

Comprehensive health program making believers



Rocky Wilson/ Chieftain

Dr. Kenneth Rose, left, and Wallowa Memorial Hospital's registered dietitian, Margaret Lamm, are both involved in the Community Health Improvement Program, which includes a strong focus on nutrition.

By Rocky Wilson Wallowa County Chieftain

In July 2014, Wallowa Memorial Hospital (WMH) was notified it would receive a \$40,500 grant targeted toward improving overall health in Wallowa County.

Money assured, the hospital organized, offered at a greatly reduced price, and now is well into implementing a comprehensive health improvement plan that's receiving rave reviews from most participants.

One sample comes from Marcy Hamilton of Joseph. "I thought the program was amazing," she says. "I loved it. I have more energy, am thinking clearer, and am more excited about getting older."

Inaugurated in 1988 by Dr. Hans Diehl, the Comprehensive Health Improvement Plan (CHIP) selected by WMH in which to invest its grant stresses a plant-based diet, moderate exercise, water consumption, personal socialization, and stress management.

WMH nutritionist Margaret Lamm, one of four licensed facilitators for the program, says CHIP includes much more than food, yet that's what gets top billing "because it's the hardest part to change."

In regard to diet, CHIP endorses the benefits of eating whole grains, fruits, vegetables, legumes, and nuts.

Twenty-seven years' worth of statistics gleaned from more than 65,000 CHIP graduates worldwide suggest