

# 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.
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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.
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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.
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20. 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.
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27. 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].
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