

## Evidence-Based Cancer Control Programs (EBCCP) Connection



July 2022

### Featured Program

#### Complete Health Improvement Program (CHIP)



Designed to improve dietary habits, this intervention includes an educational lecture series with health risk assessments, textbooks and workbooks, and an alumni support organization that helps adults maintain dietary and exercise goals. The study showed various dietary improvements (such as an increase in fruit and vegetable consumption) and a decrease in body mass index (BMI), weight, and percentage body fat.

Do you have questions about how to implement the program? [View the program's materials or contact the developer to learn more.](#)

### Spotlights

#### Meet the Developer



Hans Diehl, D.H.Sc., M.P.H., F.A.C.N.

Chosen as “One of America’s 20 Super-Heroes of the Health Movement,” Dr. Hans Diehl is the clinical director of the Lifestyle Medicine Institute in Loma Linda, CA, and clinical professor in the Department of Preventive Medicine at the School of Medicine of Loma Linda University. Offering more than 25 years of leadership in the emerging field of lifestyle medicine, his pioneering efforts as an epidemiologically trained lifestyle interventionist with the Complete Health Improvement Program (CHIP) have shown how simple lifestyle changes can prevent, arrest, and facilitate the reversal of many of our largely lifestyle-related diseases. With more than 50,000 graduates, the results of the Randomized Clinical CHIP Trial have been published in 23 peer-reviewed medical journals.

His books, *Health Power*, *Dynamic Health*, and the *Dynamic Living* book & workbook (co-authored with Aileen Ludington), and the *Optimal Diet Cookbook* (with Darlene Blaney) have over two million copies in 19 languages in circulation. As an invited guest, he recently addressed, for the second year in a row, the World Congress on Weight Management in Chicago. He earned his doctorate in health science and an MPH in public health nutrition from Loma Linda University.

Dr. Diehl answered some implementation questions about the Colorado Kids Sun Care Program for Sun Safety.

**What aspects of the program can be adapted without it losing its effectiveness? Are there specific audiences (beyond those included in the research study) that you feel this program could be adapted for?**

Since CHIP’s basic premise is the prevention, arrest, and reversal of chronic disease through lifestyle intervention, and that this intervention is primarily focused on changing what we eat and how we move, it is almost universally applicable. While we don’t believe that the science allows for adaptation without losing its validity, the cookbook can be easily adjusted to suit different palates and ethnicities, provided that the basic principles of a plant-based, whole foods, foods-as-grown diet are maintained.

**What do you view as the facilitators to implementation? What might be some challenges?**

One of the challenges is that the CHIP-trained and -certified facilitators act like a director when they have been trained to be facilitators. This means that they may feel tempted to answer questions of scientific/medical content coming from the CHIP participants according to their own personal viewpoint and perspective. The CHIP curriculum is structured in such a way that content questions are largely answered by the experts featured on the DVD series. If questions of scientific content come up, then the guidelines call for a facilitator to check with the home office expert on call.

**Do you have suggestions for questions that practitioners should include when they evaluate the adaptation/implementation of your program? Do you have specific evaluation tools that would be appropriate for practitioners when they evaluate this program?**

The most effective and scientific evaluation of the program by practitioners is the comparison of the biomarkers of participants pre- and post-program. The reduction of BMI, blood pressure, lipids, cholesterol, and blood sugar levels as a result of the lifestyle changes are rock-solid proof of the efficacy of the program.

**What is your current research focused on?**

The proof of plaque regression in arteries, the long-term benefits/effects of CHIP, and the financial benefits (ROI) that CHIP provides.

### EBCCP Is Accepting New Programs

The Evidence-Based Cancer Control Programs (EBCCP) website is now accepting new programs! If your intervention has positive outcomes in the areas of breast cancer screening, cervical cancer screening, colorectal cancer screening, diet and nutrition, HPV vaccination, informed decision-making, obesity, physical activity, prostate screening, public health genomics, sun safety, survivorship and supportive care, or tobacco screening, consider submitting your program for inclusion on the EBCCP website. We also ask that you share this call for submissions with your colleagues and partners. For more information on evidence-based program submission, see [“EBCCP Submission and Review Process: A Guide for Program Developers.”](#)

### What Is Your EBCCP Story?

Have you implemented an EBCCP program? Is your program featured on the EBCCP website? Do you have a connection to the EBCCP website? If you answered yes to any of these questions, please use the image below and tweet about your EBCCP story. Be sure to use the hashtag #MyEBCCPStory and follow EBCCP on Twitter (@NCI\_ImplSci).

Also, if you have implemented one of the 202 EBCCP programs and you wish to share your implementation story to be featured as a case study in [Insights from the Cancer Control Field](#), [contact us](#) to be interviewed.

#MyEBCCPStory



### Next Issue

Share the newsletter with your colleagues and peers and stay engaged with us by subscribing to this newsletter! You can also follow us on Twitter (@NCI\_ImplSci) to stay current with EBCCP website updates.

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### Feedback

We want your feedback! Do you like what you see? Do you have any recommendations to improve the EBCCP website? Do you plan to share the website with your colleagues and peers? [Submit your feedback here](#)—we would love to hear from you.