



# 2012 Living Well County Data

## Tillamook 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.

### PARTICIPANTS

Since 2006, 48 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 Tillamook County.



## WORKSHOPS

Since 2006, Tillamook County has reported data on three Living Well workshops.

## LEADERS

In Tillamook County, six people have been trained as Living Well program leaders. Of these trained leaders, one (17 percent) has led one or more workshops.

## FOR MORE INFORMATION

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

- NorthWest Senior and Disability Services (Living Well).

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

- Alison Smith, NorthWest Senior and Disability Services, [alison.smith@nwds.org](mailto:alison.smith@nwds.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).