

NBHWC Approved Resources April 2023

From the updated [NBHWC Health & Wellness Coach Scope of Practice](#): *“When appropriate, health and wellness coaches may offer evidence-based resources or information from nationally recognized authorities.”*

Specific resources and guidelines are listed in Section 3: Health and Wellness of the [NBHWC Content Outline](#): *Since the coaching relationship is client-centered, the coach’s focus is determining what the client already knows, needs, and wishes to learn about. The coach then supports the client in obtaining credible health and wellness information.*

Nationally Recognized Authorities:

General Health & Wellness

- [Centers for Disease Control \(CDC\)](#)
- [Healthy People 2030](#)
- [U.S. Department of Health & Human Services](#)
- [Health.gov: Office of Disease Prevention and Health Promotion](#)
- [American College of Lifestyle Medicine](#)
- [Health Related Quality of Life\(HRQOL\): Well-Being Concepts](#)

Chronic Disease

- [CDC: High Blood Pressure](#)
- [CDC: Diabetes](#)
- [CDC: Overweight & Obesity](#)
- [CDC: Assessing Your Weight](#)
- [Harvard: Abdominal Obesity and Your Health](#)
- [CDC: Cardiovascular Disease](#)
- [CDC: Stroke](#)
- [National Heart, Lung, and Blood Institute: Metabolic Syndrome](#)
- [CDC: Arthritis and Inflammation](#)
- [CDC: LDL and HDL Cholesterol and Triglycerides](#)

Healthy Weight and Optimal Nutrition & Hydration

- [U.S. Department of Agriculture: MyPlate](#)
- [U.S. Food and Drug Administration](#)
- [Harvard Healthy Eating Plate](#)
- [National Heart, Lung and Blood Institute: DASH Eating Plan](#)
- [American Diabetes Association: Healthy Food Choices Made Easy](#)
- [Arthritis Foundation: Anti-Inflammatory Diet](#)
- [Harvard: Foods That Fight Inflammation](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases: Choosing a Safe & Successful Weight-loss Program](#)
- [CDC: Water and Healthier Drinks](#)

Physical Activity and Sedentary Lifestyle

- [CDC: Benefits of Physical Activity](#)
- [Health.gov: Physical Activity Guidelines](#)
- [Health.gov: Move Your Way Campaign](#)
- [ACSM: Physical Activity Guidelines](#)

Sleep

- [CDC: Sleep and Sleep Disorders](#)
 - [Key Sleep Disorders](#)
 - [Sleep and Chronic Disease](#)
 - [Sleep Hygiene](#)

Stress and Emotional Wellness

- [MentalHealth.gov](#)
- [American Psychiatry Association](#)
 - [Depression](#)
 - [Anxiety Disorders](#)
- [Social Determinants of Health](#)
- [NIH: Loneliness and Social Isolation](#)
- [American Psychological Association: Stress Effects on the Body](#)
- [CDC: Coping With Stress](#)
- [NIH: Relaxation Techniques](#)
- [NIH: Meditation and Mindfulness](#)

Avoiding Tobacco Use

- [Healthy People 2030: Overview of Tobacco Use](#)
- [Smoking Health Effects](#)
- [Quitting Smoking](#)
- [Smokefree.gov](#)

Moderate or no alcohol use, substance abuse

- [Healthy People 2030: Overview of Substance Abuse](#)
- [CDC: Alcohol Portal](#)
- [CDC: Prescription Opioids](#)