

# HealthWorks

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## Coronary Health Improvement Project

# CHIP

## What is it up to now?

**E**xcitement is sweeping through churches in Canada and the United States on the wings of a grass-roots-type health education program with a name reminiscent of America's favorite snack food — CHIP! The Coronary Health Improvement Project, to be precise.

Over the past several years, we've all witnessed the public's burgeoning interest in health matters. With mistrust of health institutions at an all-time high, people want to know how to take care of themselves - by themselves. And, rightly so! Healthy living is something we do for ourselves. It can be hard, though, with the barrage of information and misinformation that bombards us on a daily basis. The average person who tries to decipher fact from fiction is soon frustrated in the attempt. So, what's an average person who wants to get well or stay well to do? Get educated!

### What's CHIP All About?

Enter (may I have a drum roll please?!) the Coronary Health Improvement Project. Don't let the "coronary" part throw you off, though. The "c" could easily stand for "comprehensive," as this improvement is for the entire body (not to mention the mind and soul!). Developed by Dr. Hans Diehl, CHIP is a dynamic, four-week lifestyle-improvement program patterned after live-in programs that last 3-6 weeks, but which cost thousands of dollars more. CHIP is based on the simple premise that you can take charge of your health!

In exchange for an extremely reasonable registration fee, CHIP participants receive the following: two HeartScreens (a detailed risk factor analysis which includes blood analysis, lifestyle questionnaire, blood pressure and heart rate, ideal weight determination, evaluation and recommendations), one at the beginning of the program, and one at the end. This way they can track their progress; 16 informative and stimulating via-video lectures by Dr. Diehl where he explains the causes of major western lifestyle diseases and how they can be prevented, halted or even reversed simply with knife and fork; *Dynamic Living* text and workbook, plus binder and printed materials; menu planning, recipes, and food demonstrations; optional nutrition workshops and grocery shopping tours; graduation ceremony complete with certificate of achievement, plus a congratulatory CHIP pin and knife; and alumni support group activities. Participants attend 4 times weekly for 4 consecutive weeks. Sound intensive? It is, and it's also great fun. Somehow, the time spent learning always seems to disappear quickly. Plus, as I like to tell people, it's only one month out of your entire lifetime, and that one month could very well change the rest of your life!

By the end of the 16 evenings, not only have participants learned lots about health and nutrition, but they've also gained a whole new set of like-minded friends. And, they've also worn out their running shoes as they vie to be the table who wins the program

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# CHIP

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mascot each evening for the most miles walked. At the last program I facilitated, there was unabashed competition for our mascot, Chippy. One evening, Chippy could not be found. An eager participant, proud of his table's winning accomplishment the evening before, had taken Chippy home, thinking it was akin to winning an Oscar. He sheepishly brought Chippy back the following night to hoots of laughter from his fellow participants.

CHIP doesn't end at the graduation ceremony. No, that's when the alumni program kicks in to help graduates stay encouraged and motivated. Our alumni group in Toronto, Ontario, went strawberry picking in June (yum!) and are planning a Fall walk-a-thon (fun!). The alumni group in Kelowna recently went mountain-climbing! CHIP, as a health program, is a tremendous "entering wedge." After CHIP ends, friendship evangelism is key as we nurture the relationships and allow the Holy Spirit to woo the hearts of our new friends.

## Who Is Hans Diehl?

Who is this man who manages to captivate, invigorate and motivate people to actually "take charge" of their own health? Dubbed by the July 2001 issue of the *Vegetarian Times* as one of America's top 20 "unsung heroes" of alternative medicine, Hans Diehl, Dr.HSc, MPH, FACN, has a very long string of accomplishments to add to the string of letters behind his name. Along with being a beloved husband and father, he is a best-selling author of health books, a researcher, clinician and dynamic speaker. He has lectured to corporations and governments, has presented seminars on four continents, and is the director and founder of Lifestyle Medicine Institute in Loma Linda, California.



ABOVE: The Penticton CHIP graduation.  
BELOW: A food demonstration at the Golden CHIP program.



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# CHIP

## What else is it up to?

**S**upported by such heavy-weight organizations as International Nutrition Research Foundation, Physicians Committee for Responsible Medicine, Center for Science in the Public Interest (not to mention the North American Division of Seventh-day Adventists!), CHIP is well situated to become an international Adventist health initiative. The *American Journal of Cardiology* (November 26, 1998) featured Dr. Diehl's CHIP research. Colin T. Campbell of Cornell University has stated: "The CHIP program can potentially affect the treatment of degenerative diseases in a more outcome-effective manner than any other strategy I know."

This year, some 70 churches across North America will be facilitating programs, adding to the 35,000 very happy people who have graduated from CHIP throughout the years. Witness what one non-Adventist graduate has to say:

*"Dear Bev, Jean and everyone else involved in the organization and presentation of Toronto's second CHIP program. A big thank you to you all. It came at the perfect time for me and far exceeded my expectations. The invaluable information was exceptionally well researched and presented in the videos. It held my interest completely. I enjoyed and benefited from all the activities and presentations, and found the cooking demonstrations and tastings and shopping tours very helpful. ... It has been a pleasure to attend this group and experience friendship, enthusiasm and encouragement. I feel the knowledge gained and changes made are empowering. My congratulations to the Seventh-day Adventist church for being the first one to conduct this community-based course in Toronto. It fills a very real need, is affordable and has proven its worth."*  
[Ann Cippolone, Toronto East CHIP]

Undeniably, one of the most thrilling indications of God's leading in CHIP is the Yukon Government's embracing of the program. In 2001, they approved \$45,000 for "this worthwhile initiative."

A stunning example of CHIP's effectiveness can be witnessed in Rockford, Illinois, where Dr. Diehl was invited to help turn Rockford into the model of a healthy city. Dr. Diehl now spends several months of the year in Rockford, which currently boasts over 2500

CHIP graduates. Mine was the wonderful opportunity to visit the Rockford team and tag along with Dr. Diehl for two weeks in May, 2001. I was astounded at the accomplishments there. Everyone seemed to know about CHIP or knew someone who had taken the program. Rockford restaurants and bakeries have changed their menus to accommodate Chippers! Supermarkets stock items for CHIP shoppers. I visited two large corporations - Pfizer and Chrysler - that were holding CHIP via-video programs for their enthusiastic employees. Independent researcher Steven Aldana of Brigham Young University studied the impact of CHIP in the Rockford workplace. He concluded in an article in the February 2, 2002 *Rockford Register Star* that, "This CHIP data is the best I've ever seen, and I've seen a lot."

For on-going training, CHIP directors and their teams and anyone else interested in learning more about facilitating CHIP are encouraged to attend the annual CHIP Summit. The first one I attended in 2000 at beautiful Camp Hope, British Columbia, left me on cloud nine for months thereafter! I couldn't stop talking about the wonderful people I had met and the inspiring work they were doing for God. I absolutely had to be part of such a movement. And, it fits in perfectly with my own career plans as a Registered Dietician.

CHIP helps to transform lives — the participants' as well as mine and the other volunteers. When I see the huge grins of the graduates, when I see how proud they are of what they've learned and applied, when they shower me with bear hugs, my heart overflows with thanksgiving that God has seen fit to use even me in ministry for Him.

Surely, health ministry has come into its own, just as God told us it would. He tells us through Ellen White that "every church should be a training school for Christian workers... There should be schools of health, cooking schools, and classes in various lines of Christian help work." We are commissioned by God to first be a healthy example to our communities and then, to help Him heal our communities through the knowledge He has shown us. Who will say with me, "Yes, Lord, I'm ready and willing to labor with You?"

# You're Invited TO THE SUMMIT!

## Cherished Moments

By Valerie Johnson, RN, BScN

I gazed out at the noisy church hall. Why was the noise so loud? Over 100 “Chippers” and their families were all talking at once about their accomplishments during the past six weeks. The “Chippers” were Daimler Chrysler employees from Belvedere, Illinois.

As we featured several CHIP stars who drastically lowered their cholesterol, reduced their blood pressure, lowered their blood glucose and lost weight, the tears of joy reigned free. Finally, someone had given them hope for a life that was healthy and happy.

Dr. Diehl, the graduation speaker that evening, stood to speak. You could hear a pin drop. He told an inspiring story that no one could ever forget. You see, the “Chippers” had heard Dr. Diehl for six weeks on a videotape. They had done their reading and exercise homework every day and diligently followed the program manual. Now they were keen for the real thing, and they were not disappointed.

At the end of the gala evening, I marveled at all the fun, laughter and gorgeous, healthy food and hated to see the end. Not one “Chipper” left without hugging each of the staff who had worked so hard to make the entire program such a success.

Time and time again, with thousands of people, I have participated in CHIP programs in Canada and the USA as a nurse consultant, teacher, counselor, speaker and — to me, most important — a lover of all people. You cannot imagine the joy I feel when a dear person changes her lifestyle to prevent and even reverse disease!

CHIP has led me personally down a light-filled path to the joy of knowing our Savior and His love for us all. I shudder to think what my life would be if CHIP had not come along to our town.

My “cherished moments” are countless, and I thank our Lord for each and every one. If 100 hugs are not cherished moments, then what is?

This year's CHIP Summit, which takes place November 21-25, 2002, once again at gorgeous Camp Hope, promises to be another opportunity for inspiration through word and music, leadership training, scientific presentations, sharing, fellowship, rest and relaxation. The Summit combines a little bit of camp-meeting with a training workshop. Veteran CHIP leaders and team members, beginning CHIP leaders and team members and anyone else with a passion for Evangelism and Health Ministry are encouraged to attend. Interested churches are encouraged to send at least two individuals. In fact, one conference in North America is planning to send 40 people (2 couples from 10 churches)! Praise the Lord! By sending at least two individuals, these churches are practically guaranteed a solid team and a positive CHIP program experience.

Of course, Dr. Hans Diehl, founder and director of CHIP, will be there. Some of the other featured speakers, prayerfully chosen to enrich the Summit with their enthusiasm for health ministry, include Neil Nedley, MD, author of *Proof Positive and Depression: The Way Out*; and Dan Matthews, former director/speaker of *Faith for Today* and *Lifestyle* magazine.

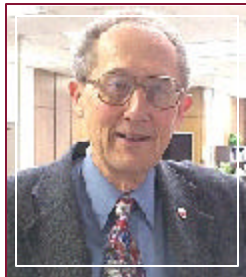
Registration for the Summit continues until November 8 through Adventist PlusLine by phone at 1-800-732-7587, by mail at PO. Box 5005, Westlake Village, CA 91359, or by visiting their website at [www.plusline.org](http://www.plusline.org). Separate registration is required for the Camp Hope Lodge and meals. Make sure to register early. For further information, definitely visit the official CHIP website at [www.sdachip.org](http://www.sdachip.org), or call the Adventist CHIP Association at 1-866-SDA-CHIP (732-2447) or send an e-mail to [info@sdachip.org](mailto:info@sdachip.org).

# Harold O. Burden ~ Fearless ACA Leader!

**H**arold Burden jointly heads up the Adventist CHIP Association (ACA), with Dena Guthrie. He serves as the Chairperson of the eight-member CHIP Board of Directors. Harold possesses years of hands-on experience in pastoral ministry, loving compassion and extraordinarily good humor. Following is a little insight into his ministry with CHIP.

*Harold, briefly share your story about how you were “drafted” into CHIP ministry.*

After pastoral work in Wyoming and mission assignments in South America, there were 25 years in health education and promotion at Portland Adventist Medical Center in Oregon. I retired in July 1998, came to British Columbia camp meeting at Camp Hope where Dr. Hans Diehl was presenting seminars. Frank McMiller, health ministry director for the conference, had 20 churches excited about doing the program and he invited me to help with the coordination of all this activity. I went to California and went through Dena’s CHIP program that Fall. Together with Hans Diehl, we developed the first edition of the *Operations and Resources Manual* in time for the first training course ever at Camp Hope in February of 1999. Then it was the first video program at Chilliwack with Anne Clawson in April. Other churches came on board, and we have not had time to look back!



*CHIP is almost a full-time job for you! What keeps you going in this volunteer ministry?*

In CHIP we see lives being changed, in every place, in every program. Yes, we are always amazed at the clinical changes that take place in just 4 weeks’ time. And, lives are changed inside the church too, as members and volunteers work together to provide this healing ministry. With God’s blessing, CHIP empowers members to utilize their spiritual gifts to reach out to their community to meet real needs and open hearts to further friendship and participation in the life of the church.

*You’ve now attended 51 CHIP graduations! What’s your favorite CHIP story?*

The Darrington CHIP story is special. In this small lumber town of 1000 in Western Washington the local doctor sent letters to his patients encouraging them to join CHIP. When 29 signed up, they had to find a larger site and the Assembly of God pastor opened up their fellowship hall. What a privilege for me to be there for graduation and sit at the table with the doctor and his wife. He was amazed and gratified at the clinical changes that took place in just 30 days. The Baptist pastor also attended the program but without his wife, who could hardly walk to the mailbox and back. But he took notes and shared the principles with her day after day. And now, 30 days later, she was at the graduation and proud to report that she and her pastor husband were walking together up to 1 ½ miles a day! Talk about gratitude! But the highlight I will remember the most was at the close of the evening; everyone was gone except the volunteer staff — Al, Jan, Dick and Bonnie — and the Assembly of God pastor and his wife. We joined hands in a circle and offered a prayer of thanksgiving and asked God’s blessing for each “Chipper,” for the community and the churches. We have some new friends there who have caught a glimpse of Christ’s healing ministry through the CHIP program. We expect to see them in the kingdom soon.

*Where do you see CHIP going in the next few years?*

Inquiries about CHIP are coming in daily from around North America and beyond. Church members and pastors are catching a vision of how CHIP can open doors to the Gospel and reach a segment of the population that isn’t easily reached by traditional means of evangelism. There will be a need for training programs in more places and, hopefully, a video-based training package as well. And, a centralized gathering of clinical data from the various CHIP chapters. By the end of 2002, we will have trained personnel ready to provide CHIP in nearly 100 communities in North America, with serious inquiries from some other countries too.