

# OUTSTANDING RESULTS

## Achieved by Health Coaching Participants

Every person in the Charlotte Pipe & Foundry Care Management Program has a story about how they've gone "above and beyond" the outcome measures of the coaching program. Their stories represent what's truly important to them **mentally, physically and spiritually on their journey to better health.**

### Program Results:



#### Systolic blood pressure (SBP):

Average reduction of 10.4 mm Hg



#### Diastolic blood pressure (DBP):

Average reduction of 5.8 mm Hg



#### Weight:

Average weight loss of 5.2 pounds

Net weight loss: 166.7 pounds



#### Waist Circumference:

Average reduction of 2.75 inches

Net inches lost: 85.25 inches

From working and caring for family members to keeping up with everyday responsibilities, the employees and spouses who participated in this program have intensely busy lives. In fact, many have experienced health problems related to stress.

But with dedication and the right support, every program participant overcame challenges to improve their well-being. **Check out these exciting accomplishments:**

- Many participants completed preventive screenings, received specialty care and partnered with their medical providers – sometimes for the first time!
- Others addressed sleep apnea, established regular exercise plans and received behavioral health support.
- Some people had their medications reduced or simplified, while others increased their adherence to their medical plan.
- A few people quit nicotine while maintaining their weight.
- Many participants used the clinics and dietitian consults to achieve their goals between coaching visits.

For many of these people, coaching was the motivation they needed to change their mindset toward their health. Making health a priority is an ongoing journey, and numbers don't always tell the whole story. We're proud of each participant for taking positive steps towards better well-being so they can be healthier for themselves, their families and their communities!