



2012 Living Well County Data

Klamath 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

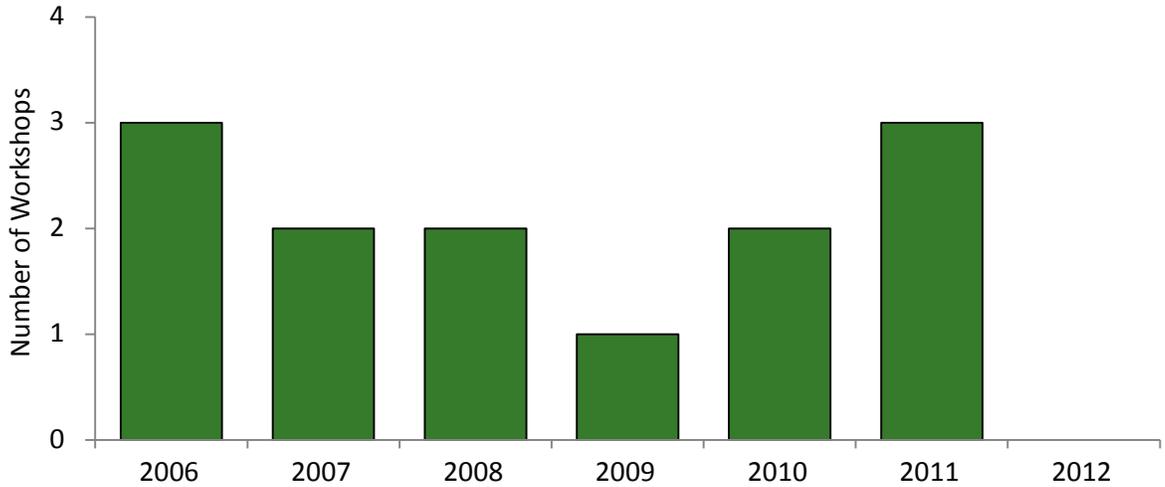
Since 2006, 147 people have filled out all or part of a short demographic form at the initial session of a Living Well, Tomando Control, PSMP or DSMP workshop in Klamath County.



WORKSHOPS

Since 2006, Klamath County has reported data on 13 Living Well workshops. Most Klamath County workshops were held at educational facilities.

All workshops (Living Well) by year



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



Workshops in Klamath County were held primarily at educational institutions and faith-based organizations.



LEADERS

In Klamath County, approximately 14 leaders have been trained in one or more Stanford programs. Of those, 12 leaders were trained in Living Well and two in Tomando Control. Leaders can be trained in more than one program. Of these trained leaders, nine (64 percent) have led one or more workshops.

FOR MORE INFORMATION

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

- OSU Extension Services (Living Well).

For local contact information on Living Well, contact:

- Patty Case, Oregon State University Extension Service,
patty.case@oregonstate.edu.

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.