

CHIP SCIENTIFIC PUBLICATIONS



LIFESTYLE
MEDICINE
INSTITUTE

1. Morton, D., Rankin, P., Kent, L., & Dysinger, W. (2014). The Complete Health Improvement Program (CHIP): History, Evaluation, and Outcomes. *A J Lifestyle Med*, 10(1), 64-73.
2. Rankin, P., Morton, D. P., 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.
3. 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.
4. Shurney, D., Hyde, S., & Hulsey, K. (2012). CHIP Lifestyle Program at Vanderbilt University Demonstrates an Early ROI for Diabetic Cohort in Workplace Setting: A Case Study. *Journal of Managed Care Medicine*, 15(4), 5-15.
5. Remy, C., Shubrook, J. H., 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.
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 HealthBulletin*, 16(3), 1-5.
7. Vogelgesang, J., Drozek, D., Nakazawa, M., & Shubrook, J. H. (2015). Payer source influence on effectiveness of lifestyle medicine programs. *Am J Manag Care*, 21(9), e503-508.
8. Morton, D. P., Kent, L., Rankin, P., Mitchell, B., Parker, K., Gobble, J., & Diehl, H. (2015). Optimizing the Intensity of Lifestyle Medicine Interventions Similar Outcomes for Half the Sessions. *American Journal of Lifestyle Medicine*, 11(3), 274-279.
9. Kent, L., Morton, D., Ward, E., Rankin, P., Ferret, R., Gobble, J., & Diehl, H. A. (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.
10. Kent, L., Morton, D., Manez, J. T., Manez, S. Q., Yabres, G. D., Muya, A. B., . . . Deilhl, H. A. (2015). The Complete Health Improvement Program (CHIP) and Reduction of Chronic Disease Risk Factors in the Philippians. *Asian Pac J Health Sci*, 2(2), 67-75.
11. 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.
12. Kent, L. M., Morton, D. P., Rankin, P. M., Mitchell, B. G., 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.
13. Kent, L. M., Morton, D. P., Rankin, P. M., Gobble, J. E., & Diehl, H. A. (2014). Gender Differences in Effectiveness of the Complete Health Improvement Program (CHIP). *Journal of Nutrition Education and Behavior*, 47(1), 44-52. doi:http://dx.doi.org/10.1016/j.jneb.2014.08.016.
14. Drozek, D., Diehl, H., Nakazawa, M., Kostohryz, T., Morton, D., & Shubrook, J. H. (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. *Adv Prev Med*, 2014, 798184. doi:10.1155/2014/798184.
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16. 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.

17. Morton, D. P. (2012). The Complete Health Improvement Program (CHIP) as a lifestyle intervention for the prevention, management and treatment of type 2 diabetes mellitus. *Diabetes Management Journal*, 41(December), 26-27.
18. Englert, H. S., Dieh, H. A., Greenlaw, R. L., & 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.
19. Chang, E., Bidewell, J., Brownhill, S., Farnsworth, J., Ward, J., & Diehl, H. (2012). Participant perceptions of a community-based lifestyle intervention: the CHIP. *Health Promotion Journal of Australia*, 23(3), 177-182. doi:http://dx.doi.org/10.1071/HE12177.
20. Thieszen, C. L., Merrill, R. M., Aldana, S. G., Diehl, H. A., Mahoney, M. L., Greenlaw, R. L., . . . Englert, H. (2011). The Coronary Health Improvement Project (CHIP) for lowering weight and improving psychosocial health. *Psychol Rep*, 109(1), 338-352.
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22. Merrill, R. M., Taylor, P., & Aldana, S. G. (2008). Coronary Health Improvement Project (CHIP) is associated with improved nutrient intake and decreased depression. *Nutrition*, 24(4), 314-321. doi:S0899-9007(07)00388-7 [pii].
23. Merrill, R. M., & Aldana, S. G. (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].
24. Merrill, R. M., Aldana, S. G., Greenlaw, R. L., & Diehl, H. A. (2008). The Coronary Health Improvement Projects Impact on Lowering Eating, Sleep, and Depressive Disorders. *American Journal of Health Education*, 39(6), 337-344.
25. Merrill, R. M., Aldana, S. G., Greenlaw, R. L., Diehl, H. A., Salberg, A., & Englert, H. (2008). Can newly acquired healthy behaviors persist? An analysis of health behavior decay. *Prev Chronic Dis*, 5(1), A13. doi:A13 [pii].
26. Merrill, R. M., Massey, M. T., Aldana, S. G., Greenlaw, R. L., Diehl, H. A., & 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(5).
27. Aldana, S. G., Greenlaw, R. L., Diehl, H. A., Merrill, R. M., 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].
28. Merrill, R. M., Aldana, S. G., Greenlaw, R. L., Diehl, H. A., & Salberg, A. (2007). The effects of an intensive lifestyle modification program on sleep and stress disorders. *J Nutr Health Aging*, 11(3), 242-248.
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32. Aldana, S. G., Greenlaw, R. L., Diehl, H. A., Salberg, A., Merrill, R. M., & Ohmine, S. (2005). The effects of a worksite chronic disease prevention program. *J Occup Environ Med*, 47(6), 558-564.
33. Englert, H. S., Diehl, H. A., & Greenlaw, R. L. (2004). Rationale and design of the Rockford CHIP, a community-based coronary risk reduction program: results of pilot phase. *Preventative Medicine*, 38, 432-441.
34. Aldana, S. G., Greenlaw, R., Diehl, H. A., 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.
35. Diehl, H. A. (1998). Coronary Risk Reduction Through Intensive Community-based Lifestyle Intervention: The Chip Experience. *Am J Cardiol*, 82, 83T-87T.



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