



# 2012 Living Well County Data

## Polk 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, 277 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 Polk County. In 2012, 63 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 (122)	Ages ≥ 60 (146)	Total* (277)	
<b>Gender</b>				
Male	15% (18)	22% (32)	19% (52)	49%
Female	85% (104)	78% (114)	81% (225)	51%
<b>Race</b>				
African American	0% (0)	0% (0)	0% (0)	1%
American Indian/ Alaska Native	--% (--)	--% (--)	3% (9)	4%
Asian/Pacific Islander	--% (--)	--% (--)	2% (5)	4%
White	63% (77)	88% (128)	77% (212)	89%
Hispanic/ Latino Ethnicity	39% (48)	9% (13)	22% (61)	12%
<b>Age</b>				
Range	14–59	60–93	14–93	
Mean (U.S. Census Median)	44	72	59	37

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.

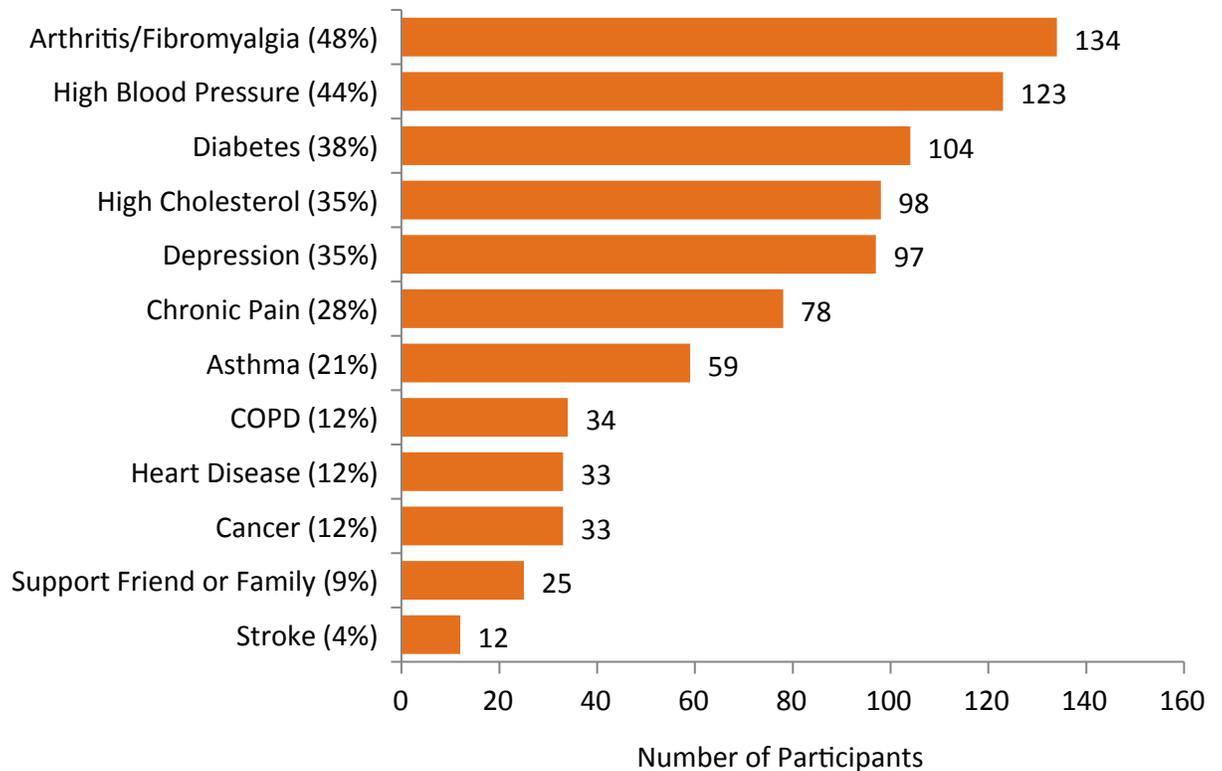
-- Fewer than five individuals.



Participants from Polk County reported having an average of 3.5 chronic conditions.

Overall, participants reported having a variety of chronic health conditions. Included in the table below are those conditions that participants reported using a check-off box on the participant information form; this does not include chronic conditions participants may have added to the form.

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



In 2012, 24 percent of Polk County chronic disease self-management program participants were tobacco users.

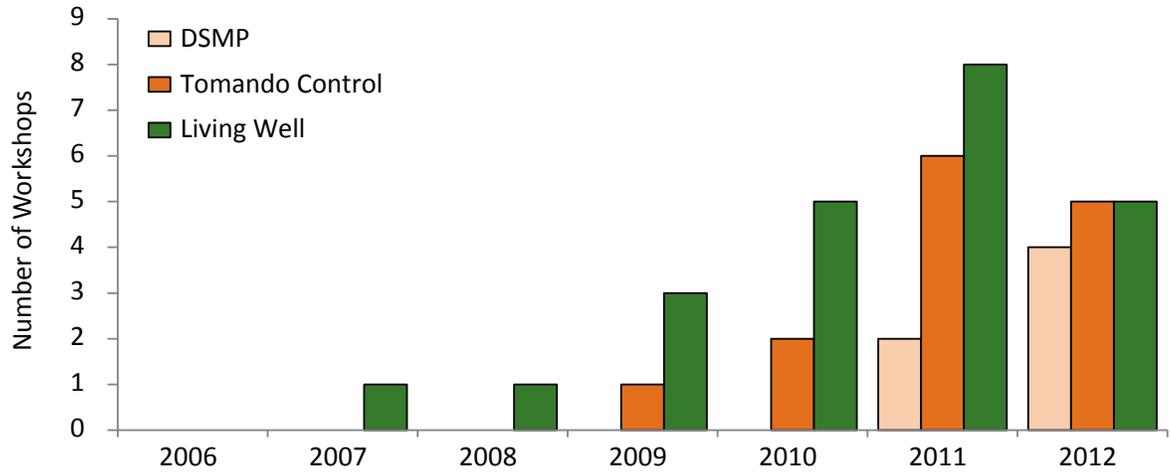
### WORKSHOPS

Since 2006, Polk County has reported data on 43 workshops including:

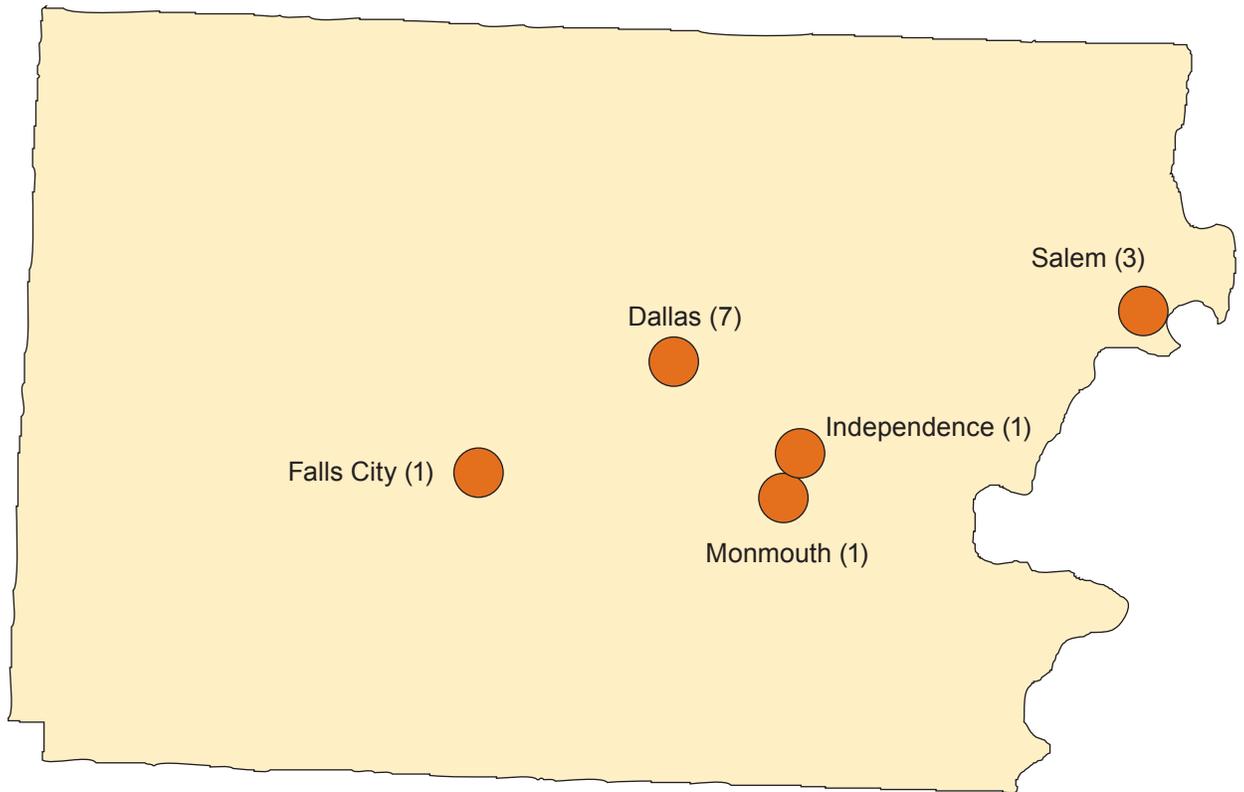
- 23 Living Well workshops;
- 14 Tomando Control workshops;
- No Positive Self-Management Program workshops;
- Six Diabetes Self-Management Program workshops.



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



Between 2006 and 2012, 13 distinct locations have been used to host Living Well workshops in Polk County. All workshops were located in the four Polk County cities shown below. The number of workshop locations for each city is included with the city name.



Workshops in Polk County were held primarily at health care organizations, residential facilities, senior centers, and multipurpose social services organizations.



## LEADERS

In Polk County, approximately 13 leaders have been trained in one or more Stanford programs. Of those, 12 leaders were trained in Living Well, two in Tomando Control, and three in DSMP. Leaders can be trained in more than one program. Of these trained leaders, nine (69 percent) have led one or more workshops.

## FOR MORE INFORMATION

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

- WVP Health Authority (multi-program).

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

- Living Well, Tomando Control and DSMP – Lavinia Goto, WVP Health Authority, [lavinia@mvipa.org](mailto:lavinia@mvipa.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).