

## Stanford Self-Management programs<sup>1</sup>, Oregon 2009-2014

Year	Chronic Pain program (number)			Diabetes program (number)			Tomando Control de su Salud program (number)			Living Well program (number)		
	Work-shops	Partici-pants	Com-pleters <sup>2</sup>	Work-shops	Partici-pants	Com-pleters	Work-shops	Partici-pants	Com-pleters	Work-shops	Partici-pants	Com-pleters
2009	0	0	0	0	0	0	15	180	129	119	1,006	890
2010	0	0	0	0	0	0	24	302	204	144	1,576	1,026
2011	0	0	0	12	111	69	31	349	244	166	1,916	1,284
2012	0	0	0	21	198	141	46	595	395	141	1,478	1,003
2013	7	62	48	31	314	222	32	392	269	155	1,610	1,078
2014	13	109	66	34	331	210	21	237	173	149	1,430	958

<sup>1</sup> Stanford School of Medicine developed a number of small-group six week self-management programs for people with chronic health problems. These include programs tailored for individuals who experience chronic pain, have type 2 diabetes, and for individuals with any chronic disease, but in Spanish (Tomando Control de su Salud) and English (Living Well). One additional program is available in Oregon for individuals with HIV. However, because of the small number of programs offered, they are not represented in these web tables.

<sup>2</sup> Completers are participants who attended at least four of the six sessions of a Stanford program.

Source: Oregon Stanford Programs Database.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Stanford Self-Management Programs by county, Oregon.

<https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/HealthcareData.aspx>.

Created November 16, 2015. Accessed [DOWNLOAD DATE].