



# 2012 Living Well County Data

## Coos 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. Workshops provided by the Oregon Department of Corrections in Coos County were excluded from this county report but were included in a separate report.



## PARTICIPANTS

Since 2006, 213 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 Coos County. In 2012, 53 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<br>2010 |
|-----------------------------------|--------------------|--------------------|-----------------|---------------------|
|                                   | Ages < 60<br>(109) | Ages ≥ 60<br>(101) | Total*<br>(213) |                     |
| <b>Gender</b>                     |                    |                    |                 |                     |
| Male                              | 23% (25)           | 20% (20)           | 22% (47)        | 49%                 |
| Female                            | 77% (84)           | 80% (81)           | 78% (166)       | 51%                 |
| <b>Race</b>                       |                    |                    |                 |                     |
| African American                  | 0% (0)             | 0% (0)             | 0% (0)          | 1%                  |
| American Indian/<br>Alaska Native | --% (--)           | --% (--)           | 5% (10)         | 5%                  |
| Asian/Pacific<br>Islander         | --% (--)           | --% (--)           | --% (--)        | 2%                  |
| White                             | 95% (104)          | 95% (96)           | 95% (202)       | 94%                 |
| Hispanic/<br>Latino Ethnicity     | --% (--)           | --% (--)           | 2% (5)          | 5%                  |
| <b>Age</b>                        |                    |                    |                 |                     |
| Range                             | 21–59              | 60–93              | 21–93           |                     |
| Mean (U.S.<br>Census Median)      | 47                 | 70                 | 58              | 47                  |

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.

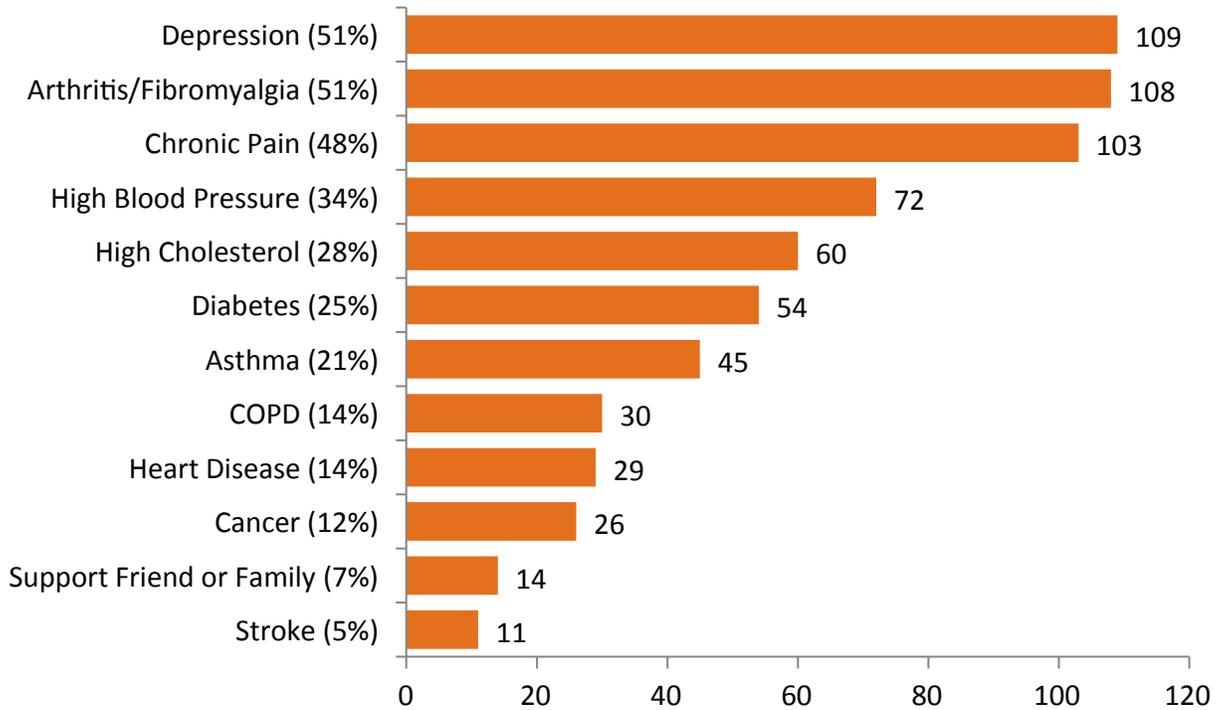
-- Fewer than five individuals.



In 2012, Coos County participants reported having an average of 3.9 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)



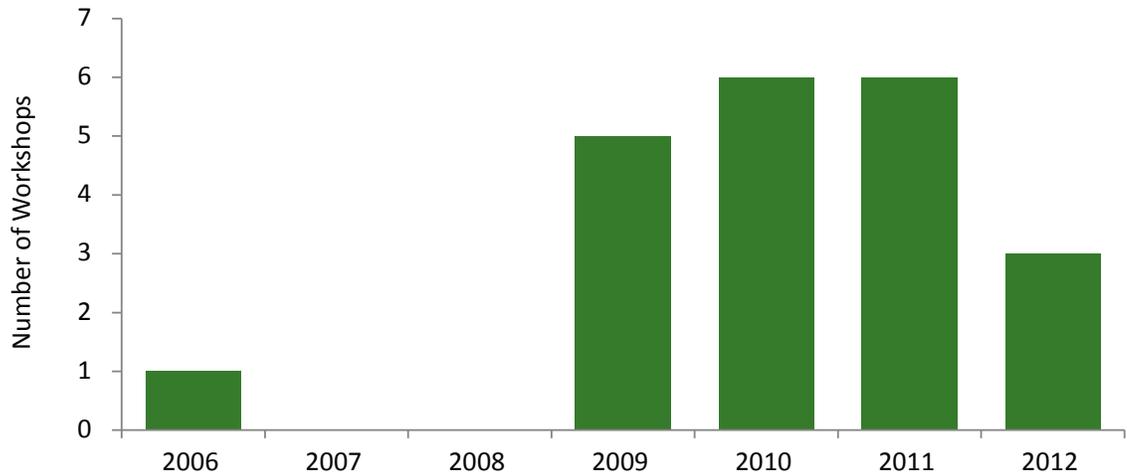
In 2012, 11 percent of Coos County chronic disease self-management program participants were tobacco users.

### WORKSHOPS

Since 2006, Coos County has reported data on 21 Living Well workshops.

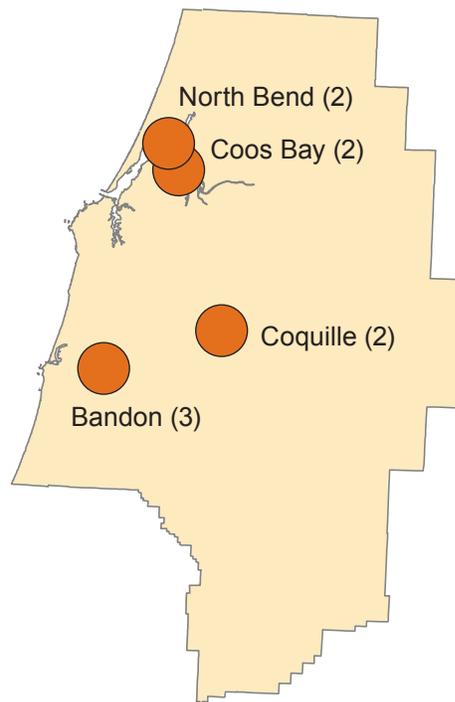


## All workshops (Living Well) by year



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

Most Coos County workshops were held at health care, library and county health department facilities.





## LEADERS

In Coos County, approximately 24 leaders have been trained in Living Well. Of these trained leaders, 15 (63 percent) have led one or more workshops.

## FOR MORE INFORMATION

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

- Coos County Health Department (Living Well).

**For local contact information on Living Well, contact:**

- Debbie Webb, Coos County Health Department, [dwebb@co.coos.or.us](mailto:dwebb@co.coos.or.us).

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).