



## 2018 The Plantrician Project Luminary Award Winner

### Hans Diehl, Dr.H.Sc, MPH, FACN

Hans Diehl, Dr.H.Sc, MPH, FACN, has been chosen at the 2018 Plantrician Project Luminary Award Winner in recognition of his extraordinary passion, selfless service, bright light of truth, and the transformative CHIP program that have contributed to the advancement of whole food, plant-based nutrition as the foundation of disease prevention, suspension and reversal.

Chosen as “One of America’s 20 Super-Heroes of the Health Movement” (Vegetarian Times), Dr. Hans Diehl is the founder of the Lifestyle Medicine Institute in Loma Linda and a Clinical Professor of Preventive Medicine at the School of Medicine of Loma Linda University, Loma Linda, CA.

Offering more than 30 years of leadership in the emerging field of Lifestyle Medicine, his pioneering efforts as an epidemiologically trained lifestyle interventionist with the Complete Health Improvement Project (CHIP) and its more than 60,000 graduates have consistently shown how simple lifestyle changes can prevent, arrest, and facilitate the reversal of many of our largely lifestyle related chronic diseases. The clinical results of his research (including two Randomized Clinical CHIP Trials) have been published in more than 25 peer-reviewed medical journals.

His books Health Power, Dynamic Health, and Dynamic Living (co-authored with Aileen Ludington), have over two million copies in 19 languages in circulation.

He earned his doctorate in Health Science and an MPH in Public Health Nutrition from Loma Linda University. Prior to founding the Lifestyle Medicine Institute 25 years ago, Hans worked for the Pritikin Longevity Center, UCLA and the National Institute of Health.

