

# A Health Coach Perspective

How it can work in practice

Emily Alden

Health Coach/HCA/Receptionist



# A little bit about me...

Qualified as Occupational Therapist 2002

Children born 2007 and 2008

HCA Receptionist and Health Coach @  
Queen Camel Medical Centre past 8 years

Passion for health and fitness

Approached by GP to tackle our 42-48'ers



# WHO???

Hba1c 42 – 48

Identified by GP or PN





# HOW?



65%

response

We are writing to invite you to an appointment with our Health Coach Team at Queen Camel.

This is because we have reviewed your blood tests and although you do not have diabetes, your blood sugar is slightly higher than the normal range. This is now classed as pre-diabetes. This means you are at an increased risk of developing diabetes, a chronic disease which can lead to serious complications.

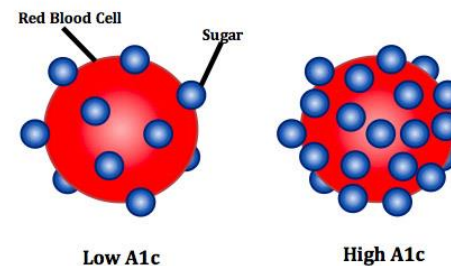
Fortunately making changes to your diet and activity levels can help prevent you from developing diabetes. In addition, leading a healthier lifestyle can have a much wider impact on improving your health and improving how good you feel in yourself.

We know that when it comes to making changes to your lifestyle, it can be really difficult to know where and how to start.... and how to keep going!

Our Health Coach Team can help explain what pre-diabetes may mean for you, and help point you in the right direction with regards to the changes you'd like to make to lead a healthier lifestyle.

# HOW?

	mmol/mol
Normal	Below 42 mmol/mol
Prediabetes	42 to 47 mmol/mol
Diabetes	48 mmol/mol or over



Normal Hba1c

High Hba1c

## Nutrition

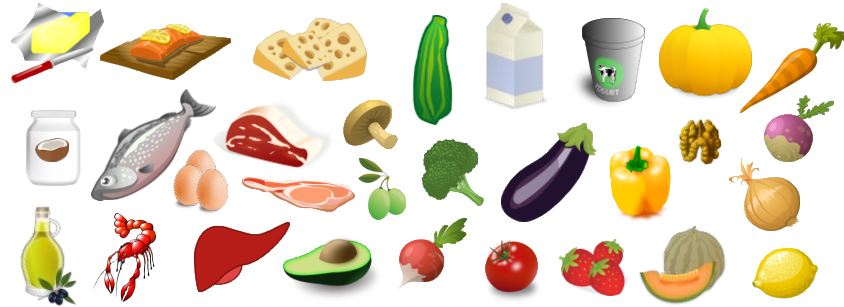
Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings.

\*Reference intake of an average adult (8400kJ / 2000kcal)

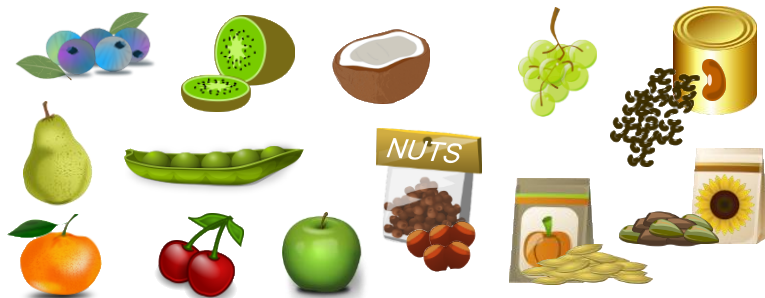
## Carbohydrate Content Of Real Foods

### LOW (0-10g per 100g)



0 —————> 10

### MEDIUM (11-20g per 100g)



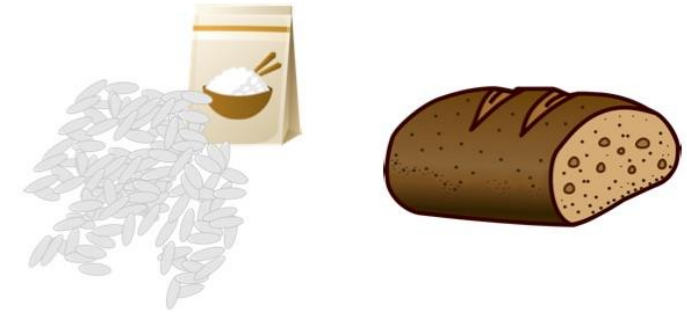
11 —————> 20

### HIGH (20-25g per 100g)



## Carbohydrate Content Of Real Foods

### VERY HIGH (>25g per 100g)



### Carbohydrate Content Of Fake Foods VERY HIGH (>25g per 100g)



# HOW?





# THEN...

Pt goes away for 3 months (open invite to make contact during this period)



Returns for review  
(repeat Hba1c,  
height, weight, BP)



Reflect and plan  
from that point.

*“Three months from now, you will thank yourself”*

# the results.....



# What is the magic?

MODERATION  
MODERATION  
MODERATION

Encourage people  
to make small  
changes

80/20 -  
Diet/Exercise (don't  
try to tackle it all –  
it will happen)

Diets don't work –  
LIFESTYLES do

Positive and  
interactive  
approach