



# Billy Graham Evangelistic Association Health Coaching Outcomes

*Does one-on-one health coaching really work?*

from 2016 to 2019  
**339 Participants**

RECEIVED  
HEALTH COACHING

**34%** of participants **REDUCED** their number of health risk factors or maintained a low-risk status

The number of low-risk participants continues to go up.

**2.6%** of participants **DECREASED** their number of high risk factors

The number of high-risk participants went down.

from 2018 to 2019  
**754 Coaching Appointments Completed**

BY 343 EMPLOYEES AND THEIR SPOUSES

**LOST 405** waist inches & **LOST 1,630** pounds

from 2018 to 2019  
**449 Participants**

WERE SEEN TO HAVE CLINICALLY IMPORTANT IMPROVEMENTS IN BIOMETRIC MEASURES

**7.1%** of participants decreased their **GLUCOSE LEVELS** by more than **30 mg/dL**

**22.4%** of participants decreased their **WAIST CIRCUMFERENCE** by more than **2 inches**

**23.5%** of participants decreased their **SYSTOLIC BLOOD PRESSURE** by more than **10 mm Hg**

**15.3%** of participants decreased their **DIASTOLIC BLOOD PRESSURE** by more than **8 mm Hg**

**10.2%** of participants decreased the **HDL RATIO IN THEIR CHOLESTEROL** by more than **0.5 mg/dL**

**16.3%** of participants decreased the **LDL RATIO IN THEIR CHOLESTEROL** by more than **20 mg/dL**

The percentage of participants significantly decreased their risk in each of the 6 categories.