



**THE  
RESEARCH  
BEHIND**

*Health Coaching*

Health Coaching is an extremely powerful process to reverse and prevent lifestyle-related chronic diseases. When individuals work with a Health Coach, many important health outcomes are improved, including positive changes in blood pressure, fasting glucose, body mass index, body weight, total cholesterol and triglycerides.

HCA knows how effective and valuable health coaching is and these important studies, which include both systematic reviews and clinical studies, support our stance.

Here's what the science shows...





# Health Coaching is an Effective Modification of Health Risk Factors

## Aim of the study

To prove the clinical effectiveness of an evidence-based health coaching program with the focus on the modification of various risk factors in healthy individuals as well as those with chronic diseases.

## Method

At least 3000 employees of various settings and contexts were included in this program. Health coaches were guided by a web-based participant tracking and management system and used mainly the telephone and internet to conduct sessions.

## Findings

The program has been tested, developed, and successfully implemented in corporate environments as well as hospitals, physician practices, cardiac rehabilitation centres and as part of multicentre clinical trials. The clinical effectiveness has been proven to modify health risks in healthy people as well as in those with chronic diseases.



“In the future, we and others, anticipate that evidence-based Lifestyle Health Coaching programmes that have been proven effective in peer-reviewed published clinical trials will not only be deployed with increased frequency as part of employer-sponsored wellness initiatives, but will also become a standard of care in daily clinical practice.”





# Health Coaching is an Effective Intervention for Individuals with Chronic Pain

## Aim of the study

To measure the impact of health coaching as a potentially effective intervention for chronic pain management.

## Method

Four hundred and nineteen people participated, of which one hundred and eighty completed the 12-month telephonic health coaching program.

## Findings

Significant reductions in pain intensity were observed after twelve months. The relationships between psychological and physical factors and pain outcomes were retrospectively analysed. Health Coaching is a promising intervention as a method to manage chronic pain and plays an important role as part of a biopsychosocial framework for the management of chronic pain.

### Source

Rethorn, Z. D., Pettitt, R. W., Dykstra, E., & Pettitt, C. D. (2020). Health and wellness coaching positively impacts individuals with chronic pain and pain-related interference. *PloS one*, 15(7), e0236734. <https://doi.org/10.1371/journal.pone.0236734>



# Health Coaching Increases Clients' Physical Activity Levels

## Aim of the study

To investigate the effect of health coaching on physical activity in older people.

## Method

A meta-analysis was done to identify randomised controlled trials that showed that health coaching increases physical activity in older adults. 27 trials were reviewed from 8 different countries. 5803 participants were included in the analysis who received health coaching either face to face or via telephone.

## Findings

The meta-analysis showed that health coaching is indeed effective in increasing physical activity in older adults (aged 60 and over).

### Source

Oliveira, J. S., Sherrington, C., Amorim, A. B., Dario, A. B., & Tiedemann, A. (2017). What is the effect of health coaching on physical activity participation in people aged 60 years and over? A systematic review of randomised controlled trials. *British journal of sports medicine*, 51(19), 1425–1432. <https://doi.org/10.1136/bjsports-2016-096943>



# Clients Have More Healthy Days When Being Coached

## Aim of the study

To identify changes in health-related quality of life among health coaching program participants.

## Method

A large company enrolled 2169 of their employees in a year-long coaching program in which evidence-based behaviour change strategies were used. It included both telephonic and online coaching sessions.

## Findings

Total unhealthy days, across all health categories (including weight, nutrition, fitness and stress) were significantly reduced after just 6 months for individuals working with a Health Coach.

### Source

Cole, S., Zbikowski, S. M., Renda, A., Wallace, A., Dobbins, J. M., & Bogard, M. (2019). Examining Changes in Healthy Days After Health Coaching. *American journal of health promotion: AJHP*, 33(5), 774–777. <https://doi.org/10.1177/0890117118816286>



# Life Satisfaction is Improved with Health Coaching

## Aim of the study

To examine the impact of a health coaching program on changes to life satisfaction, health behaviours and optimism.

## Method

4881 individuals were included in this telephonic health coaching program.

## Findings

Participation in this program directly resulted in the achievement of health goals as well as the improvement of life satisfaction for individuals. The participants who were part of this program were more likely to improve health outcomes compared to those who did not participate.

### Source

Sears, L. E., Coberley, C. R., & Pope, J. E. (2016). Direct and Mediated Relationships Between Participation in a Telephonic Health Coaching Program and Health Behavior, Life Satisfaction, and Optimism, [https://journals.lww.com/joem/Abstract/2016/07000/Direct\\_and\\_Mediated\\_Relationships\\_Between.7.aspx](https://journals.lww.com/joem/Abstract/2016/07000/Direct_and_Mediated_Relationships_Between.7.aspx)



# Health Coaching Reduces Hospital Admissions

## Aim of the study

To review the evidence for health coaching as an intervention to reduce hospital admissions and improve health-related quality of life in people with COPD (chronic obstructive pulmonary disease).

## Method

This meta-analysis identified all randomized controlled trials from database inception to August 2018.

## Findings

This is the first systemic review showing that health coaching could be a candidate intervention to reduce costly hospital admissions and improve health-related quality of life.



# Health Coaching for Chronic Disease

## Aim of the study

To evaluate the impact of a health coaching program on employees with one or more cardiovascular disease risk factors.

## Method

40 employees took part in the health coaching program (a 12-week, 6-session program) and self-reported outcomes were collected.

## Findings

Increased exercise, significant weight loss, improved sleep, reduced perceived stress and decreased fatigue were experienced. Health coaching for individuals with cardiovascular risk factors and obesity is, therefore, a promising approach to improving well-being, reducing stress, losing weight and making healthy lifestyle changes.

# Health Coaching Helps Modify Behaviour Among Patients with Cardiovascular Risk

## Aim of the study

To see what the effects of health coaching are on stress management, smoking behaviours, health responsibility, dietary behaviours and physical activities among cardiovascular risk factor populations.

## Method

A meta-analysis was done and included 15 randomized controlled trials. The coaching interventions included education sessions and motivational interviewing. Face-to-face sessions and telephone calls were the main methods of contact.

## Findings

Health coaching showed significant effect sizes on dietary behaviours, physical activity, stress management and health responsibility, but not so for smoking behaviours. Health coaching could, therefore induce positive behavioural changes among people with cardiovascular risk factors and can be easily applied in clinical settings.

# Coaching for Patients with Chronic Kidney Disease

## Aim of the study

To examine the impact of health coaching on quality of life and self-management in patients with chronic kidney disease.

## Method

108 patients with stages 1 to 3a chronic kidney disease participated in this parallel-group, single-centre, randomized controlled trial. Participants were either assigned to a usual care control group or a health-coaching intervention group. Participants' Patient Activation Measure, self-management and World Health Organization Quality of Life Scale were measured at baseline, 6 weeks before and directly after the program.

## Findings

Health coaching improved patient activation, self-management, self-efficacy and quality of life scores directly after the program and at 12 weeks follow up. This shows that health coaching can improve self-management and quality of life.

It can further raise activation levels and self-efficacy through which quality of life and self-management is further improved. Patients with early-stage chronic kidney disease can be assisted in becoming activated in self-management of their diseases and reaching their health goals.

# In Conclusion

In conclusion we can see that time and time again, health coaching has proven to be a powerful link to better health. Changing our health is a behavioural change process and to change our behaviour long term – in something as vital as our health – health coaching provides the solution.

If you don't have the life that you want and have been tolerating poor health, low energy and low vitality for some time, then consider working with a Health Coach. A Health Coach can support you every step of the way enabling you to regain your health and create a better life for yourself, underpinned by a brand new level of vitality.

Why not book an initial free consultation with me today to discuss how health coaching help you regain your health and improve your life.

