



## Tobacco Cessation Health Coach

Angela Gibson, NBC-HWC, NCTTP

As a health coach, I have the privilege and joy of working with individuals who desire to quit tobacco use. Most often this is to stop smoking. During my wellness coach training, I learned about being a Tobacco Treatment Specialist, also known as a Tobacco Cessation Health Coach.

The wellness coach training program and tobacco treatment specialist training have overlapping skills such as active listening, motivational interviewing, and positive psychology. This additional training reinforced my wellness coaching skills and provided a potential niche.

Since smoking is the leading cause of preventable death and harms nearly every organ in the body, smoking cessation is beneficial at any age as it improves one's health status and quality of life. Interventions include behavioral counseling, cessation medications, or a combination of the two (1). Tobacco Treatment Specialists can provide behavioral services in eliciting change.

This specialized training requires 250 practice hours obtained within two years before one can take the national exam. There are multiple certification options, including the National Certification for Tobacco Treatment Practice (NCTTP) (2), National Certification in Nicotine and Tobacco Treatment (NCNTT) (3), and the Certified Professional by the American Heart Association (CPAHA) – Tobacco Treatment (4). I completed the NCTTP.

Thankfully, I obtained the 250 hours in about three months by working part-time as a Tobacco Cessation Health Coach. . . [click here to read more](#)

## A Word From the Editor

Lillian Simon, VP of Communications

Have you taken the time to clarify your vision for this year? As coaches, we are trained to help others do so, but do we do it for ourselves? Here are steps to help you get started: 1) answer the question, What are 1-3 things you hope to accomplish by the end of 2025? 2) create a vision statement using "I" statements as if you're already doing it. For example, I am consistently active. I take time to manage my stress. 3) take that vision and create easy, doable SMART goals to help you get there. Remember, the Jericho Wall wasn't built in a day and neither will changing your habits! You will get there faster by going slowly.

In today's newsletter, we will share some options to utilize health coaching as a career. Each writer will share a different health coaching niche that they have personally experienced. I hope you will enjoy each story. If you have any questions or comments for our writers, please feel free to drop an email at:

[Communications@AdventistCoaching.org](mailto:Communications@AdventistCoaching.org).

## SAVE THE DATE

### Annual Member's Meeting

Date: Sunday, October 26th, 2025

Location: Via Zoom

Be on the lookout for more information surrounding the annual member meeting happening later this year!

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# Being a Diabetes Prevention Lifestyle Coach

Lillian Simon, BSN, RN, NBC-HWC

## Diabetes Statistics

Almost 98 million American adults have prediabetes, which is nearly 40% of the U.S. population (1). Sadly, most of them don't even know they have it (2). Without consistent lifestyle interventions, it will eventually turn into diabetes. According to the American Diabetes Association, diabetes costs the country about \$413 billion annually, which has increased by 35% over a recent 10-year period (3). This financial burden is expected to increase in the future as more Americans are diagnosed with it.



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## Solving the Diabetes Burden

To curb this burden, the NIH and the CDC conducted a randomized clinical trial, which started in 1996, to see whether lifestyle interventions or medication (metformin) would reverse prediabetes and prevent or delay it from turning into diabetes...



## *Share Your Coaching Knowledge*

Do you enjoy writing about coaching skills? Do you have a story to share that will inspire others? We are looking for more authors for the *Uplift Newsletter*. If you are interested, please contact VP of Communications, Lillian Simon, at [communications@AdventistCoaching.org](mailto:communications@AdventistCoaching.org).

## *Creating Your Health Coaching Business*

Kimberly Peters, BS, NBC-HWC

It's a new year and with it, you may have new personal and professional goals. If one of those includes starting your own business, then this article is for you. Here are some general points to consider when creating your health coaching business.

**Start With Prayer:** Start your journey with prayer. Be honest with yourself and with The Lord about your desire and the real motive for starting your business. Does The Lord want you to create a business? Will it glorify God or yourself?

**Write Your Vision and Business Plan:** Once you have the assurance that The Lord is leading you, write down your vision and create a business plan. Both will help you organize your thoughts and plans for your business. At this point, I strongly recommend speaking to a business lawyer, business coach, or mentor to guide you. This individual can help you decide what business structure to have, calculate your startup costs, decide on a business location, and learn what state laws and licenses you will need to consider. You can find help by going to [Adventistlawyer.com](http://Adventistlawyer.com), [Score.org](http://Score.org), or your local ASI chapter (1)...

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