

## Top 10 CHIP Scientific Articles

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., & Hulsev, 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. [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.](#)
6. [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.](#)
7. [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 \[pii\].](#)
8. [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 \[pii\].](#)
9. [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.](#)
10. [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.](#)