



CHIP Executive Summary

The Complete Health Improvement Program (CHIP) is an affordable, evidence-based, intensive lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower cholesterol, blood pressure and blood sugar levels and reduce excess weight. This is done by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in the prevention and reversal of disease. CHIP is also based on the fact that 75% or more of our Western diseases are “lifestyle-related,” according to the U.S. Surgeon General. These diseases are connected to our processed diet; lack of exercise; overuse of cigarettes, alcohol and caffeine and increased levels of stress, and the quality of our support systems.

In an effort to facilitate these goals, the CHIP program encourages:

- Smokers to quit smoking.
- People who are at high risk of cancer to reduce their risk by eating less meat. In 2015, the World Health Organization declared processed meat a grade 1, or known, carcinogen for colon cancer, and red meat a grade 2, or probable, carcinogen. Knowing this, we educate people about how they can lower their cancer risk by eating less meat.
- People who are overweight to lose weight by focusing on reducing the amount of processed, engineered foods in their diets that are usually high in fat and sugar, while low in fiber. We also encourage them to eat fewer animal products that are high in fat.
- Diabetic patients to reduce their diabetic risk and halt and reverse Type 2 diabetes by eating more fresh vegetables, whole-grain foods, legumes and fresh fruits, while reducing their sugar intake from drinks such as fruit juices and sodas.
- People who are hypertensive to reduce their blood pressure by markedly reducing their excess weight and salt intake.
- Patients with high cholesterol to lower their coronary risk by reducing their intake of saturated fat, trans fats (found in the form of hydrogenated fat) and cholesterol (found in all animal products).

CHIP program results have been published in more than 51 scientific articles in peer-reviewed medical journals, including the American Journal of Cardiology and the Journal of the American Dietetic Association. It is the first intervention program to earn the Certified Lifestyle Medicine Program designation from the American College of Lifestyle Medicine (ACLM).

CHIP has more than 120,000 graduates worldwide, and maintains adherence to the program guidelines through an active “Club CHIP” member support organization.

CHIP is offered as a 12-week, 18-session program and conducted by CHIP-certified facilitators.

Sessions are conducted in the Columbus Wellness Center’s multipurpose room or at the employer’s location of choice.

- Laboratory and biometric screenings, including fasting lipid and glucose screenings, height, weight, waist measurement and blood pressure are conducted at baseline, midpoint (six weeks) and endpoint (12 weeks).
- Upon completion of the program, participants are invited to a CHIP commencement, which showcases the highlights of their 12-week journey.
- All CHIP participants who complete the program are then invited to participate in Club CHIP, a post-CHIP support group.
- Club CHIP sessions are held once a month.
- Various topics are presented at each session.
- Club CHIP provides ongoing support, encouragement and continued camaraderie among former CHIP participants.

Columbus Community Hospital started offering CHIP as a pilot program to employees beginning in June 2016.

Twenty generations of CHIP have been completed to date over the course of five years. There have been **450** participants: **219** hospital/health care participants and **231** others. What CCH charges for the course: \$220 (CCH employees and volunteers participate at no charge.)
Total pounds lost: 3,825 lbs.

RESULTS*:

average
weight loss
8.5
pounds

average
LDL
improvement
10.41
points

average
cholesterol
decline
15.74
points

average
glucose
improvement
4.65
points

blood
pressure
normalization
in most
participants

* Results are representative for ALL participants year-to-date.

Members have reported feeling better overall and having increased energy, reduced inflammation and joint pain, and increased range of motion. Many CHIP participants have reduced their need for prescription medications under the care of physician guidance.

Testimonials from participants:

“Dr. Lemke was amazing. It’s obvious that he is very passionate and believes and lives this healthy lifestyle. That was key. He took an interest in the participants and encouraged us to create a space of engagement and take ownership of our health. This is a phenomenal program. I felt the cost was very reasonable. The biometrics are so helpful, which was another motivator for me.”

– Dianne Keiter



“I began this program a little over two months after I had double-bypass surgery, which also included four weeks of kidney dialysis. I don’t think I would have ever plunged into a lifestyle change had it not been for CHIP. I do feel as though I have a new lease on life. I’ve lost weight and my bloodwork numbers are excellent. I had a boost of energy that started after the first few weeks in the program. I think dropping sugar removed the veil of sluggishness. Now I enjoy my daily walks, and I seem to have plenty of reserves to go a little farther when exercising.”

– Bill White



“We decided to join CHIP because we had concerns about cholesterol and high blood pressure. We also knew we needed to drop a few pounds to feel better. Now, we have a new outlook on how to live better lives. The biometrics were great motivators along the way, and we saw many gains in our health. Our cholesterol levels dropped, and together we lost around 40 pounds. Annie reduced her blood pressure medicine by half. We are excited to use the information we learned to continue to see improvements in our health.”

– Annie and Pat Sokol