

Can Community-Based Education Improve Health Indicators?

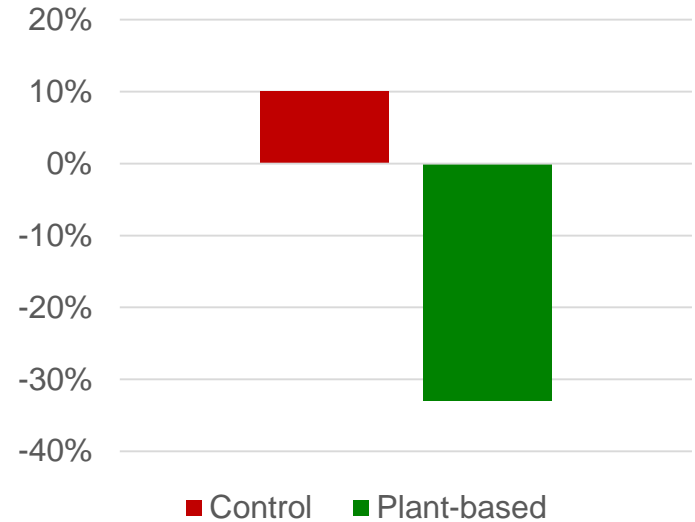
Caterina Lindman

CHIP Program

Source: *The Complete Health Improvement Program (CHIP): History, Evaluation, and Outcomes*. Morton, Darren ; Rankin, Paul; Kent, Lillian ; Dysinger, Wayne. *American Journal of Lifestyle Medicine*, January 2016, Vol. 10(1), pp.64-73



One Year Impact on Health Costs



CHIP Program

Overview of Indicators after 4 weeks

*Program delivered by
non-health professionals
– from a number of
studies published from
1986 to 2014*

Number	7,085
Females	68%
Average Age	57
Improvements after 4 weeks	
BMI	3.3%
Blood Pressure	5.0%
Cholesterol	11.4%
HDL	13.4%
LDL	8.6%
Triglycerides	8.1%
Glucose	6.1%

What does an Evidence-Based
Food Guide Look like?
Using Canada as an example

CANADA'S

Food Guide

TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER

Enjoy a variety of foods from each group every day.

Choose lower-fat foods more often.



Grain Products

Choose whole grain and enriched products more often.

Vegetables and Fruit

Choose dark green and orange vegetables and orange fruit more often.

Milk Products

Choose lower-fat milk products more often.

Meat and Alternatives

Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Canada



2007

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

2019

Actions that all Health Care Payers can implement

Ken Beckman