



# 2012 Living Well County Data

## Lane County

Fact Sheet

### INTRODUCTION

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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, 1,038 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 Lane County. In 2012, 62 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 (549)	Ages ≥ 60 (467)	Total* (1,038)	
<b>Gender</b>				
Male	22% (121)	21% (97)	21% (222)	49%
Female	77% (421)	78% (366)	77% (802)	51%
<b>Race</b>				
African American	2% (9)	1% (5)	1% (15)	2%
American Indian/ Alaska Native	4% (20)	2% (9)	3% (30)	3%
Asian/Pacific Islander	2% (9)	1% (5)	2% (16)	4%
White	71% (388)	92% (429)	80% (834)	92%
Hispanic/ Latino Ethnicity	26% (140)	4% (20)	16% (164)	7%
<b>Age</b>				
Range	11–59	60–96	11–96	
Mean (U.S. Census Median)	46	71	57	39

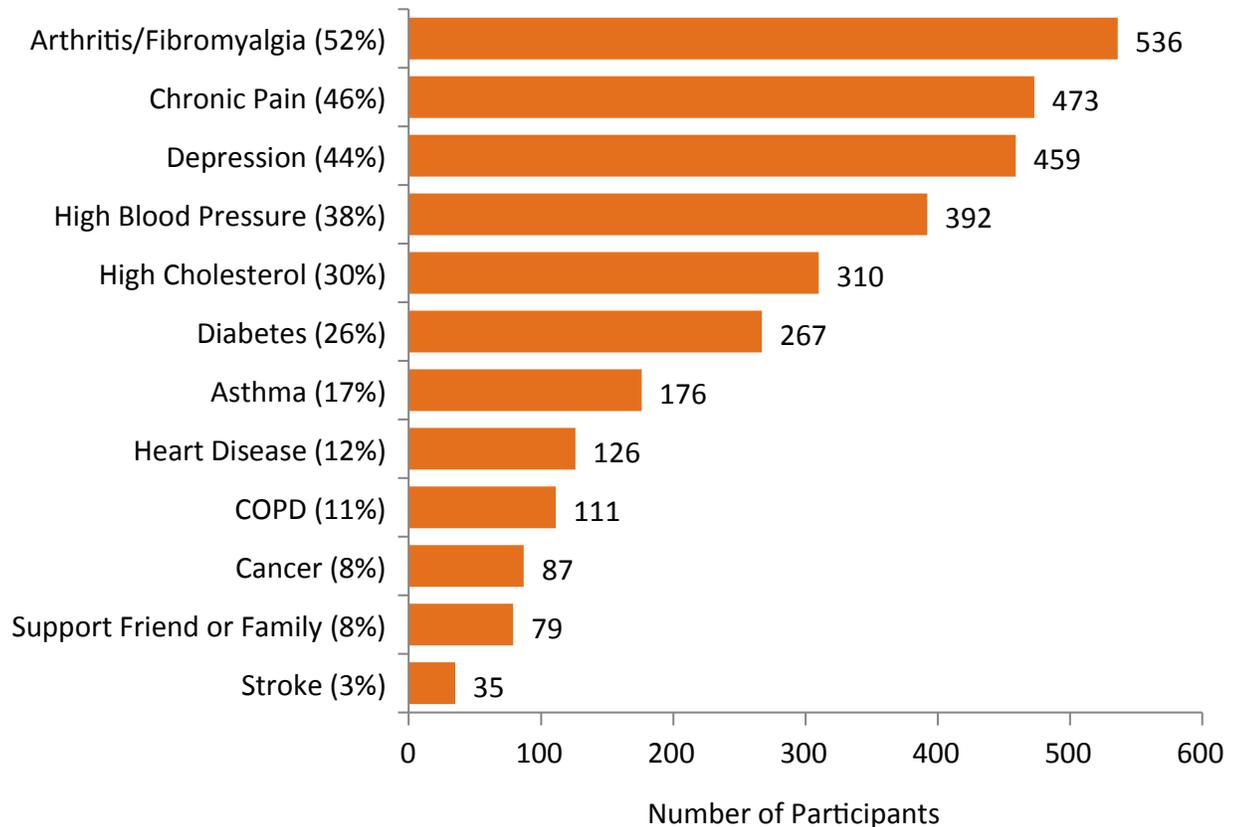
Participants self-identify their race and ethnicity and can choose all that apply. Race from the U.S. Census includes those who chose multiple racial categories.  
 \* Total includes those of unknown age, gender, and race.  
 -- Fewer than five individuals.



In 2012, Lane County participants reported having an average of 4.1 chronic conditions.

Overall, participants reported having a variety of chronic health conditions. Those conditions are included in the following table; this does not include chronic conditions participants may have added to the form.

### Self-reported chronic conditions (2006–2012)



In 2012, 16 percent of Lane County chronic disease self-management program participants were tobacco users.

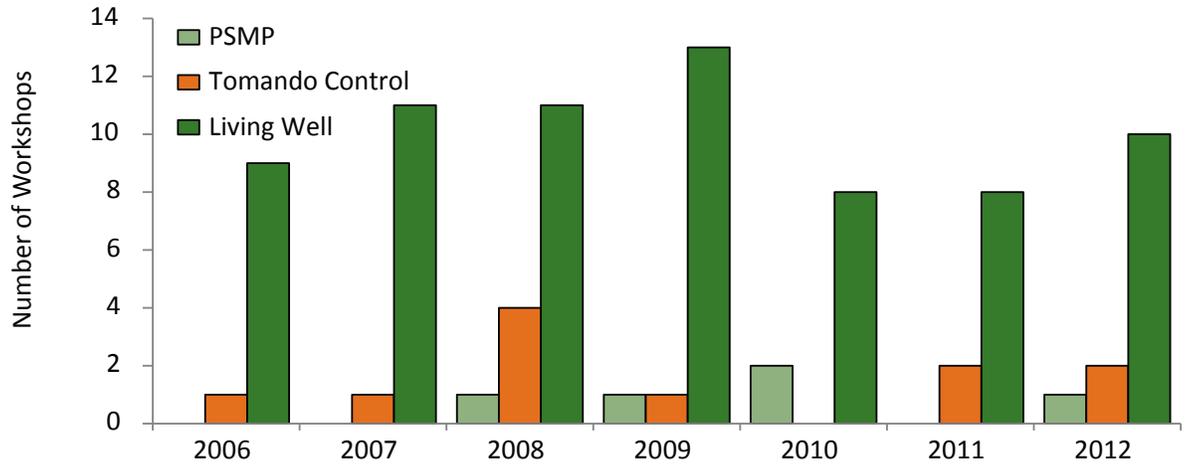
### WORKSHOPS

Since 2006, Lane County has reported data on 86 workshops including:

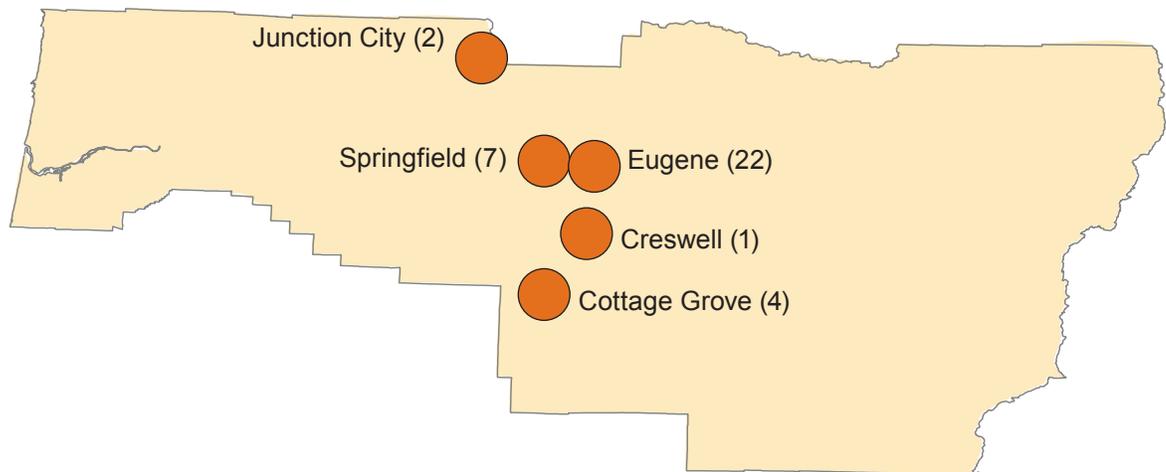
- 70 Living Well workshops;
- 11 Tomando Control workshops;
- Five Positive Self-Management Program workshops;
- No Diabetes Self-Management Program workshops.



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



Between 2006 and 2012, 36 Lane County locations hosted chronic disease self-management workshops. All workshops were located in the five Lane County cities shown on the following map. The number of workshop locations for each city is included with the city name.



Most Lane County workshops were held at senior, multipurpose social service, health care and recreational facilities.

## LEADERS

In Lane County, approximately 47 leaders have been trained in one or more Stanford programs. Of those, 33 leaders were trained in Living Well and 15 in Tomando Control. Leaders can be trained in more than one program. Of these trained leaders, 34 (72 percent) have led one or more workshops.



## FOR MORE INFORMATION

**Organizations with a Stanford University program delivery license in Lane County include:**

- Lane County Council of Governments (multi-program).

**For local contact information on the following programs, contact:**

- Living Well and Tomando Control – Angela Phinney, Lane County Council of Governments, [aphinney@lcog.org](mailto:aphinney@lcog.org).

To access the Chronic Disease Self-Management Programs Data Report and County Data Fact Sheets, visit [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell).

For information about similar programs available in Oregon, visit [www.healthoregon.org/takecontrol](http://www.healthoregon.org/takecontrol).