

Video-CHIP

Lecture Topics

WEEK 1

1. Modern Medicine: Miracles, Medicines, Money & Mirages
2. Portrait of a Killer
3. Stalking the Killer
4. Eat More, Weigh Less



WEEK 2

5. Going Up in Smoke
Dietary Fiber
6. Disarming Diabetes
Reversing Hypertension
7. Effective Cholesterol Control
8. Fats in the Fire

WEEK 3

9. Fit at Any Age
10. Boning Up on Osteoporosis
11. Lifestyle Health & Disease Reversal
12. The Optimal Diet

WEEK 4

13. Diet and Cancer
14. Adaptability
15. The Gift of Forgiveness
16. Building Self-Worth

Coronary Health Improvement Project

Adventist CHIP Association

Equipping Churches for Effective Health Ministry

The Adventist CHIP Association is a non-profit, grassroots and volunteer-driven organization. As an ASI member and approved by the Department of Health Ministries of the North American Division, the association:

- Develops program materials
- Conducts training workshops
- Promotes new CHIP programs
- Supports on-going programs

Currently more than 100 churches in North America are approved to offer this life-changing program. CHIP not only unclogs arteries but also opens hearts to the good news about the Author of health and healing.

Our Mission Statement

To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.

Your church connects with CHIP through the Adventist CHIP Association. Order your CHIP *Information Kit* now! It contains all the details you need to decide how CHIP best fits into the overall program of your church.

You can reach us at:

Adventist CHIP Association

Route 1, Box 4001 • Sulphur, OK 73086

1-866-SDA-CHIP (732-2447) Toll Free

Web Site: www.sdaCHIP.org

E-mail: info@sdaCHIP.org

Consider for Your Church



The
**CORONARY HEALTH
IMPROVEMENT PROJECT**

Addressing:

- **High Blood Pressure**
- **Elevated Cholesterol**
- **Heart Disease**
- **Overweight**
- **Diabetes**



CHIP Changes People!

CHIP, the Coronary Health Improvement Project, is bringing a powerful, life-changing experience to scores of communities across North America. This video-based program, conducted by Seventh-day Adventist Churches, addresses the lifestyle diseases of the 21st Century: Obesity, Diabetes, Hypertension, Heart Disease, Stroke and Osteoporosis.

Here is what people are saying about CHIP:

- **There is no smile like a CHIP Smile! Bert Nilson, (standing with Hans Diehl) a graduate of the Chetwynd CHIP program in BC, got a new lease on life after 16 heart attacks, a stroke or two and a quadruple bypass. Gone is the tank of oxygen and his daily medications have dropped from 28 to only two! CHIP-hip-hooray!**

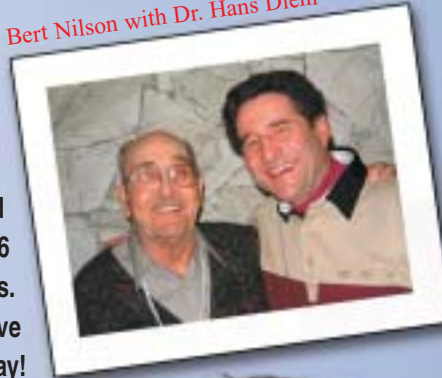
- **"I'm not the man I used to be!" says Cliff Doak of the Chilliwack CHIP program in BC. Cliff shed pounds while gaining a brand new zest for living!**

- **The Cliff Korf family discovered that CHIP not only opens arteries; it also opened their hearts to a fuller understanding of the Gospel. Cliff is now director of clinical education for the PA program at Union College.**

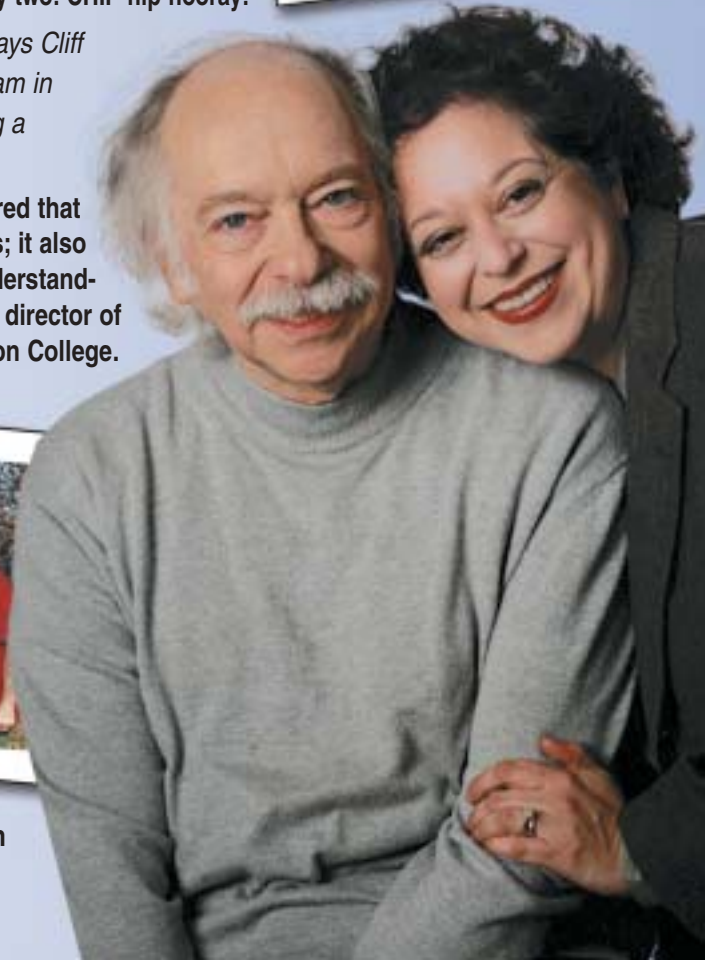
- Overheard in a doctor's office: "Isn't it wonderful what the Seventh-day Adventist Church is doing for our community!"
—Brewster, Washington.

- **"The Seventh-day Adventist Church has given us a beautiful model of servanthood here in our community."** —Lay pastor of the Lumby, BC Community Christian Church.

Bert Nilson with Dr. Hans Diehl



The Cliff Korf family of Lincoln, NE.



CHIP Program Overview . . .

- **Free Information Sessions**
An opportunity to explain the program, answer questions, register people and sign up for *HeartScreen* #1.
- **HeartScreen #1 (Pre-Test)**
Includes a review of medications, fasting lipid profile and blood sugar, lifestyle assessment, height, weight, blood pressure, ideal weight and a heart healthy breakfast.
- **16 Video-CHIP Lectures**
Classes meet four days a week for four weeks. Hans Diehl, DrHSc, MPH, FACN, is the dynamic lecturer in this compelling video series complete with superb graphics, illustrations, and humorous stories. Local presentations provide for live interaction, heart-healthy recipe samples, and lots of fun. Participants receive a textbook, workbook, notebook, CHIP bag and water bottle.
- **Applied Nutrition Workshop and Shopping Tour (optional):**
Teaches valuable grocery shopping and cooking skills.
- **HeartScreen #2 (Post-Test)**
Measures the changes in lifestyle, clinical outcomes, and medications over the 30-day period.
- **Graduation**
A celebration of progress with a special meal, diploma, CHIP pin and kitchen knife.
- **Alumni Organization**
Meets on a regular basis for learning, inspiration and encouragement.

