



# 2012 Living Well County Data

## Multnomah 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. Oregon Department of Corrections workshops in Multnomah County were excluded from this county report, They are included in a separate Oregon Department of Corrections report.



## PARTICIPANTS

Since 2006, 1,053 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 Multnomah County. In 2012, 78 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 (422)	Ages ≥ 60 (610)	Total* (1,053)	
<b>Gender</b>				
Male	24% (102)	25% (152)	25% (260)	49%
Female	75% (317)	75% (457)	75% (788)	51%
<b>Race</b>				
African American	6% (26)	6% (38)	6% (64)	7%
American Indian/ Alaska Native	3% (14)	1% (9)	2% (23)	2%
Asian/Pacific Islander	12% (51)	28% (172)	21% (223)	9%
White	50% (213)	58% (352)	55% (578)	81%
Hispanic/ Latino Ethnicity	36% (150)	8% (46)	19% (200)	11%
<b>Age</b>				
Range	12–59	60–94	12–94	
Mean (U.S. Census Median)	46	71	61	36

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.

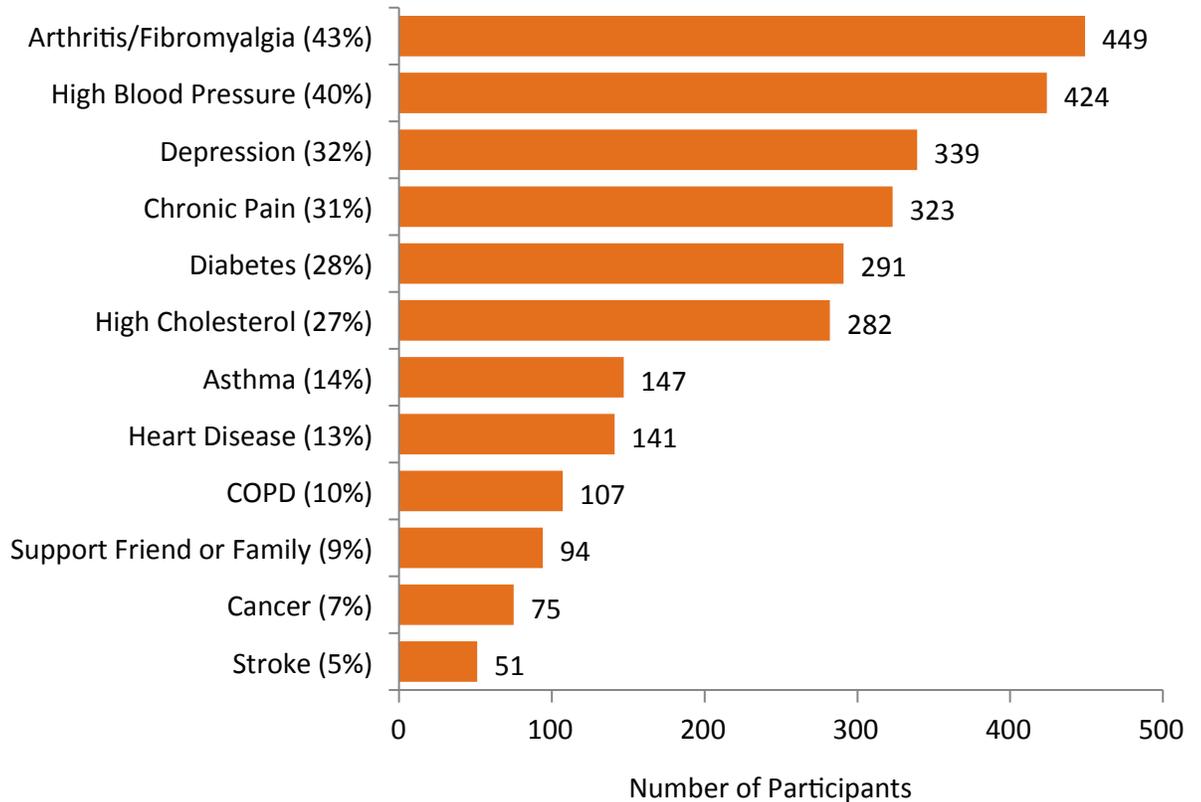
-- Fewer than five individuals.



In 2012, Multnomah County participants reported having an average of 2.8 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, 9 percent of Multnomah County chronic disease self-management program participants were tobacco users.

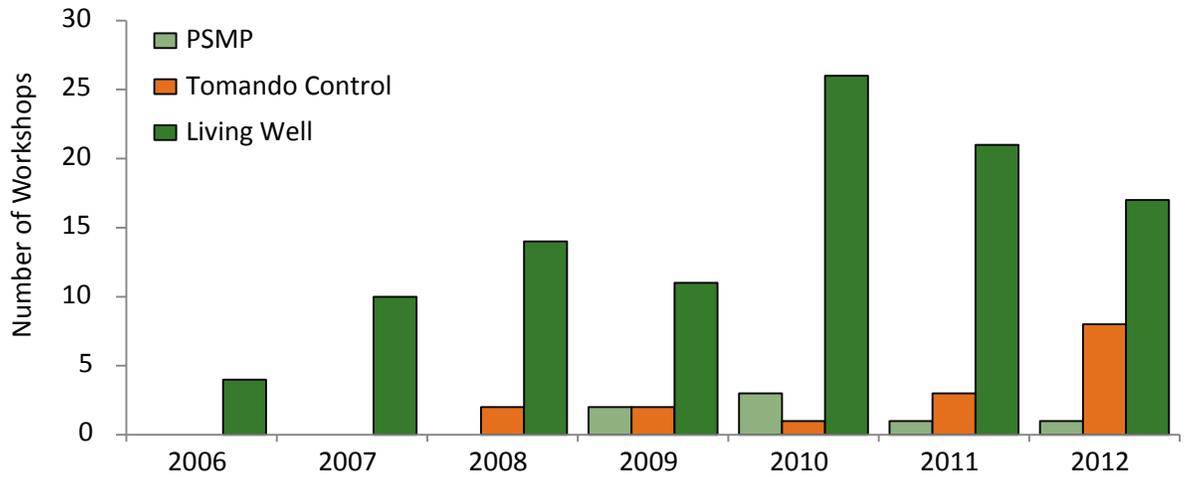
## WORKSHOPS

Since 2006, Multnomah County has reported data on 126 workshops including:

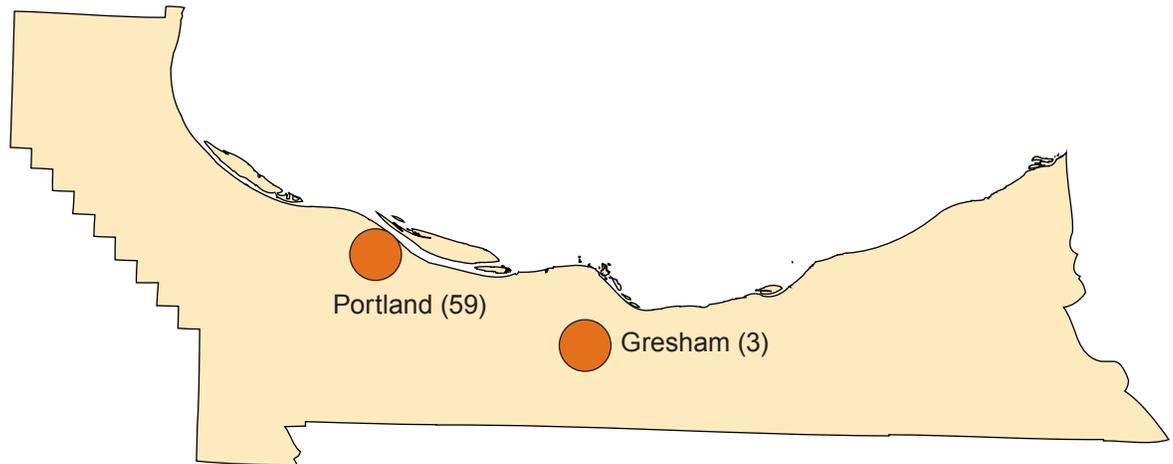
- 103 Living Well workshops;
- 16 Tomando Control workshops;
- Seven Positive Self-Management Program workshops;
- No Diabetes Self-Management Program workshops.



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



Between 2006 and 2012, 62 Multnomah County locations have hosted chronic disease self-management workshops in Multnomah County. All workshops were located in the two Multnomah County cities shown on the following map. The number of workshop locations for each city is included with the city name.



Most Multnomah County workshops were held at health care, multipurpose social service, faith-based and senior facilities.

## LEADERS

In Multnomah County, approximately 178 leaders have been trained in one or more Stanford programs. Of those, 158 leaders were trained in Living Well, 20 in Tomando Control and nine in PSMP. Leaders can be trained in more than one program. Of these trained leaders, 87 (49 percent) have led one or more workshops.



## FOR MORE INFORMATION

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

- Multnomah County Aging and Disability Services (Living Well, Tomando Control);
- Familias en Accion (Tomando Control);
- Multnomah County Health (Living Well);
- Oregon Health & Science University — Partnership Project (PSMP).

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

- Living Well – Lynn Schemmer-Valleau, Multnomah County Aging and Disability Services, [lynn.schemmer-valleau@multco.us](mailto:lynn.schemmer-valleau@multco.us);
- Living Well — Sylvia Ness, Multnomah County Health, [sylvia.ness@multco.us](mailto:sylvia.ness@multco.us);
- Tomando Control — Marie Dahlstrom, Familias en Accion, [mariedahlstrom@comcast.net](mailto:mariedahlstrom@comcast.net);
- Positive Self-Management – Julia Lager-Mesulam, Oregon Health & Science University – Partnership Project, [lagermes@ohsu.edu](mailto:lagermes@ohsu.edu).

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).