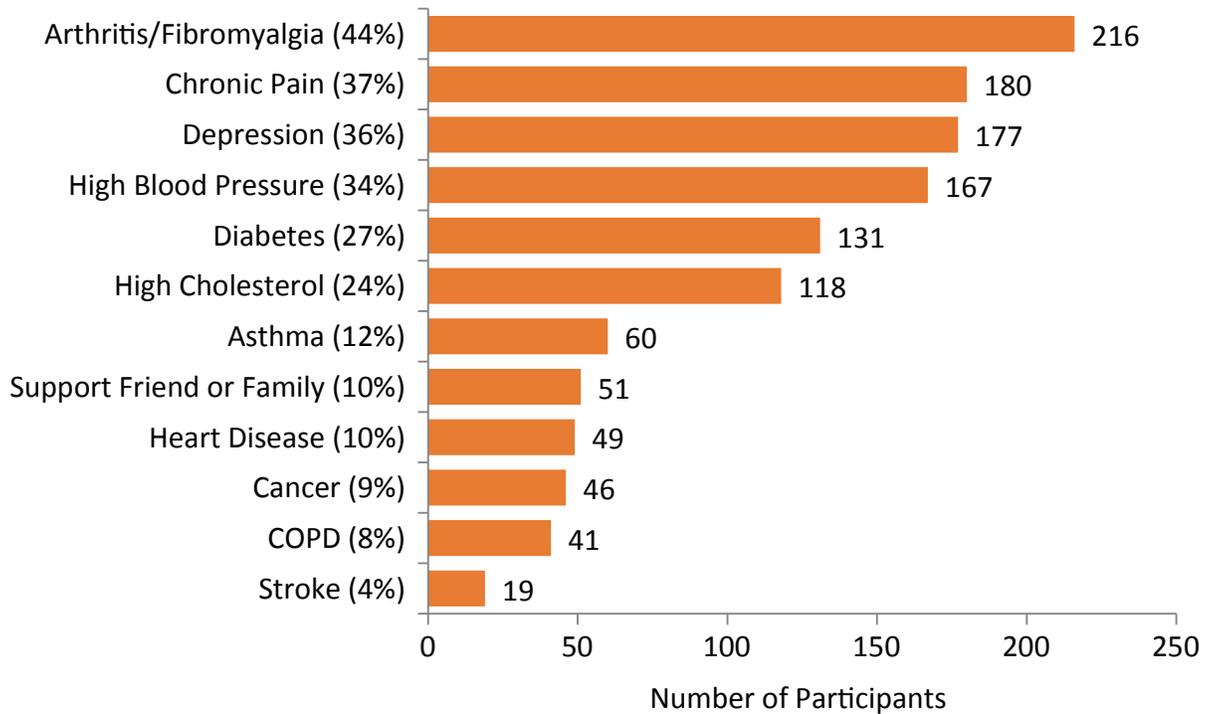
-- Fewer than five individuals.



In 2012, Benton County participants reported having an average of 3.1 chronic conditions.

Overall, participants reported having a variety of chronic health conditions. The following graph includes those conditions; however, the graph does not include chronic conditions participants may have added to the form.

Self-reported chronic conditions (2006–2012)



In 2012, 6 percent of Benton County chronic disease self-management program participants were tobacco users.

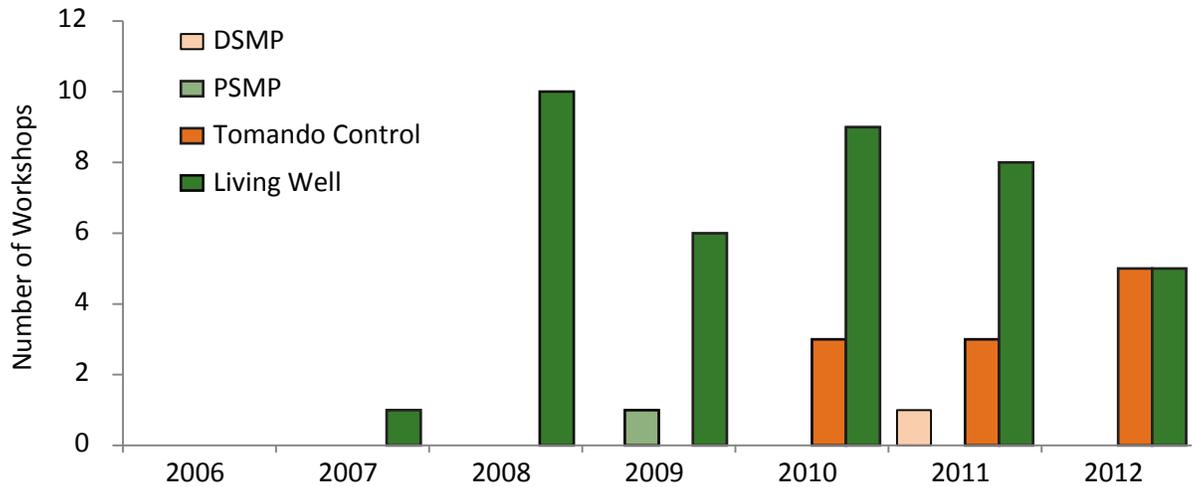
WORKSHOPS

Since 2006, Benton County has reported data on a total of 42 workshops:

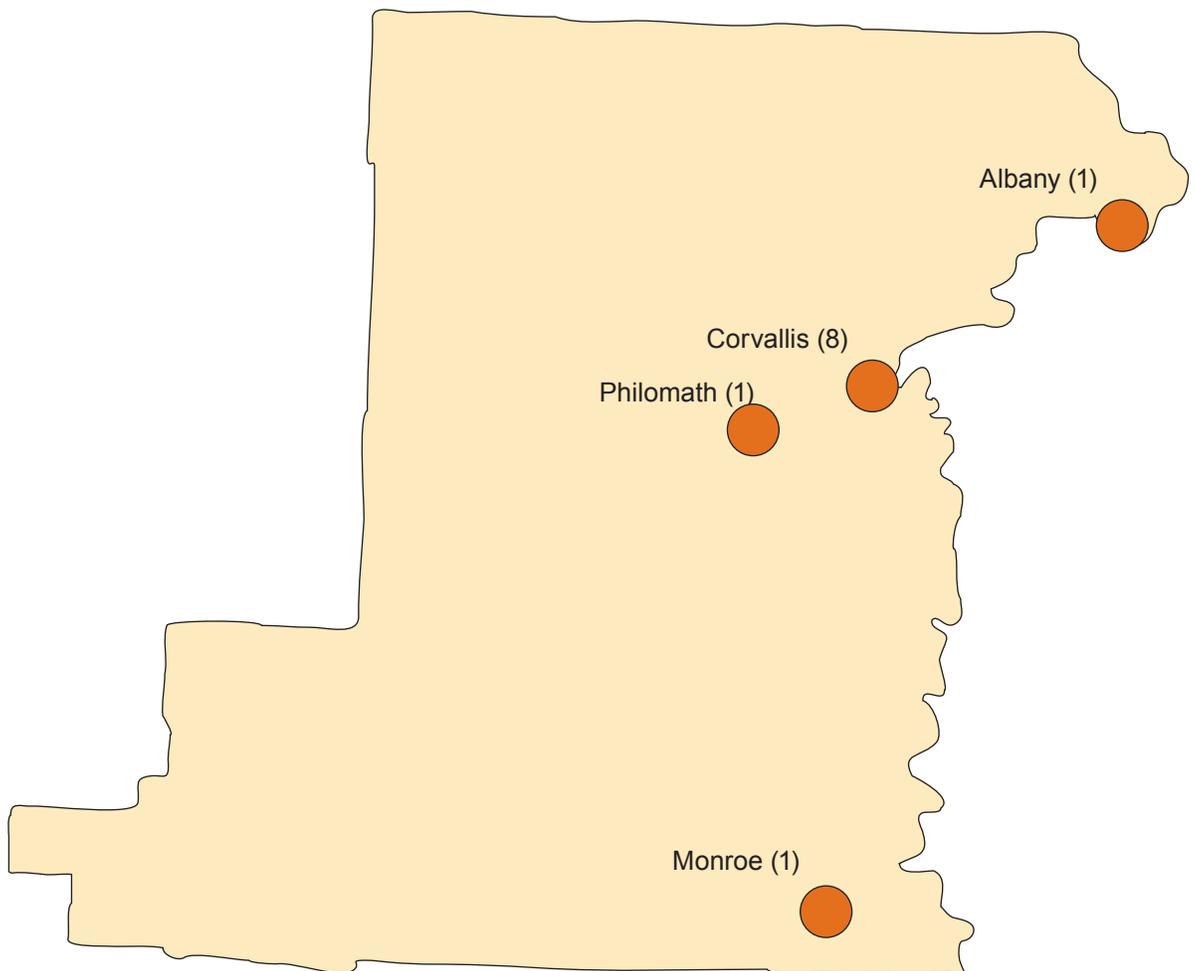
- Thirty-four Living Well workshops;
- Six Tomando Control workshops;
- One Positive Self-Management Program workshop;
- One Diabetes Self-Management Program workshop.



All workshops (Living Well, Tomando Control, PSMP, DSMP) by year



Between 2006 and 2012, 12 Benton County locations hosted chronic disease self-management workshops. All workshops were located in the four Benton County cities shown on the following map. The number of workshop locations for each city is included with the city name.



Benton County workshops were held primarily at health care, faith-based, county health department and senior facilities.



LEADERS

In Benton County, approximately 24 leaders have been trained in one or more Stanford programs. Of those, 18 leaders were trained in Living Well, six in Tomando Control, two in PSMP and two in DSMP. Leaders can be trained in more than one program. Of these trained leaders, 18 (75 percent) have led one or more workshops.

FOR MORE INFORMATION

Organization with a Stanford University program delivery license in Benton County:

- Benton County Health Services (Tomando Control)
- Samaritan Health Services (multi-program).

For local contact information on the following programs, contact:

- Living Well – Carole Kment, Samaritan Health Services, ckment@samhealth.org;
- Tomando Control – Rocio Muñoz, Benton County Health Services, rocio.munoz@co.benton.or.us.

To access the Chronic Disease Self-Management Programs Data Report and County Data Fact Sheets, visit www.healthoregon.org/livingwell.

For information about similar programs available in Oregon, visit www.healthoregon.org/takecontrol.