



HANS DIEHL, DrHSc, MPH, FACN

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Best-selling Author, Heart Researcher,
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Abbreviated Resume

Chosen as “One of America’s 20 Super-Heroes of Health,” Dr. Hans Diehl directs the Lifestyle Medicine Institute in Loma Linda and lectures at the College of Medicine at the University of Illinois at Rockford. Offering more than 25 years of leadership in the emerging field of Lifestyle Medicine his pioneering efforts as an epidemiologically trained lifestyle interventionist with the Coronary Health Improvement Project (CHIP) have shown how simple lifestyle changes can prevent, arrest, and facilitate the reversal of many of our largely lifestyle related diseases. With more than 50,000 graduates, the results of the Randomized Clinical CHIP Trial have been published in 12 peer reviewed medical journals.

His book, *Health Power* (co-authored with Aileen Ludington), has two million copies in 16 languages in circulation. As an invited guest, he recently addressed, for the second year in a row, the World Congress on Weight Management in Chicago.

He earned his doctorate in Health Science and an MPH in Public Health Nutrition from Loma Linda University. He has been married to Dr. Lily Pan for 38 years. Together they have two children: Byron, an orthodontist and Carmen, a clinical psychologist. His greatest joy is “to know that my life has significance because of the God I found and cherish.”