

CURRICULUM VITAE

# Hans A. Diehl, DrHSc, MPH, FACN, CNS



- Lifestyle Interventionist
- Researcher
- Author
- Educator
- Speaker/Presenter
- Founder of CHIP

Ph. 909-799-5523 [hdiehl9775@aol.com](mailto:hdiehl9775@aol.com)  
[www.HansDiehl.com](http://www.HansDiehl.com)

**EXPERIENCE SUMMARY**

30+ years of leadership experience in the field of lifestyle medicine; post-doctoral fellowship in cardiovascular epidemiology; proven track record of advancing the concepts of personal health through evaluation, maintenance, restoration and promotion; accomplished in the development of high-level educational curriculum, research, program delivery, seminars and consultations, writings, publications and media activities.

**EMPLOYMENT RECORD**

Lifestyle Medicine Institute, LLC	Since 2011	Consultant
Lifestyle Medicine Institute	1981-2011	Director
Loma Linda University School of Medicine	Since 2008	Clinical Professor of Preventive Medicine
National Institutes of Health	1979-81	Post-Doctoral Research Fellow in Cardiovascular Epidemiology
UCLA, Center for Health Enhancement	1978-79	Research Associate Post-Doctoral Scholar CVD Epidemiology
Pritikin Longevity Center Santa Barbara-Santa Monica	1976-78	Director of Research Director of Education
Center for Dependent Behavior Loma Linda University	1975-76	Teaching Staff Health Education Coordinator

**FORMAL EDUCATION**

Krups Corp., Germany	Jr. Executive	1962-66	Marketing/Business
Andrews University, MI		1968-70	Modern Languages
La Sierra University	BA ( <i>cum laude</i> )	1970-72	Pre-Medicine
Loma Linda University, CA	MPH DrHSc	1971-75	Nutrition Lifestyle Medicine/Epidemiology

**PROFESSIONAL ACTIVITIES**

Member, Board of Advisors (2005-current), American College of Lifestyle Medicine

Clinical Professor of Preventive Medicine, Loma Linda, University (2008-current)

Lecturer, Dept. Medicine, College of Medicine, University of Illinois (2006-2009)

American Academy of Nutrition, Faculty Member (1995-2000)

American Heart Association, Riverside County Chapter (1980-1986)  
Board Member, Vice-President and Member Scientific Research Committee

Loma Linda University, School of Public Health (1982-1983).  
Executive Director, Alumni Association

**PUBLICATIONS**

45. Morton DP, Kent L, Rankin P, Mitchell B, Parker K, Gobble J, Diehl H. Optimizing the Intensity of Lifestyle Medicine Interventions Similar Outcomes for Half the Sessions. *American Journal of Lifestyle Medicine*. 2015; DOI:10.1177/1559827615612420
44. Kent LM, Morton DP, Ward EJ, Rankin PM, Ferret RB, Gobble J, Diehl HA. The Influence of Religious Affiliation on Participant Responsiveness to the Complete Health Improvement Program (CHIP) Lifestyle Intervention. *Journal of Religion and Health*. 2015;55(5): 1561-1573. DOI 10.1007/s10943-015-0141-3
43. Kent LM, Morton DP, Mañez JT, Mañez SQ, YabresGD, Muya AB, Rankin PM, Diehl HA. The Complete Health Improvement Program (CHIP) and Reduction of Chronic Disease Risk Factors in the Philippines. *Asian Pacific Journal of Health Science*. 2015; 2(2): 67-75
42. Kent LM, Morton DP, Rankin PM, Gobble J, Diehl H. Gender differences in effectiveness of the Complete Health Improvement Program (CHIP). *Journal of Health Education and Behavior*. 2015; 47(1): 44-52.
41. Kent L, Morton DP, Rankin PM, Mitchell BG, Chang E, Diehl H. Gender differences in the short-term effectiveness of the Complete Health Improvement Program (CHIP) lifestyle intervention targeting chronic disease risk factors: an Australasian study. *Health Promotion Journal of Australia* 2014; 25(3) DOI:10.1071/HE14041

40. Morton D, Rankin P, Kent L, Dysinger W. The Complete Health Improvement Program (CHIP): History, evaluation and outcomes. *American Journal of Lifestyle Medicine*. 2014; DOI: 10.1177/1559827614531391
39. Morton DP, Rankin P, Kent L, Sokolies R, Dysinger W, Gobble J, Diehl H. The effectiveness of the Complete Health Improvement Program (CHIP) in Canada for reducing selected chronic disease risk factors. *Canadian Journal of Dietetic Practice Research*. 2014; 75(2): 72-77.
38. Morton DP, Rankin P, Morey P, Kent L, Hurlow T, Chang E, Diehl H. The effectiveness of the Complete Health Improvement Program (CHIP) in Australasia for reducing selected chronic disease risk factors: a feasibility study. *New Zealand Medical Journal*. 2013; 126(1370): 43-54.
37. Kent L, Morton DP, Hurlow, T Rankin P, Hanna A, Diehl H. Long-term effectiveness of the community-based Complete Health Improvement Program (CHIP) lifestyle intervention: a cohort study. *BMJ Online*. 2013; 3 e003751 doi:10.1136/bmjopen-2013-003751
36. Kent L, Morton DP, Rankin P Ward E, Grant R, Gobble J, Diehl H. The effect of a low-fat, plant-based lifestyle intervention (CHIP) on serum HDL levels and the implications for Metabolic Syndrome status. *Nutrition and Metabolism*. 2013; 10(10): 58.
35. Morton, Rankin, Kent, Sokolies, Dysinger, Gobble, & Diehl. "The Effectiveness of the Complete Health Improvement Program (CHIP) in Canada for Reducing Selected Chronic Disease Risk Factors." *Canadian Journal of Dietetic Practice and Research*, 2014; In Press.
34. Morton, Rankin, Morey, Kent, Hurlow, Chang, & Diehl. "The Effectiveness of the Complete Health Improvement Program (CHIP) in Australasia for Reducing Selected Chronic Disease Risk Factors: a Feasibility Study." *New Zealand Medical J*, 2013; 126, 43-54.
33. Kent, Morton, Hurlow, Rankin, Hanna, & Diehl. "Long-term Effectiveness of the Community-based Complete Health Improvement Program (CHIP) Lifestyle Intervention: a Cohort Study." *British Medical Journal Open* 2013; 3.
32. Kent, Morton, Rankin, Ward, Grant, Gobble, & Diehl. "The Effect of a Low-Fat, Plant-based Lifestyle Intervention (CHIP) on Serum HDL Levels and the Implications for Metabolic Syndrome Status - a Cohort Study." *Nutrition & Metabolism*, 2013; 10, 58
31. Rankin, Morton, Diehl, Gobble, Morey, & Chang. "Effectiveness of a Volunteer-delivered Lifestyle Modification Program for Reducing Cardio-vascular Disease Risk Factors." *Am J Cardiology*, 2012; 109, 82-86.
30. Englert, Diehl, Greenlaw, & Aldana. "The Effects of Lifestyle Modification on Glycemic Levels and Medication Intake: The Rockford CHIP." *Primary Care at a Glance - Hot Topics and New Insights*, 2012.

29. Thieszen, Merrill, Aldana, Diehl, Mahoney, Greenlaw, Vermeersch, & Englert. "The Coronary Health Improvement Project (CHIP) for Lowering Weight and Improving Psychosocial Health." *Psychol Rep*, 2011; 109, 338-352.
28. Merrill & Aldana. "Improving Overall Health Status Through the CHIP Intervention." *Am J Health Behav*, 2009; 33, 135-146.
27. Merrill, Aldana, Greenlaw, Diehl, Salberg, & Englert. "Can Newly Acquired Healthy Behaviors Persist? An Analysis of Health Behavior Decay." *Prev Chronic Dis*, 2008; 5, A13.
26. Merrill, Massey, Aldana, Greenlaw, Diehl, & Salberg. "C-reactive Protein Levels According to Physical Activity and Body Weight for Participants in the Coronary Health Improvement Project." *Prev Med*, 2008; 46, 425-430.
25. Merrill, Taylor, & Aldana. "Coronary Health Improvement Project (CHIP) is Associated with Improved Nutrient Intake and Decreased Depression." *Nutrition*, 2008; 24, 314-321.
24. Aldana SG, Greenlaw RL, Diehl HA, Merrill RM, Salberg A, Englert H. "A Video-based Lifestyle Intervention and Change in Coronary Risk." *Health Education Research*, 2008, 23(1): 115-124
23. Merrill RM, Aldana SG, Greenlaw, RL, Diehl HA. "The Coronary Health Improvement Project's Impact on Lowering Eating, Sleep, Stress, and Depressive Disorders." *American Jnl Health Education*, 2008; 39(6): 337-344
22. Merrill & Aldana. "Cardiovascular Risk Reduction and Factors Influencing Loss to Follow-up in the Coronary Health Improvement Project." *Medical Science Monitor*, 2008; 14, PH17-25.
21. Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Englert H. "Can Newly Scientific: Acquired Healthy Behaviors Persist? An Analysis of Health Behavior Decay." *Preventing Chronic Disease (Centers for Disease Control and Prevention)*, January 2008, 5(1): A13-28
20. Merrill RM, Massey MT, Aldana SG, Greenlaw RL, Diehl HA, Salberg A. "C-Reactive Protein Levels According to Physical Activity and Body Weight for Participants in the Coronary Health Improvement Project (CHIP)". *Preventive Medicine*, 2008; 46(4): 425-430
19. Englert HS, Diehl HA, Greenlaw RL, Willich SN, Aldana S. "The Effect of a Community-based Coronary Risk Reduction: The Rockford CHIP." *Preventive Medicine*, June 2007; 44(6):513-519
18. Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A. "The Effects of an Intensive Lifestyle Modification Program on Sleep and Stress Disorders." *J Nutr Health Aging*, May 2007, 11(3): 242-248
17. Diehl HA, Vedro P, Greenlaw RL, Burden H, Guthrie D, Demas A, Stitt B, Lund L, Davis C "The CHIP Prescription for Health." *Absolute Advantage--the Corporate Wellness Magazine, WELCOA* 3(8):1-64

16. Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S, Thomas C: "The Behavioral and Clinical Effects of Therapeutic Lifestyle Change on Middle-aged Adults." *Preventing Chronic Disease (Center for Disease Control and Prevention)*. January 2006; 3(1): A05-18.
15. Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S: "The Effects of a Worksite Chronic Disease Prevention Program." *Journal Occupational & Environmental Medicine*; June 2005; 47(6): 556-564
14. Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S, Thomas C: "Effects of an Intensive Diet and Physical Activity Modification Program on the Health Risks of Adults." *Journal of American Dietetic Assn.*, Mar 2005; 105(3): 371-381
13. Englert HS, Diehl HA, Greenlaw RL: "Rationale and Design of the Rockford CHIP, a Community-based Coronary Risk Reduction Program: Results of a Pilot Phase." *Preventive Medicine*, April 2004; 38(4): 432-441
12. Aldana SG, Greenlaw RL, Diehl HA, Englert H, Jackson R "The Impact of the Coronary Health Improvement Project (CHIP) on Several Employee Populations." *Journal Occupational & Environmental Medicine*, Sept. 2002; 44(9): 831-839.
11. Diehl HA "Changing the Paradigm in Communities: Coronary Risk Reduction Through an Intensive Community-based Lifestyle Intervention Program—The CHIP Experience." *American J Cardiology*, Nov. 11, 1998; 82(T): 83-87T
10. Esselstyn CB, Diehl HA, Demas A, Brickner A: "Improving Our Goals in the Treatment of CAD Through a Paradigm Shift." (abstract), Annual APHA Convention, Indianapolis, IN, November 10, 1997.
9. Williams AM, Diehl HA: "Coronary Artery Disease—an Update on the Potential for Prevention and Reversal." *Journal American Osteopathic Assn.*, October 1995, 95(10): 511-514.
8. Diehl HA "Reversing Coronary Heart Disease." In: *Western Diseases: Their Dietary Prevention and Reversibility* (Temple, N. and Burkitt, D., eds.). Totowa, NJ, 1994. Humana Press, pp. 237-317.
7. Blank RP, Diehl HA, et al.: "Calcium Metabolism and Osteoporotic Ridge Resorption: A Protein Connection." *Journal of Prosthetic Dentistry*, Nov 1987.
6. Crane MG, Diehl HA, et al.: "Effect of Vegan Diet on Unrefined Foods on Hypertension" (abstract), First International Congress on Vegetarian Nutrition, Washington, DC, March 18, 1987.
5. Diehl HA: "Wohlstands-Ernaehrung als Modern-Killer" (A Killer Called Dietary Excess), *Zeitschrift f. Orthopaedie*, Enke Verlag, Stuttgart. 1986, 124:372-376.
4. Diehl HA, Mannerberg D: "Regression of Hyperlipidemia, Hypertension, and Coronary Heart Disease." In: *Western Diseases: Their Emergence and Prevention* (Trowell, H.C., Burkitt, D., eds.). Cambridge, Mass., 1981 Harvard University Press.

3. Diehl HA, Abbey DE: "Short-term Effects of a Residential CVD Intervention Program of Diet and Exercise" (*abstract*), Annual Convention of Society for Nutrition Education, San Francisco, 1979.
2. Abbey DE, Zollinger T, Diehl HA: "Methodological Issues in Evaluation an Inpatient Program in the Absence of a Control Group" (*abstract*), Annual APHA Convention, Los Angeles, CA, 1978.
1. Diehl HA, Abbey DE, Zollinger T: "Statistical Evaluation of an Inpatient Program for the Dietary Treatment of CHD, Hypertension, and Diabetes" (*abstract*), Annual APHA Convention, Los Angeles, CA, 1978.

**Books:**

Diehl HA, Ludington AL. "Health Power: Healthy by Choice, Not by Chance!" Review & Herald Publ. Assn., Hagerstown, MD. 256 pp. (2011)

Diehl HA, Ludington AL. "Health Power" (African edition). The Stanborough Press, Alma Park, Grantham (England), 260 pp. (2011)

Blaney D, Diehl HA: "*The Optimal Diet Cookbook*," Autumn House Publishing, Hagerstown, MD. 176 pp. (2009)

Ludington AL, Diehl HA: "*Health Power—Health by Choice, Not Chance.*" Review & Herald Publishing Assn., Hagerstown, MD. 256 pp. (2000, updated 2006)

Diehl HA, Ludington AL: "*Dynamic Health!*" Siloam; a Strang Company, Lake Mary, FL. 244 pp. (2003)

Ludington AL, Diehl HA: "*Take Charge of Your Health!*" GC Book of the Year. Review & Herald Publishing Assn., Hagerstown, MD. 160 pp. (2001)

Ludington AL, Diehl HA: "*Dynamic Living—How to Take Charge of Your Health.*" Review and Herald Publishing Association, Hagerstown, MD. 208 pp. (1995)

Diehl HA, Ludington AL, Dumbeck L: "*Dynamic Living Workbook.*" Review and Herald Publishing Association, Hagerstown, MD. 112 pp. (1995)

Diehl HA: "*To Your Health! How to Eat More and Live Longer and Better.*" The Quiet Hour Publishers, Redlands, CA. 208 pp. (1987)

**Booklet:**

Diehl HA, Ludington AL. "*You-Turn: Understanding, Preventing and Reversing Lifestyle Diseases.*" Pacific Press Assn., Nampa, ID. 72 pp. (2017)