Today's Agenda

1:00 – 1:10 (10 min)	**Welcome & Introductions** • *Please share your name, organization, and role in self-management programming*
1:10 – 1:15 (5 min)	**Update on State Funding for Area Agencies on Aging (AAAs) and Health Promotion**
1:15 – 1:40 (25 min)	**Introduction to the Complete Health Improvement Program (CHIP)**
1:40 – 1:45 (5 min)	**Updates & Opportunities with Walk With Ease (WWE) Program**
1:45 – 1:55 (10 min)	**Open Discussion: Local Updates & Bright Spots**
1:45 – 1:55 (10 min)	**Closing & Reminders**

AAAs and Health Promotion

Area Agencies on Aging (AAAs)

- Established by the 1973 Older Americans Act (OAA)
- Responsible for advocating for older adults, and developing and supporting programs that meet local needs.
- Oregon has 16 AAAs. AAAs can be contacted through the statewide Aging & Disability Resource Connection (ADRC). www.ADRCofOregon.org

AAAs and health promotion

- OAA Title IIID provides each AAA with limited funding to support evidence-based health promotion programs that meet the needs of older adults in their community.
- 2014-2019, the Oregon Legislature provided funding to AAAs to expand availability of evidence-based health promotion programs. However, this funding was not continued in the 2019-21 biennium.

Lifestyle Medicine Group

8800 SE Sunnyside Rd Suite 224-S, Clackamas, OR
3305 Main St, Suite 020, Vancouver, WA
(503) 652-5070

Providing

The Complete Health Improvement Program

From Lifestyle Medicine Institute

What is CHIP?

CHIP is a **scientifically proven**, **practical** and **scalable, online and classroom** solution, providing intensive therapeutic lifestyle change for the treatment and prevention of chronic conditions including diabetes, heart disease and obesity.

Who is CHIP For?

CHIP may serve a broad spectrum of people with results that drive significant improvements to overall health and wellbeing for:

Employees

Patients

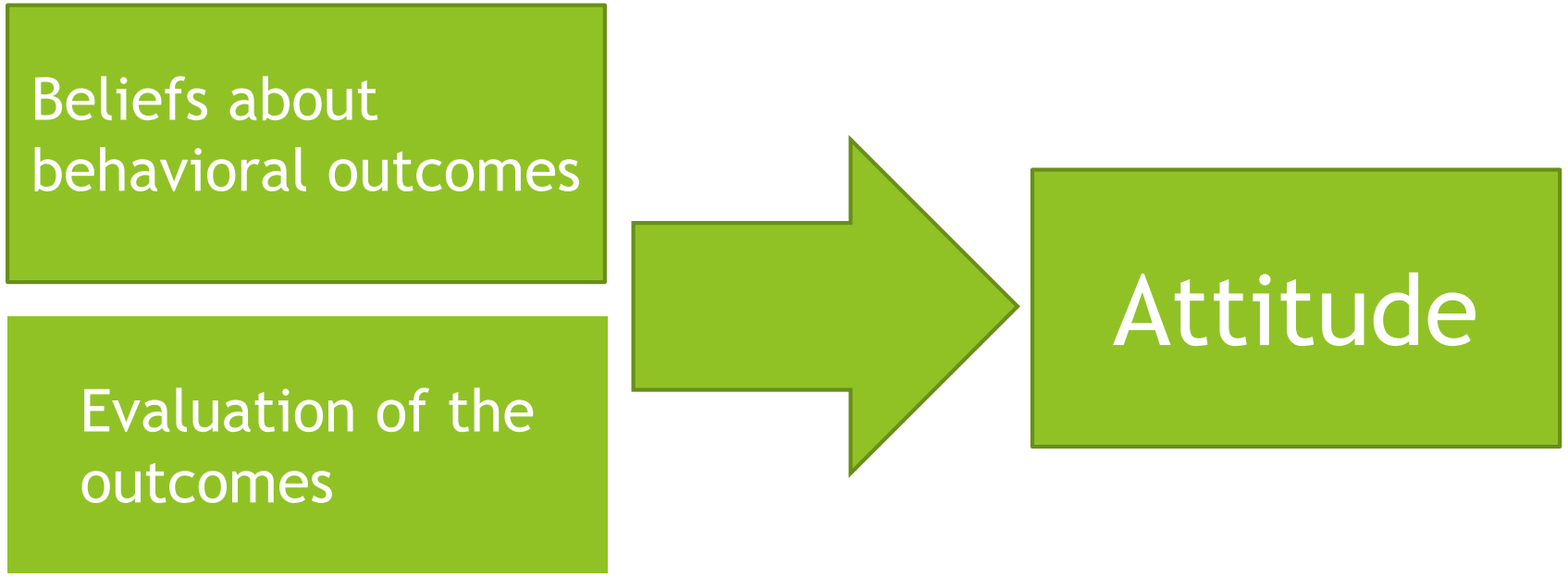
Communities

Why CHIP Works

- Changes attitudes
- Fosters social support
- Increases personal control
- Builds self-efficacy

The Theory of Reasoned Action

- By Martin Fishbein and Icek Ajzen



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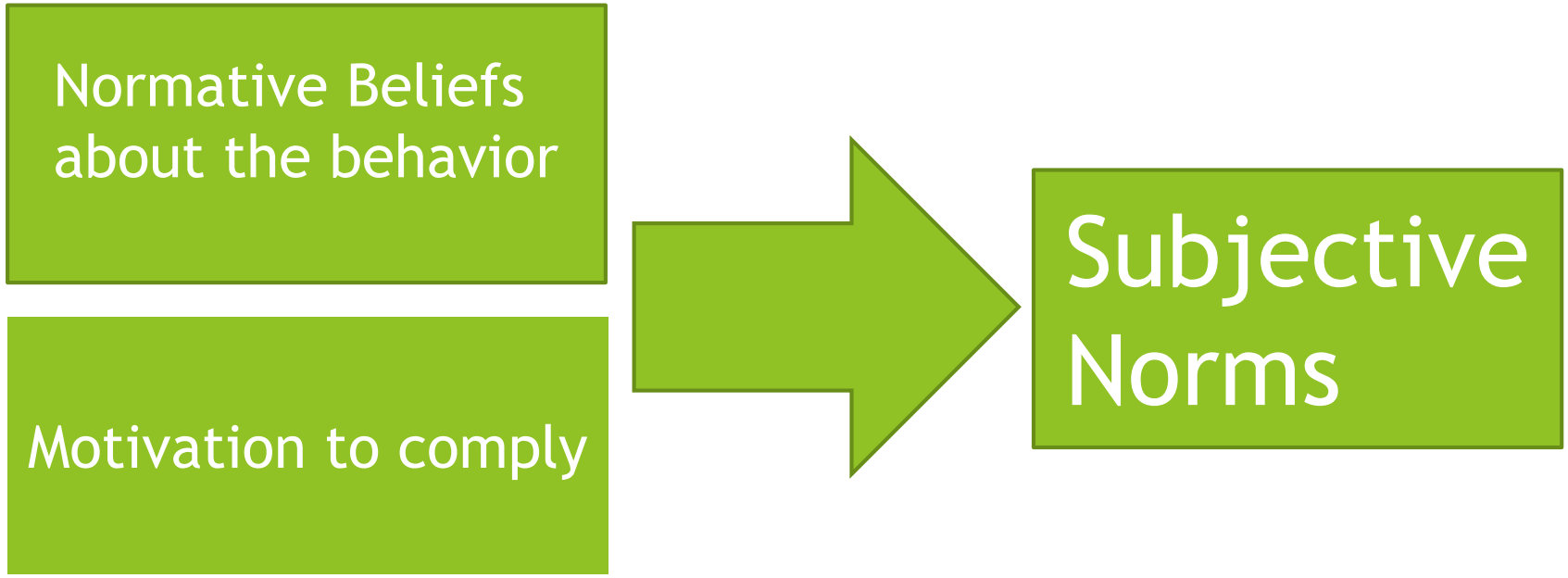

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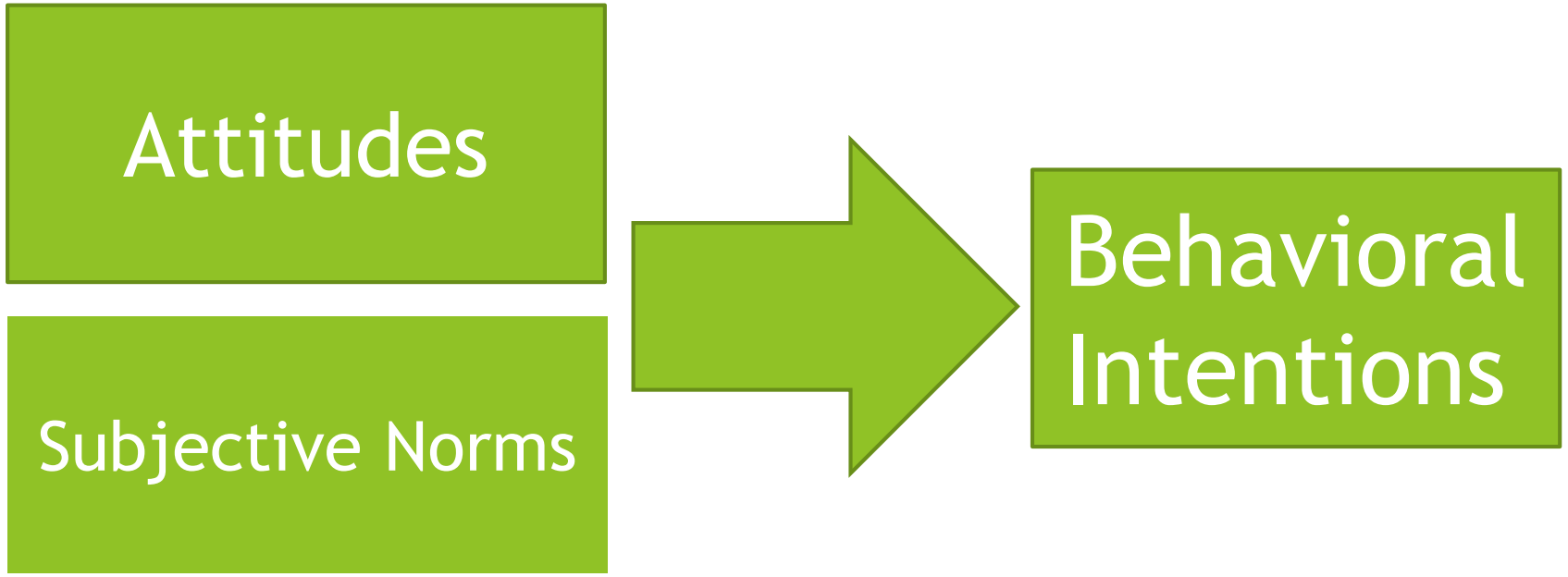

Why CHIP Works

- Changes attitudes
- Fosters social support
- Increases personal control
- No complex formulas
- Lifestyle medicine perspective

How CHIP Works

- **Encouraging learning**
- **Experiential activities**
- **Builds community**

A Typical CHIP Session

- May be conducted in-person, online or both
- 30 - 45 minutes of content delivery – media presentations
- 30 - 45 minutes of facilitated group discussion
  - What was new to me?
  - What was most important?
  - What will best meet my personal goals?
  - What will I change?
- Food sampling/cooking demonstrations/recipe sharing
- Exercise emphasis with tips and illustrations (walk across the country)
- Special features and opportunities for weigh-in and blood pressure checks.

CHIP Includes

- Wellness Screening – at week 1, week 8 and week 52
  - Body weight, BMI, and waist circumference
  - Resting blood pressure and pulse
  - Lipid profile: Total cholesterol, HDL, LDL, and Triglycerides
  - Fasting glucose and optional HbA1
- Educational Resources
  - Digital CHIP Kit – text book, workbook, cookbook, activity guide
  - Online learning center, session quiz, reading assignments
  - Access to media content for 4 to 12 months.
- Support
  - Phone and email support
  - Social media options

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- Increases control and self-monitoring
- No complex formulas
- Lifestyle medicine perspective

Clinical Benefits

- **Facilitates disease reversal**
- **Reduces risk for heart disease**
- **Normalizes blood pressure**
- **Lowers cholesterol**
- **Lowers triglycerides**
- **Reduces high blood sugar**
- **Lowers body weight**

How CHIP Works

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Personal Health Testing Report

Sample

Test	14-Feb-14	08-Apr-14	Change
Total Cholesterol Lower is better Desirable < 200 Ideal < 160	**273** Dangerous (over 260 mg/dl)	**177** Elevated (160 - 180 mg/dl)	**-35.2%**
HDL Cholesterol Higher is better Men > 40 Women > 50	**43** Low HDL (40 - 45 mg/dl)	**40** Low HDL (40 - 45 mg/dl)	**-7.2%**
Ratio--TC/HDL Lower is better Desirable < 4.0 Ideal < 3.0	**6.30**	**4.40**	**-30.2%**
LDL Cholesterol Lower is better Desirable < 100 Ideal < 90	**189** Very High (151 - 190 mg/dl)	**119** High (111 - 150 mg/dl)	**-37.0%**
Triglycerides Anything less than 150 is good Elevated 150 to 200 High > 200	**202** High (201 - 300 mg/dl)	**87** Ideal (less than 150 mg/dl)	**-57%**
Glucose Ideal 65 - 99 Pre-diabetes 100 to 125 Diabetes > 125	**93** Ideal (60 - 99 mg/dl)	**84** Ideal (60 - 99 mg/dl)	**-9.7%**

30 Day Outcomes

Risk Factor	N Baseline	N Post-intervention	χ2* (p)	Baseline Mean (SD)	Post-intervention Mean (SD)	Mean Change	% Mean Change	p
Cholesterol (mg/dL)								
Optimal (< 160)	631	1,862	1,950 (<0.001)	141.0 (18.7)	133.2 (24.8)	-7.8	-5.6	<0.001
Elevated (160–199)	2,116	1,781		182.5 (15.7)	165.5 (24.4)	-17.0	-9.3	<0.001
High (200–239)	1,261	756		215.6 (10.5)	188.5 (25.5)	-27.1	-12.6	<0.001
Very High (240–280)	478	183		254.7 (10.7)	215.2 (30.7)	-39.5	-15.5	<0.001
Dangerous (>280)	126	30		306.6 (27.2)	245.9 (43.4)	-60.7	-19.8	<0.001
Triglycerides (mg/dL)								
Optimal (<100)	3,053	3,232	109 (<0.001)	95.5 (29.7)	99.7 (41.8)	4.2	4.4	<0.001
Above Optimal (100-199)	753	765		171.9 (13.9)	158.1 (53.0)	-13.8	-8.1	<0.001
Borderline (200-500)	820	663		270.5 (62.4)	220.1 (81.8)	-50.3	-18.6	<0.001
Very High (>500)	45	11		634.7 (114.2)	354.8 (158.5)	-279.9	-44.1	<0.001
Fasting Glucose (mg/dL)								
Normal (<110)	3,716	4,026	265 (<0.001)	90.7 (9.9)	88.6 (10.9)	-2.1	-2.3	<0.001
Impaired (110-125)	390	304		116.1 (15.5)	106.0 (15.5)	-10.1	-8.7	<0.001
Diabetes (>125)	525	301		164.0 (42.2)	131.4 (34.5)	-32.6	-19.9	<0.001

* McNemar chi-square test, SD – Standard deviation.

Rankin P, Morton DP, et al. Effectiveness of a volunteer-delivered lifestyle modification program for reducing cardiovascular disease risk factors. Am J Card. 2012;109:82–86.

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- Builds community

Evidence CHIP Works

- 70,000 + Participants
- 40+ Journal Articles
- Powerful Testimonials

CHIP Reported in Both Scientific and Medical Publications

- **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.**
- **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.**
- **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).**
- **Shurney, D., Hyde, S., & Hulsey, 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.**
- **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.**
- **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.**

What People Have to Say:

Michael Greger, MD – NutritionFacts.Org

https://nutritionfacts.org/video/what-is-the-optimal-diet

What People Have to Say:

Jordi R. lost 17.8 lbs.; BP 152/91 to 108/64 in 8 weeks.

“I highly recommend it to anyone who wants to try and see really great results. And be nourished; mind, body and soul.”

What People Have to Say:

Richard M. lost 23.4 lbs.; BP 150/95 to 118/80 in 8 weeks. HbA1c 6.1-5.8% in 5 months.

"People ask me, how did you do it? My answer is just do it and the results will come."

Jim D. lost 13.7 lbs.; BP 144/92 to 122/74 in 8 weeks; HbA1c 7.1 to 5.9 in 5 months.

"My health markers are all going the right direction. If you're willing to make a change, CHIP is for you."

2019 Schedule

Monday and Wednesday Evenings, 6 pm to 7:30 pm
September 23, 2019 at Adventist Medical Center, Portland

Tuesday and Thursday Mornings, 10 am to 11:30 am
September 24, 2019 at Lifestyle Medicine Group, Clackamas

Intensive portion (twice a week) goes 9 weeks
Maintenance phase - CHIP Plus (two days per month) goes 9 months

Thank You

For more information contact John E Gobble, DrPH, RDN, LD, FACLM

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Visit our website to learn more about WWE in Oregon!

walk.oregonstate.edu

Oregon State University
Extension Service

Open Discussion:
Local Updates & Bright Spots

Thank You!

- Please take a moment to complete this quick evaluation for today's call: *https://www.surveymonkey.com/r/ORSelf-Mgmt919*

Save the Date!

- Our next call is **Thursday, December 19th** from **1-2 pm**
  - Add to Outlook calendar here
  - Add to Google calendar here