



2012 Living Well County Data

Yamhill 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, 107 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 Yamhill County. In 2012, Yamhill County participants reported having an average of 2.9 chronic conditions.

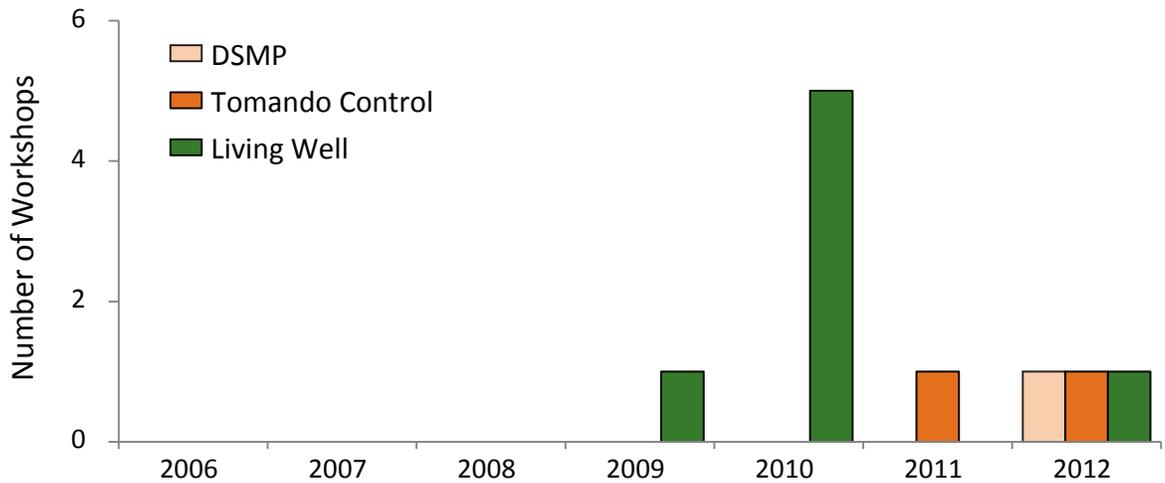


WORKSHOPS

Since 2006, Yamhill County has reported data on 10 workshops including:

- Seven Living Well workshops;
- Two Tomando Control workshops;
- No Positive Self-Management Program workshops;
- One Diabetes Self-Management Program workshops.

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



Most Yamhill County workshops were held at residential, senior and health care facilities.

LEADERS

In Yamhill County, approximately eight leaders have been trained in one or more Stanford programs. Of those, five leaders were trained in Living Well and three in Tomando Control. Leaders can be trained in more than one program. Of these trained leaders, four (50 percent) have led one or more workshops.



FOR MORE INFORMATION

Organizations with a Stanford University program delivery license in Yamhill County:

- WVP Health Authority (multi-license);
- Virginia Garcia Memorial Health Center (Tomando Control);
- Yamhill County Public Health (Living Well).

For local contact information on Living Well and Tomando Control, contact:

- Lavinia Goto, WVP Health Authority, lavinia@mvipa.org.

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.