

# Health Coaching 'critical' to the future of our nation's health

Submitted by: Pruv Health and Wellness (UK Health Coaches)

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Speaking of the role of Health Coaching in the UK, Dr Rangan Chatterjee, GP, star of the BBC's Doctor in the House and author of the 4 Pillar Plan said: Health Coaching is absolutely critical, I think, for the future of the population's health.

Dr Chatterjee was speaking on the sidelines of the 1st Annual Conference of the UK Health Coaches Association where he was Key Note speaker. He shared the stage with Dr Angela Goyal, GPwSI in Dermatology and Founder of Inspired Medics, Dr Alison Sabine, Consultant Rheumatologist, Health Coach and Functional Medicine Practitioner, Dr Sarah Davies, GP and Functional Medicine Practitioner, and Mr Sam Feltham, Director, Public Health Collaboration Charity.

Health Coaching is a relatively new profession in the UK but one that has the exciting potential to dramatically change the way we think about our health and helping people become experts in their own health instead of becoming patients.

Ruth Edwards, CEO of the UK Health Coaches Association explained why Health Coaching is so critical to the health of the nation: "As health coaches we are all fully aware of the transformative power of helping people to make and sustain positive lifestyle choices. Our expertise is all about effecting positive behaviour change for individuals, and it is behaviour change that lies at the heart of improving the nation's health".

Explaining his position further, Dr Chatterjee added: "As a doctor, in 10 minutes, sure, I can come up with a plan, but how does a patient put that plan into practice? That's where health coaches come in. Health coaches understand the science of behaviour change, but also the art of how to help a patient or a client make those changes in their own lives."

Health Coaches work in collaboration with other health care providers to support clients to make the lifestyle choices that will help them prevent and potentially reverse, the chronic lifestyle related diseases that are becoming endemic. Health coaches provide the education, support, structure and accountability that help people make the necessary changes to improve their health.

Without these changes, by 2025 there will be 5 million people in the UK with Type 2 Diabetes. As it is, 25% of UK Adults are obese and Type 2 Diabetes has risen by 65% in the last 10 years. The combined cost of diabetes and obesity to the UK is £16 Billion a year. Cardiovascular and circulatory diseases cause 25% of all deaths in the UK and cost the country £19 Billion a year (<https://phcuk.org/>).

Dr Chatterjee concluded, "So I'm a huge fan of health coaches. I think they've got a very important role to play in the future of health in the UK."

Editors Notes:

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## About the UK Health Coaches Association

The UK Health Coaches Association (UKHCA) is the Professional Body dedicated to raising awareness and understanding of the powerful potential of Health Coaching in preventing & potentially reversing chronic, lifestyle-related disease. Our members are fully certified Health Coaches who are specifically trained & experienced in supporting and empowering individuals to make sustainable lifestyle changes to improve their health one step at a time. Chronic Lifestyle disease is becoming endemic and the NHS is unable to cope with the demands of a sickening population, creating an impossible burden on resources. People are confused about what is best for them and what they need to do to improve their health. Health Coaching provides an accessible solution to both these issues by cutting through the confusion and providing practical support and advice to help prevent and reverse chronic, lifestyle-related disease. The UKHCA is the only UK resource dedicated to the advancement of Health Coaching and to providing support and advocacy for Health Coaches and their clients. We work to maintain the highest standards, and in collaboration with other engaged stakeholder groups to make a positive impact on the health of the nation.