



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.