

Health Coaching Resources



What Is Health Coaching?

Health coaching is a relatively new behavioral health intervention that helps patients set and achieve health-promoting goals. It empowers patients to¹⁻³

- Change lifestyle-related behaviors and reduce health risks
- Improve their ability to self-manage chronic conditions
- Increase their health-related quality of life and well-being

Health coaching has been shown to be effective at improving overall health and productivity, addressing multiple behaviors, promoting increased physical activity and better nutritional habits, encouraging medication adherence, and improving self-management skills for chronic conditions. These outcomes have demonstrated that worksite health-management programs that offer personal counseling for high-risk employees are more likely to result in reduced risks and improved health.^{2,4-7}

As a result of the beneficial impact on health-related outcomes, health coaching has gained popularity and is increasingly viewed as a valuable method of promoting healthy behavioral change.²

Additional Resources



Web Sites

The following organizations offer additional information and resources related to health coaching.

National Society of Health Coaches (NSHC)

www.nshcoa.com

The NSHC offers “Health Coaching Made Easy for Healthcare Providers,” a self-guided health coaching education and certification program that was developed by healthcare professionals.

International Coach Federation (ICF)

www.coachfederation.org

The ICF is a nonprofit, global organization that provides independent certification and a worldwide network of credentialed coaches, including health coaches.

American College of Sports Medicine (ACSM)

www.acsm.org

The ACSM is a global sports-medicine and exercise-science organization that integrates scientific research, education, and practical applications of sports medicine and exercise science to promote healthier lifestyles.

American Association of Occupational Health Nurses (AAOHN)

www.aaohn.org

The AAOHN is an association dedicated to advancing the health, safety, and productivity of workforces by providing education, research, public policy, and practice resources for occupational and environmental health nurses.

Wellcoaches Corporation

www.wellcoaches.com

Dedicated to building the health and wellness coaching profession, the Wellcoaches Corporation offers coaching training and presentations, conducts corporate health promotion through its Employee Assistance Coaching program, and provides consumer coaching services.

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Journal Articles

The following journal articles offer more background on health coaching and health-coaching-related research.

Effect of motivational interviewing-based health coaching on employees' physical and mental health status

An evaluation of the impact of motivational interviewing-based health coaching on the physical and mental health status of employees at a large medical university in the Northwest

Butterworth S, Linden A, McClay W, Leo MC. *J Occup Health Psychol.* 2006;11(4):358-365.

Health coaching as an intervention in health management programs

A discussion of the evolution of health coaching from the disparate use of nomenclature and unproven intervention modalities to the current, more uniform terminology and evidence-based intervention techniques

Butterworth SW, Linden A, McClay W. *Dis Manag Health Outcomes.* 2007;15(5):299-307.

A review of health-related outcomes of multi-component worksite health promotion programs

A critical review of evaluation studies of the health-related effects (eg, health-risk modification and reductions in worker absenteeism) of multicomponent worksite health promotion programs

Heaney CA, Goetzel RZ. *Am J Health Promot.* 1997;11(4):290-308.

Seeking out local and regional resources may help you tailor health-coaching programs to meet your specific needs. Several organizations offer regional resources, such as



AAOHN State Chapters

AAOHN offers a number of state and regional chapters. A roster and contact information can be found at https://www.aaohn.org/index.php?option=com_rosters&Itemid=424&task=display&id=2.

ACSM Regional Chapters

ACSM offers 12 regional chapters throughout the United States. A roster and contact information can be found at http://www.acsm.org/Content/NavigationMenu/MemberServices/Regional_Chapters/Reg_Chapter_main.htm.

References

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2. Butterworth S, Linden A, McClay W, Leo MC. Effect of motivational interviewing-based health coaching on employees' physical and mental health status. *J Occup Health Psychol.* 2006;11(4):358-365.
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4. Heaney CA, Goetzel RZ. A review of health-related outcomes of multi-component worksite health promotion programs. *Am J Health Promot.* 1997;11(4):290-308.
5. Harland J, White M, Drinkwater C, Chinn D, Farr L, Howel D. The Newcastle exercise project: a randomised controlled trial of methods to promote physical activity in primary care. *BMJ.* 1999;319(7213):828-832.
6. Elliot DL, Goldberg L, Kuehl KS, Moe EL, Breger RKR, Pickering MA. The PHLAME (Promoting Healthy Lifestyles: Alternative Models' Effects) firefighter study: outcomes of two models of behavior change. *J Occup Environ Med.* 2007;49(2):204-213.
7. Golin CE, Earp J, Tien H-C, Stewart P, Porter C, Howie L. A 2-arm, randomized, controlled trial of a motivational interviewing-based intervention to improve adherence to antiretroviral therapy (ART) among patients failing or initiating ART. *J Acquir Immune Defic Syndr.* 2006;42(1):42-51.