



Effective Health Care

Health Coaching for Optimal Health

Results of Topic Selection Process & Next Steps

Health Coaching for Optimal Health relates to the effect of health coaching on outcomes such as weight loss, managing diabetes, and lowering blood pressure. In addition, the nominator is interested in health coaching as a way to lower healthcare costs. This topic was found to be addressed four existing systematic reviews (one published in 2013, three in 2014), a Canadian Agency for Drugs and Technologies in Health (CADTH) rapid response report (2016), an in-process Veterans Affairs Evidence-based Synthesis Program (VA ESP) systematic review (anticipated completion date: September 2016) and another in-process systematic review (anticipated completion date: May 2015). No further activity will be undertaken on this topic.

- Wolever RQ, Simmons LA, Sforzo GA, et al. A systematic review of the literature on health and wellness coaching: Defining a key behavioral intervention in healthcare. *Global Advances in Health and Medicine: Improving Healthcare Outcomes Worldwide*. Jul 2013;2(4):38-57.
- Kivela K, Elo S, Kyngas H, Kaariainen M. The effects of health coaching on adult patients with chronic diseases: a systematic review. *Patient Education and Counseling*. Nov 2014;97(2):147-157.
- Holden J, Davidson M, O'Halloran PD. Health coaching for low back pain: a systematic review of the literature. *International Journal of Clinical Practice*. Aug 2014;68(8):950-962.
- Walsh T, Barr PJ, Thompson R, Ozanne E, O'Neill C, Elwyn G. Undetermined impact of patient decision support interventions on healthcare costs and savings: Systematic review. *The BMJ*. Jan 2014;348:g188.
- CADTH Rapid Response Reports. *Trained Health Coaches for Chronic Disease Prevention or Management: A Review of Clinical and Cost-Effectiveness and Guidelines*. Ottawa (ON): Canadian Agency for Drugs and Technologies in Health; 2016.
- McDuffie J, Gierisch J, Williams J, et al. The effectiveness of health coaching. PROSPERO 2016:CRD42016036119. Available from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42016036119. Accessed on May 12, 2016.
- Oliveira J, Tiedemann A, Sherrington C. The effect of health coaching on physical activity levels in older people: a systematic review of randomised controlled trials. PROSPERO 2015:CRD42015015703. Available from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42015015703. Accessed on May 12, 2016.

Topic Description

Nominator(s): Individual

Nomination Summary: The nominator is interested in the impact that assistance from health coaches has on health outcomes such as losing weight, managing diabetes, lowering blood pressure, among other health-centered outcomes. Specifically, the nominator wants information regarding the comparative effectiveness of conventional medicine versus health coaching to help people take proactive approaches to personal responsibility for their health. This topic is important due to its potential to lower healthcare costs and increase overall personal health.

Key Questions from Nominator: What is the impact of health coaching to assist people to optimal health (ie lose weight, manage diabetes, lower blood pressure, etc)?

Considerations

- The topic meets EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- The nominator is interested the impact that health coaching has on assisting clients to achieve optimal health. A 2014 systematic review focusing on adults revealed that the presence of a health coach results in “positive effects on patient’s physiological, behavioral and psychological conditions, and on their social life... [and] better weight management, increased physical activity, and improved physical and mental health status.”¹ An in-process systematic review (anticipated completion date: May 2015) focusing on older adults (>60) will examine the effect of health coaching on the following: physical activity levels; mobility; quality of life; and mood.²
- The nominator is interested in the comparative effectiveness of conventional medicine versus health coaching to help people take proactive approaches to personal responsibility for their health. A 2014 systematic review concluded that health coaching improves the management of chronic diseases by promoting healthy behaviors and motivating good care and health education in adults.¹ Additionally, an in-process VA systematic review (anticipated completion date: September 2016) will examine RCTs of health coaching compared to usual care or other active control on clinical outcomes such as self-efficacy, as well as blood pressure, HbA1c, smoking, physical activity, diet, medication adherence, and utilization.³
- In addition to information about health coaching, the nominator is interested in healthcare coaching as a way to lower healthcare costs. A 2014 systematic review examined the impact of patient decision support interventions, including health coaching, on healthcare costs, and determined that due to heterogeneity in the interventions and in the way that costs were measured, the evidence from which to form conclusions was insufficient.⁴ The CADTH rapid response report included one study that performed an economic analysis. The study determined that the cost per quality-adjusted life year (QALY) of the health coaching intervention was too high to be cost effective.⁴

References

1. Kivela K, Elo S, Kyngas H, Kaariainen M. The effects of health coaching on adult patients with chronic diseases: a systematic review. *Patient education and counseling*. Nov 2014;97(2):147-157.
2. Oliveira J, Tiedemann A, Sherrington C. The effect of health coaching on physical activity levels in older people: a systematic review of randomised controlled trials. PROSPERO 2015:CRD42015015703. Available from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42015015703. Accessed on May 12, 2016.
3. McDuffie J, Gierisch J, Williams J, et al. The effectiveness of health coaching. PROSPERO 2016:CRD42016036119. Available from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD42016036119. Accessed on May 12, 2016.
4. CADTH Rapid Response Reports. *Trained Health Coaches for Chronic Disease Prevention or Management: A Review of Clinical and Cost-Effectiveness and Guidelines*. Ottawa (ON): Canadian Agency for Drugs and Technologies in Health; 2016.

Original Nomination

Topic Suggestion Description

Date submitted: November 9, 2009

Briefly describe a specific question, or set of related questions, about a health care test or treatment that this program should consider.

What is the impact of health coaching to assist people to optimal health? i.e. lose weight, manage diabetes, lower blood pressure, etc. Conventional medicine verses coaching to help people take a proactive approach to personal responsibility for healthcare

Importance

Describe why this topic is important.

I believe if we take personal responsibility and are healthier as a nation, we can lower the overall costs of healthcare for everyone!

Potential Impact

How will an answer to your research question be used or help inform decisions for you or your group?

I have a business as a health coach and have been seeing amazing results in the health of individuals. Can we see this on a more global level? We will have more proven confirmation that the work we are doing works and does make a difference.

Technical Experts and Stakeholders

Are there health care-focused, disease-focused, or patient-focused organizations or technical experts that you see as being relevant to this issue? Who do you think we should contact as we consider your nomination? This information will not influence the progress of your suggestion through the selection process, but it may be helpful to those considering your suggestion for further development?

No answer provided.

Nominator Information

Other Information About You: (optional)

Please choose a description that best describes your role or perspective: (you may select more than one category if appropriate)

Patient/Consumer/Other Healthcare Professional

May we contact you if we have questions about your nomination?

Yes