

CHIP SCIENTIFIC PUBLICATIONS



LIFESTYLE
MEDICINE
INSTITUTE

1. Drozek D, DeFabio A, Amstadt R, Dogbey GY. 2019. "Body Mass Index Change as a Predictor of Biometric Changes Following an Intensive Lifestyle Modification Program." Accepted on March 6, 2019 for publication in *Advances in Preventive Medicine*.
2. Kotekal D, Worley M, Patel H, Jensen L, Dogbey G, Drozek D. 2019. "Effect of Household Member Participation in the Complete Health Improvement Program in Appalachia." *Advances in Preventive Medicine*, Jan 2019, doi:10.1155/2019/9648926.
3. Kent LM, Grant RG, Watts G, Morton DP, Rankin PM, Ward EJ. 2018. "HDL sub-fraction changes with a low-fat, plant-based Complete Health Improvement Program (CHIP)." *Asia Pacific Journal of Clinical Research*; 27(5):1002-1.
4. Remy C, Shubrook JH, Nakazawa M, Drozek D. 2017. "Employer-funded complete health improvement program: preliminary results of biomarker changes." *J Am Osteopath Assoc*, 117(5), 293- 300. doi:10.7556/jaoa.2017.054.
5. Leibold C, Shubrook J, Nakazawa M, Drozek D. 2016. "Effectiveness of the Complete Health Improvement Program in reducing cardiovascular risk factors in an Appalachian population with elevated fasting blood glucose or type 2 diabetes mellitus." *J Am Osteopath Assoc*, February 2016, Vol. 116, 84-91. doi:10.7556/jaoa.2016.020.
6. Rankin P, Morton D, Kent L, Mitchell B. 2016. "A community-based lifestyle intervention targeting Type II Diabetes risk factors in an Australian Aboriginal population: a feasibility study. *Australian Indigenous Health Bulletin*, 16(3), 1-5.
7. Kent LM, Reiersen P, Morton DP. 2015. "'Live more': Study protocol for a community-based lifestyle education program addressing non-communicable diseases in low-literacy areas of the South Pacific." *BMC Public Health*, 15:1221-1228. DOI:10.1186/s12889-015-2560-1.
8. Vogelgesang J, Drozek D, Nakazawa M, Shubrook JH. 2015. "Payer source influence on effectiveness of lifestyle medicine programs." *Am J Manag Care*, 21(9), e503-508.
9. Morton DP, Kent L, Rankin P, Mitchell B, Parker K, Gobble J, Diehl HA. 2015. "Optimizing the intensity of lifestyle medicine interventions similar outcomes for half the sessions." *Am J Lifestyle Med*, 11(3), 274-279; DOI:10.1177/1559827615612420.
10. Kent L, Morton D, Ward E, Rankin P, Ferret R, Gobble J, Diehl HA. 2015. "The influence of religious affiliation on participant responsiveness to the Complete Health Improvement Program (CHIP) lifestyle intervention." *Journal of Religion and Health*, 55(5), 1561-1573; DOI:10.1007/s10943-015-0141-3.
11. Kent L, Morton D, Manez JT, Manez SQ, Yabres GD, Muya AB, . . . Diehl HA. 2015. "The Complete Health Improvement Program (CHIP) and reduction of chronic disease risk factors in the Philippines." *Asian Pac J Health Sci*, 2(2), 67-75.
12. Drozek D, Diehl HA, Nakazawa M, Kostohryz T, Morton D, Shubrook JH. 2014. "Short-term effectiveness of a lifestyle intervention program for reducing selected chronic disease risk factors in individuals living in rural appalachia: a pilot cohort study." *Advances in Preventive Medicine*, Vol. 2014, Article ID 798184, 7 pages, 2014. doi:10.1155/2014/798184.
13. Morton D, Rankin P, Kent L, Sokolies R, Dysinger W, Gobble J, Diehl H. 2014. "The Complete Health Improvement Program (CHIP) and reduction of chronic disease risk factors in Canada." *Can J Diet Pract Res*, 75(2), 72-77. doi:10.3148/75.2.2014.72.
14. Kent LM, Morton DP, Rankin PM, Mitchell BG, Chang E, Diehl H. 2014. "Gender differences in effectiveness of the Complete Health Improvement Program (CHIP) lifestyle intervention: an Australasian study." *Health Promot J Austr*, 25(3), 222-229. doi:10.1071/HE14041.
15. Kent LM, Morton DP, Rankin PM, Gobble JE, Diehl HA. 2014. "Gender differences in effectiveness of the Complete Health Improvement Program (CHIP)." *J Nutri Educ Behav*, 47(1), 44-52. doi:http://dx.doi.org/10.1016/j.jneb.2014.08.016.
16. Morton D, Rankin P, Kent L, Dysinger W. 2014. "The Complete Health Improvement Program (CHIP): history, evaluation, and outcomes." *Am J Lifestyle Med*, 10(1), 64-73; DOI: 10.1177/1559827614531391.
17. Kent L, Morton D, Hurlow T, Rankin P, Hanna A, Diehl H. 2013. "Long-term effectiveness of the community-based Complete Health Improvement Program (CHIP) lifestyle intervention: a cohort study." *BMJ Open*, 3(11). doi:10.1136/bmjopen-2013-003751.
18. Morton D, Rankin P, Morey P, Kent L, Hurlow T, Chang E, Diehl HA. 2013. "The effectiveness of the Complete Health Improvement Program (CHIP) in Australasia for reducing selected chronic disease risk factors: a feasibility study." *N Z Med J*, 126(1370), 43-54.
19. Kent L, Morton D, Rankin P, Ward E, Grant R, Gobble J, Diehl H. 2013. "The effect of a low- fat, plant-based lifestyle intervention (CHIP) on serum HDL levels and the implications for metabolic syndrome status—a cohort study." *Nutr Metab (Lond)*, 10(1), 58.
20. Rankin P, Morton DP, Diehl H, Gobble J, Morey P, Chang E. 2012. "Effectiveness of a volunteer-delivered lifestyle modification program for reducing cardiovascular disease risk factors." *Am J Cardiol*, 109(1), 82-86. doi:10.1016/j.amjcard.2011.07.069.

21. Shurney D, Hyde S, Hulseley K. 2012. "CHIP lifestyle program at Vanderbilt University demonstrates an early ROI for diabetic cohort in workplace setting: a case study." *J Manag Care Med*, 15(4), 5-15.
22. Morton D. 2012. "The Complete Health Improvement Program (CHIP) as a lifestyle intervention for the prevention, management and treatment of type 2 diabetes mellitus." *Diabetes Manag J*, 41(Dec), 26-27.
23. Englert HS, Diehl HA, Greenlaw RL, Aldana S. 2012. "The effects of lifestyle modification on glycemic levels and medication intake: the Rockford CHIP." In O. Capelli (Ed.), *Primary Care at a Glance-- Hot Topics and New Insights*. Online: *InTech*.
24. Chang E, Bidewell J, Brownhill S, Farnsworth J, Ward J, Diehl H. 2012. "Participant perceptions of a community-based lifestyle intervention: the CHIP." *Health Promot J Austr*, 23(3), 177-182. doi:<http://dx.doi.org/10.1071/HE12177>.
25. Thieszen CL, Merrill RM, Aldana SG, Diehl HA, Mahoney ML, Greenlaw RL., Englert H. 2011. "The Coronary Health Improvement Project (CHIP) for lowering weight and improving psychosocial health." *Psychol Rep*, 109(1), 338-352.
26. Merrill RM, Aldana SG. 2009. "Improving overall health status through the CHIP intervention." *Am J Health Behav*, 33(2), 135-146. doi:10.5555/ajhb.2009.33.2.135 [pii].
27. Merrill RM, Taylor P, Aldana SG. 2008. "Coronary Health Improvement Project (CHIP) is associated with improved nutrient intake and decreased depression." *Nutrition*, 24(4), 314-321.
28. Merrill RM, Aldana SG. 2008. "Cardiovascular risk reduction and factors influencing loss to follow-up in the coronary health improvement project." *Med Sci Monit*, 14(4), PH17-25. doi:850307 [pii].
29. Merrill RM, Aldana SG, Greenlaw RL, Diehl HA. 2008. "The Coronary Health Improvement Projects impact on lowering eating, sleep, and depressive disorders." *Am J Health Ed*, 39(6), 337-344.
30. Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Englert H. 2008. "Can newly acquired healthy behaviors persist? An analysis of health behavior decay." *Prev Chronic Dis*, 5(1): A13-28.
31. Merrill RM, Massey MT, Aldana SG, Greenlaw RL, Diehl HA, Salberg A. 2008. "C-reactive protein levels according to physical activity and body weight for participants in the coronary health improvement project." *Prev Med*, 46, 425-430.
32. Aldana SG, Greenlaw RL, Diehl HA, Merrill RM, Salberg A, Englert H. 2008. "A video-based lifestyle intervention and changes in coronary risk." *Health Educ Res*, 23(1), 115-124. doi:cym009 [pii].
33. Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A. 2007. "The effects of an intensive lifestyle modification program on sleep and stress disorders." *J Nutr Health Aging*, 11(3), 242-248.
34. Englert HS, Diehl HA, Greenlaw RL, Willich SN, Aldana S. 2007. "The effect of a community-based coronary risk reduction: the Rockford CHIP." *Prev Med*, 44(6), 513-519. doi:S0091-7435(07)00035-7 [pii].
35. Aldana S, Greenlaw R, Diehl H, Salberg A, Merrill R, Ohmine S, Thomas C. 2006. "The behavioral and clinical effects of therapeutic lifestyle change on middle-aged adults." *Prev Chronic Dis*, 3(1): A05-18.
36. Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S, Thomas C. 2005. "Effects of an intensive diet and physical activity modification program on the health risks of adults." *J Am Diet Assoc*, 105(3), 371-381. doi:S0002822304018498 [pii].
37. Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S. 2005. "The effects of a worksite chronic disease prevention program." *J Occup Environ Med*, 47(6), 558-564.
38. Englert, HS, Diehl HA, Greenlaw RL. 2004. "Rationale and design of the Rockford CHIP, a community-based coronary risk reduction program: results of pilot phase." *Prev Med ed*, 38, 432-441.
39. Diehl HA, Vedro P, Greenlaw RL, Burden H, Guthrie D, Demas A, Stitt B, Lund L, Davis C. 2004. "The CHIP Prescription for Health." *Absolute Advantage--the Corporate Wellness Magazine*, WELCOA 3(8):1-64.
40. Aldana, SG, Greenlaw R, Diehl HA, Englert H, Jackson R. 2002. "Impact of the coronary health improvement project (CHIP) on several employee populations." *J Occup Environ Med*, 44(9), 831-839.
41. Diehl HA. 1998. "Changing the paradigm in communities: coronary risk reduction through an intensive community-based lifestyle intervention program--the CHIP experience." *Am J Cardiol*, 82, 83-87T.



CHIP/LMI is a wholly-owned subsidiary of Sanitarium Health & Wellbeing, a 120-year-old company based in Sydney, Australia. Sanitarium's mission: "To share with our community a message of health and hope for a better life." CHIP/LMI is based in Redlands, CA.

www.CHIPhealth.com