2012 Living Well County Data
Department of Corrections

Fact Sheet

Department of Corrections

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, 77 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 the Department of Corrections. In 2012, Department of Corrections participants reported having an average of 3.3 chronic conditions.

WORKSHOPS

Since 2006, the Department of Corrections has reported data on eight Living Well workshops. All workshops occurred in 2012.

LEADERS

In the Department of Corrections, 28 leaders have been trained in one or more Stanford programs. Of those, 27 leaders were trained in Living Well and one in Tomando Control. Leaders can be trained in more than one program.

FOR MORE INFORMATION

Organizations with a Stanford University program delivery license for the Department of Corrections include:

- State of Oregon, Department of Corrections (Living Well).

For local contact information, contact:

- Ann Shindo, Department of Corrections, ann.a.shindo@doc.state.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.