

Improving Overall Health Status Through the CHIP Intervention

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Objective: To evaluate the efficacy of a coronary heart disease prevention program at improving selected health indicators. **Methods:** A randomized controlled health intervention study was used, with 348 participants from metropolitan Rockford, Illinois, followed for 6 months; ages ranged from 24 to 81 years. Health indicators were based on the SF-36v2. **Results:** Those in the intervention group showed significantly greater in-

creases in scale scores for physical functioning, role-physical, bodily pain, general health perceptions, vitality, social functioning, role-emotional, and mental health. **Conclusion:** The prevention program improved functional health and well-being scores as well as psychometrically based physical and mental health summary measures.

Key words: cardiovascular risk, CHIP, quality of life measures.

Am J Health Behav. 2009;33(2):135-146
