



# 2012 Living Well County Data

## Washington 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, 516 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 Washington County. In 2012, 77 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 (296)	Ages ≥ 60 (212)	Total* (516)	
<b>Gender</b>				
Male	18% (53)	30% (63)	23% (119)	50%
Female	82% (243)	70% (149)	77% (395)	50%
<b>Race</b>				
African American	--% (--)	--% (--)	--% (--)	3%
American Indian/ Alaska Native	--% (--)	--% (--)	2% (12)	2%
Asian/Pacific Islander	3% (9)	10% (22)	6% (32)	12%
White	61% (180)	77% (164)	67% (347)	80%
Hispanic/ Latino Ethnicity	57% (168)	16% (33)	40% (204)	16%
<b>Age</b>				
Range	15–59	60–97	15–97	
Mean (U.S. Census Median)	45	71	56	35

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.

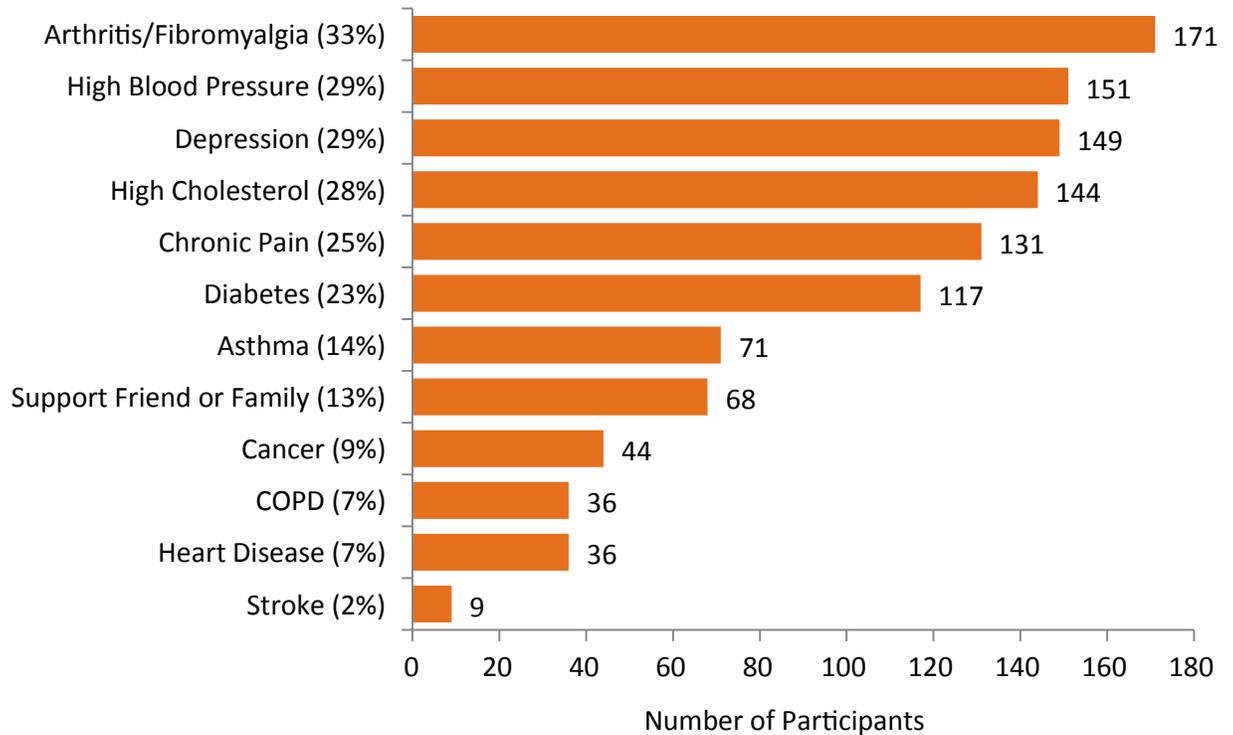
-- Fewer than five individuals.



In 2012, Washington County participants reported having an average of 2.7 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)



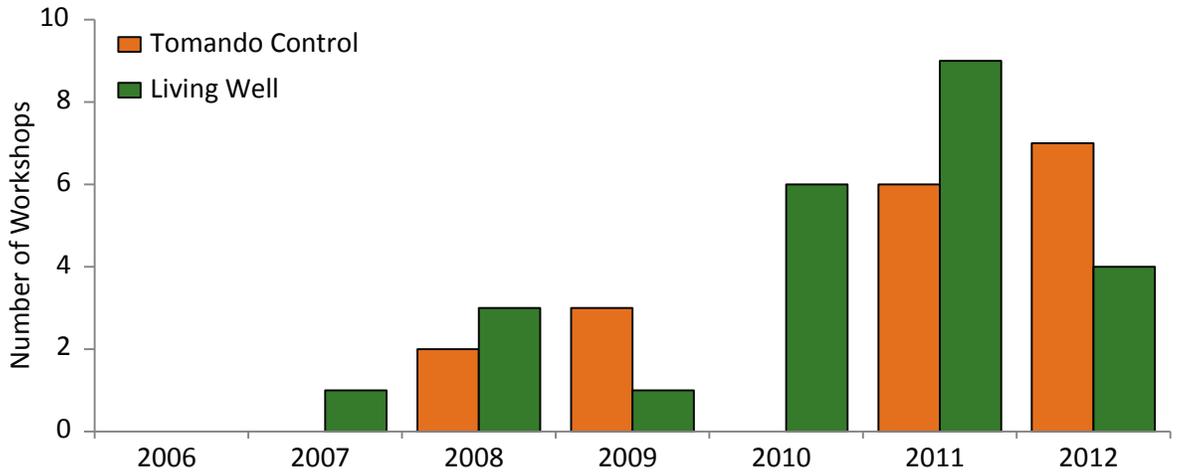
In 2012, 5 percent of Washington County chronic disease self-management program participants were tobacco users.

### WORKSHOPS

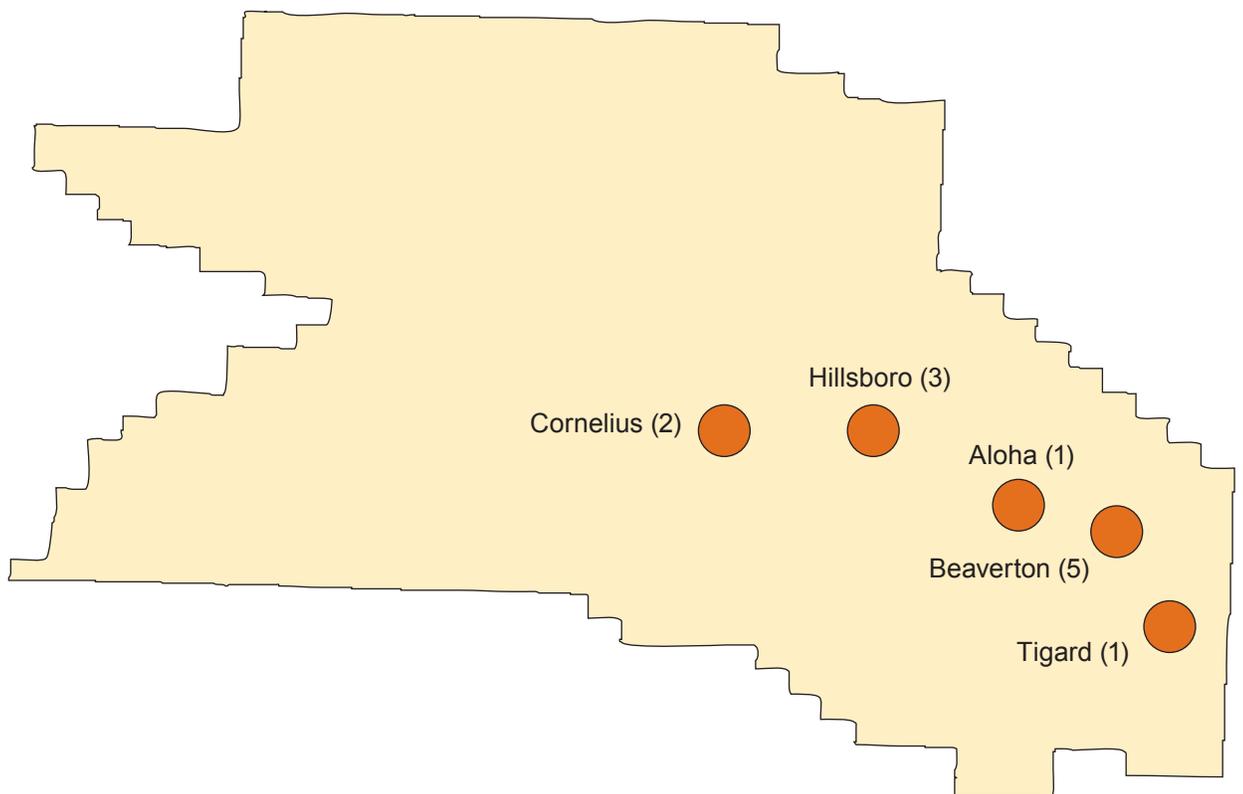
Since 2006, Washington County has reported data on 24 Living Well and 18 Tomando Control workshops.



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



Between 2006 and 2012, 12 Washington County locations have hosted chronic disease self-management workshops. All workshops were located in the five Washington County cities shown on the following map. The number of workshop locations for each city is included with the city name.



Most Washington County workshops were held at health care and faith-based facilities.



## LEADERS

In Washington County, approximately 36 leaders have been trained in one or more Stanford programs. Of those, 18 leaders were trained in Living Well and 20 in Tomando Control. Leaders can be trained in more than one program. Of these trained leaders, 29 (81 percent) have led one or more workshops.

## FOR MORE INFORMATION

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

- Tuality Healthcare (multi-program);
- Northwest Parish Nurse Ministries (Living Well);
- Providence Health and Services (multi-program);
- Pacific University (Tomando Control).

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

- Living Well and Tomando Control – Sandy Madsen, Tuality Healthcare, [sandy.madsen@tuality.org](mailto:sandy.madsen@tuality.org);
- Living Well – Sandy Madsen, Northwest Parish Nurse Ministries, [sandym@npsnm.org](mailto:sandym@npsnm.org);
- Tomando Control – Cheryl Badaracco, Providence Health and Services, [cheryl.badaracco@providence.org](mailto:cheryl.badaracco@providence.org);
- Tomando Control – Anita Cintron, Pacific University, [anitacintron@pacificu.edu](mailto:anitacintron@pacificu.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).