



# 2011 Living Well County Data

## Benton County

Fact Sheet

### INTRODUCTION

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Living Well with Chronic Conditions (Living Well) is Oregon's name for the Stanford Chronic Disease Self-Management Program (CDSMP). Living Well encompasses several of Stanford's evidence-based self-management programs.

- Living Well is the English-language version of 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.

Oregon Health Authority supports and collects data on Living Well, Tomando Control and the PSMP program. While OHA does not currently support the DSMP program, DSMP data provided voluntarily to OHA are included in this report.

### PARTICIPANTS

Since 2006, 397 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 Benton County. In 2011, 73 percent of participants completed at least four workshop sessions, the minimum number of sessions associated with a positive health outcome for participants.



## Participant demographics (2006–2011)

	2006–2011			U.S. Census 2010
	Ages < 60 (179)	Ages ≥ 60 (215)	Total* (397)	
<b>Gender</b>				
Male	25% (44)	21% (46)	23% (90)	50%
Female	75% (135)	79% (169)	77% (306)	50%
<b>Race</b>				
African American	--% (--)	0% (0)	--% (--)	1%
American Indian/ Alaska Native	6% (10)	2% (5)	4% (15)	2%
Asian/Pacific Islander	--% (--)	--% (--)	--% (--)	7%
White	77% (137)	93% (201)	86% (341)	90%
Hispanic/ Latino Ethnicity	27% (49)	2% (5)	14% (54)	6%
<b>Age</b>				
Range	19–59	60–91	19–91	
Mean (U.S. Census Median)	46	72	60	32

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.

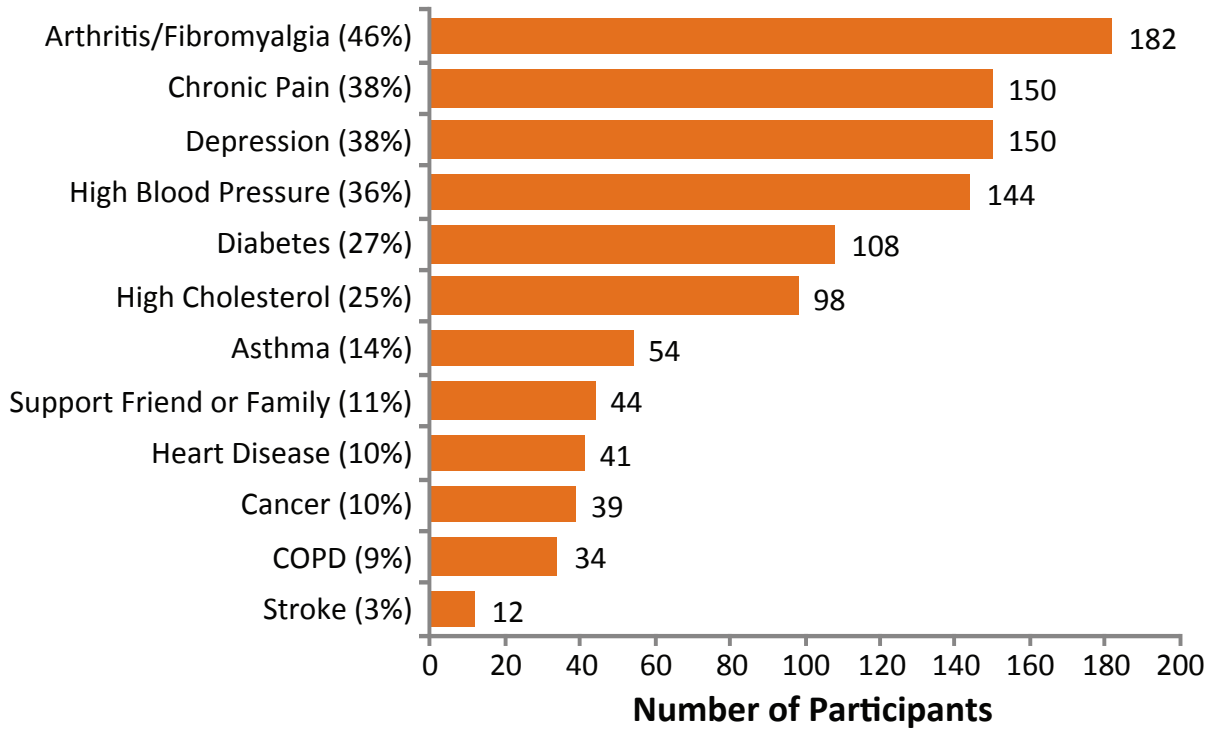
-- Less than five individuals.

Participants from Benton County reported having an average of 3.4 chronic conditions.

Overall, participants reported having a variety of chronic health conditions. Included in the table below are those conditions that participants reported using a check-off box on the participant information form; this does not include chronic conditions participants may have added to the form.



## Self-reported chronic conditions (2006–2011)

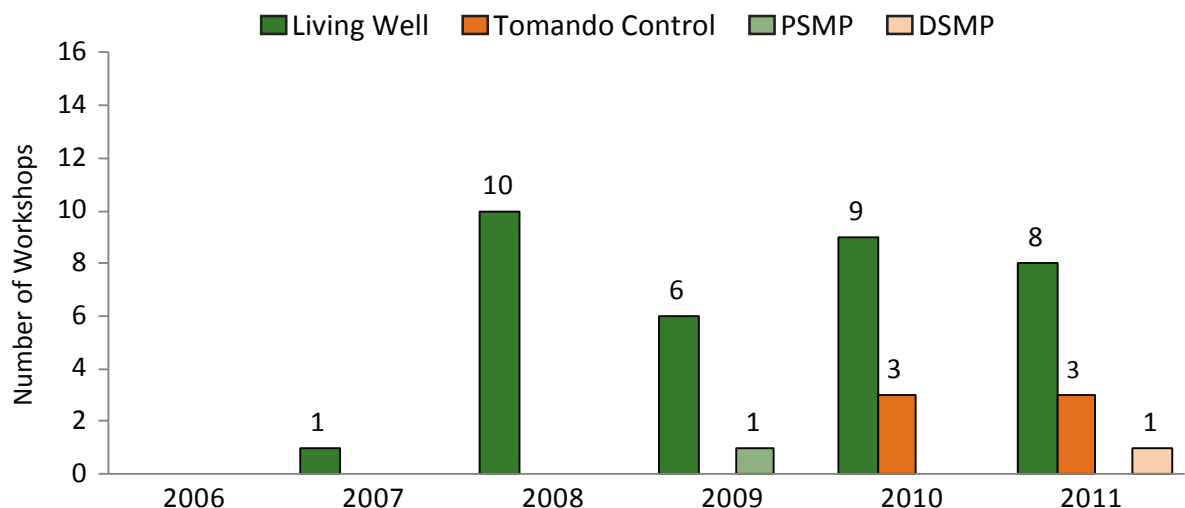


## WORKSHOPS

Since 2006, Benton County has reported data on a total of 42 workshops:

- Thirty-four Living Well workshops;
- Six Tomando Control workshops;
- One Positive Self-Management Program workshop;
- One Diabetes Self-Management Program workshop.

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





Between 2006 and 2011, ten distinct locations have been used to host Living Well workshops in Benton County. All workshops were located in the three Benton County cities shown below. The number of workshop locations for each city is included with the city name.



Workshops in Benton County were held primarily at health care organizations, faith-based organizations, at county health department facilities and senior centers.



## LEADERS

In Benton County, approximately 21 leaders have been trained in one or more Stanford programs. Of those, 18 leaders were trained in Living Well, three in Tomando Control, and two in PSMP. Leaders can be trained in more than one program. Of these trained leaders, 16 have gone on to lead a workshop (76 percent).

## FOR MORE INFORMATION

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

- Oregon Cascades West Council of Governments (multi-program);
- Samaritan Health Services (multi-program).

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

- Living Well – Carole Kment, Samaritan Health Services, [ckment@samhealth.org](mailto:ckment@samhealth.org);
- Tomando Control – Rocio Muñoz, Benton County Health Services, [rocio.munoz@co.benton.or.us](mailto:rocio.munoz@co.benton.or.us).

To access the Living Well Data Report and Living Well 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).