

## Telephone Lifestyle Coaching Effectiveness

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One-on-one telephone health coaching is gaining popularity. Case in point: the U.S. Department of Veterans Affairs National Center for Health Promotion and Disease Prevention has implemented a version of telephone lifestyle coaching to address some of the health issues many veterans are currently experiencing. In fact, a randomized control trial titled “A Coaching by Telephone Intervention for Veterans and Care Team Engagement” (ACTIVATE), was born out of the health issues veterans were facing related to diet and lifestyle (1). The study’s purpose was to determine the effectiveness of telephone lifestyle coaching.

Researchers in the ACTIVATE study posited many illnesses and deaths can be attributed to preventable lifestyle risk factors such as overweight/obesity, physical inactivity, and tobacco use. Consequently, the goal of the study was to test the effectiveness of including telephone coaching as an additional component to health risk assessments typically conducted in healthcare systems when designing lifestyle change interventions (1). Results from the study benefited the Veterans Health Administration’s (VHA) TLC program. The program targets 6 lifestyle behaviors, effectively facilitating positive health change outcomes through various prevention interventions (2).

Additionally, a gender-specific study conducted by Aoun, Osseiran-Moisson, Shahid, Howat, and O’Connor (3) assessed the feasibility of telephone lifestyle coaching on males. After one year, results indicated significant improvements in lifestyle risk modification. Coaching sessions averaged 20 minutes following the first session of 30 minutes. Barriers to participants remaining consistent during the study included work commitments, certain physical issues like cancer, as well as lack of motivation. Lastly, another study regarding telephone lifestyle coaching effectiveness conducted by McGill, O’Hara, and Phongsavan (4) indicates coach support is a valued characteristic of the participant experience. Using qualitative semi-structured interviews, they determined that coach-supported participant involvement was satisfying despite high attrition rates.

## Connect with Fellow Members



### AAHWC Online Forum

Do you want to learn more about coaching skills? Have a question about a client or resource that you’d like to voice with other coaches? Start a confidential conversation at the [AAHWC online forum](#).

### AAHWC on WhatsApp

All AAHWC current members have access to our internal WhatsApp chat group. Contact us for the code to join the group.



Click to send us  
an email

# What is the AAHWC?

*Bianca Radut, AAHWC Secretary*

The Adventist Association for Health and Wellness Coaching, or AAHWC, is an association within the North American Division (NAD) of Seventh-day Adventists, made up of members and leaders with a passion for health ministries, from all over North America.

The idea for the association was born many years ago, when Rick Mautz, our current President, sparked a conversation with the Director of Health Ministries at the NAD (then and currently Angeline Brauer) about the potential of coaching in equipping health ministries to reach people for Jesus. Late in 2020, a Planning Committee was formed to prepare for our official launch as an Association, and we were officially launched in October 2021, with founding members excited about our potential for good.

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## Member Feature: Kimberly Peters



The year was 2020. I was a mental health office coordinator, but I resigned to focus on my family and my personal development.

I have always loved working in healthcare. I spent over a decade in medical administration, and I left to become a stay-at-home mother. I continued working with other health-related companies, but when COVID-19 appeared, I saw a great opportunity to witness. I was not sure what I wanted to do, but I knew my heart ached to minister to my community and the world. As I started prayerfully researching, I found a course on health coaching on a popular online course provider. I didn't know what health coaching was, but as I read through the syllabus, I saw this was what The LORD wanted me to do. I soon learned about the NBHWC (National Board for Health and Wellness Coaching), whose mission is to expand and advance health coaching, and within a few weeks, I enrolled in one of their approved programs at a local college.

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## 2024 Events

Here's a list of the upcoming Health Ministries events for 2024 as we look forward to next year. Stay tuned for more information!

- February 3- Mental Wellness Sabbath
- April 26-28 - Health Training Weekend
- May 4- Nurses Sabbath
- October 5- Health Sabbath
- October 6-Virtual Made to Move 5k
- November 2- Recovery Sabbath

## Rays of Hope

“Every church member should be engaged in some line of service for the master. Some cannot do so much as others, but everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world. Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged.”

A Call to Medical Evangelism 17.5

