



Coach Resources October 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

- ❖ *Search keywords are in italics and parentheses in case of broken links.*

General Health & Wellness

- [Centers for Disease Control \(CDC\)](#) (*cdc.gov*)
- [Healthy People 2030](#) (*healthy people 2030*)
- [U.S. Department of Health & Human Services](#) (*hhs.gov*)
- [Health.gov: Office of Disease Prevention and Health Promotion](#) (*health.gov*)
- [American College of Lifestyle Medicine](#) (*aclm or lifestyle medicine*)
- [Health Related Quality of Life\(HRQOL\): Well-Being Concepts](#) (*hrqol wellbeing*)
- [HRQOL Concepts: Why is quality of life important?](#) (*hrqol concepts*)

Chronic Disease

- [CDC: High Blood Pressure](#) (*cdc high blood pressure*)
- [CDC: Diabetes](#) (*cdc diabetes*)
- [CDC: Overweight & Obesity](#) (*cdc obesity*)
- [CDC: Assessing Your Weight](#) (*cdc weight*)
- [Harvard: Abdominal Obesity and Your Health](#) (*abdominal obesity harvard*)
- [CDC: Cardiovascular Disease](#)(*cdc cad*)
- [CDC: Stroke](#) (*cdc stroke*)
- [National Heart, Lung, and Blood Institute: Metabolic Syndrome](#) (*nih metabolic syndrome*)
- [CDC: Arthritis and Inflammation](#) (*cdc arthritis*)
- [CDC: LDL and HDL Cholesterol and Triglycerides](#) (*cdc ldl hdl*)

Healthy Weight and Optimal Nutrition & Hydration

- [U.S. Department of Agriculture: MyPlate](#) (*usda myplate*)
- [U.S. Food and Drug Administration](#) (*usda*)
- [Harvard Healthy Eating Plate](#) (*harvard healthy eating*)
- [National Heart, Lung and Blood Institute: DASH Eating Plan](#) (*dash eating plan*)

- [American Diabetes Association: Healthy Food Choices Made Easy](#) (*american diabetes association*)
- [Arthritis Foundation: Anti-Inflammatory Diet](#) (*arthritis anti inflammatory diet*)
- [Harvard: Foods That Fight Inflammation](#) (*harvard inflammation diet*)
- [National Institute of Diabetes and Digestive and Kidney Diseases: Choosing a Safe & Successful Weight-loss Program](#) (*nih weight loss program*)
- [CDC: Water and Healthier Drinks](#) (*cdc healthy drinks*)

Physical Activity and Sedentary Lifestyle

- [CDC: Benefits of Physical Activity](#) (*cdc physical activity*)
- [Health.gov: Physical Activity Guidelines](#) (*health.gov physical activity*)
- [Health.gov: Move Your Way Campaign](#) (*health.gov move your way*)
- [ACSM: Physical Activity Guidelines](#) (*acsm guidelines*)

Sleep

- [CDC: Sleep and Sleep Disorders](#) (*cdc sleep*)
 - [Key Sleep Disorders](#) (*cdc sleep disorders*)
 - [Sleep and Chronic Disease](#) (*cdc sleep disease*)
 - [Sleep Hygiene](#) (*cdc sleep hygiene*)

Stress and Emotional Wellness

- [MentalHealth.gov](#) (*samhsa*)
- [American Psychiatry Association](#) (*psychiatry.org*)
 - [Depression](#) (*psychiatry depression*)
 - [Anxiety Disorders](#) (*psychiatry anxiety disorder*)
- [Social Determinants of Health](#) (*healthy people social determinants of health*)
- [NIH: Loneliness and Social Isolation](#) (*nih loneliness*)
- [American Psychological Association: Stress Effects on the Body](#) (*apa stress effects*)
- [CDC: Coping With Stress](#) (*cdc coping with stress*)
- [NIH: Relaxation Techniques](#) (*nih relaxation*)
- [NIH: Meditation and Mindfulness](#) (*nih meditation mindfulness*)

Avoiding Tobacco Use

- [Healthy People 2030: Overview of Tobacco Use](#) (*healthy people tobacco*)
- [Smoking Health Effects](#) (*cdc smoking effects*)
- [Quitting Smoking](#) (*cdc quit smoking*)
- [Smokefree.gov](#) (*smokefree*)

Moderate or no alcohol use, substance abuse

- [Healthy People 2030: Overview of Substance Abuse](#) (*healthy people drug and alcohol*)
- [CDC: Alcohol Portal](#) (*cdc alcohol portal*)
- [CDC: Prescription Opioids](#) (*cdc prescription opioids*)

Coach Resource Highlights

- ❖ *Coach highlights are bullet pointed and indented below under each category from the NBHWC content outline. **Please note:** Not all highlighted resources in this section are considered nationally recognized authorities, some resources are only for coach knowledge.*

General Health & Wellness

- **Centers for Disease Control (CDC):**
 - Browse [HealthTopics A-Z](#) (*cdc health topics*)
 - [Adolescent and School Health](#) (*cdc youth*)
- **Healthy People 2030:**
 - Database of [Evidence-Based Resources](#). (*healthy people resources*)
- **U.S. Department of Health & Human Services:**
 - [Health Insurance Index](#) (*hhs health insurance*)
 - [Centers for Medicare & Medicaid Services](#) (*cms*)
 - [Reproductive Health Care - ReproductiveRights.Gov](#) (*reproductive rights gov*)
 - [Administration for Children & Families: ChildCare.gov](#) (*childcare gov*)
- **Health.gov: Office of Disease Prevention and Health Promotion:**
 - [Toolkit for Health Professionals](#) with downloadable PDFs, including [Talk to Your Clients about Healthy Eating Routines](#). (*health.gov toolkit*)
 - [MyHealthfinder Tool](#) provides evidence-based, accessible resources such as, [Health Conditions: Manage Stress](#). (*my health finder*)
 - The Federal Plan for Equitable Long-Term Recovery and Resilience leverages the [Vital Conditions for Health and Well-Being Framework](#). (*health.gov framework*)
- **American College of Lifestyle Medicine:**
 - ACLM [Newsroom](#) and [Blog](#). (*aclm newsroom*) (*aclm articles*)
- **Health Related Quality of Life(HRQOL): Well-Being Concepts:**
 - [Global Wellness Institute: The Wellness Continuum](#) (*global wellness continuum*)
- **Healthy Living and Well-being**
 - [Harvard Healthy Living Guide 2022/2023](#) (*harvard healthy living*)

Chronic Disease

- **CDC: High Blood Pressure:**
 - [Division for Heart Disease and Stroke Prevention](#) (*dhdsp index*)
 - [National Center for Chronic Disease Prevention and Health Promotion \(NCCDPHP\)](#) (*division heart disease resources*)
 - [WISEWOMAN](#) (*wisewoman*)
- **CDC: Diabetes:**
 - [Do I have Prediabetes?](#) (*do I have prediabetes*)
 - [National Diabetes Prevention Program](#) (*diabetes prevention program*) and [Lifestyle Change Program Details](#) (*lifestyle change program providers*).
- **CDC: Overweight & Obesity:**
 - Downloadable [factsheets](#), including [Portion Size Pitfalls](#). (*cdc obesity fact sheet*)

- **CDC: Assessing Your Weight:**
 - [My Physical Activity Diary](#) and [My Food Diary](#).(physical activity diary) (cdc my food diary)
- **Harvard: Abdominal Obesity and Your Health** (search harvard abdominal obesity for all pages)
 - [Taking Aim at Belly Fat](#)
 - [Waist Size Matters](#)
 - [Abdominal Fat and What to Do About it](#)
- **CDC: Cardiovascular Disease:**
 - [Heart Disease Patient Education Resources](#) (cdc heart patient resources)
 - [Eat Smart, Move More! PDF](#) (cdc eat smart move more)
 - [Million Hearts Tools & Protocols](#) (million hearts tools)
 - [Million Hearts Change Packages and Action Guides](#) (Million Hearts Change Packages)
 - [“Live to the Beat” Campaign Toolkit](#) and [LivetotheBeat.org](#) (live to the beat)
- **CDC: Stroke:**
 - [American Stroke Association](#) (american stroke)
 - [8 Ways to Help Prevent a Second Stroke](#) (ASM18 prevention checklist)
 - [American Heart Association: Explaining Stroke](#) (asa explaining stroke)
 - [Heart-Healthy Steps](#) (heart healthy steps)
- **National Heart, Lung, and Blood Institute: Metabolic Syndrome:**
 - [Fact Sheet: What is High Blood Pressure?](#) (nih high blood pressure)
 - [NIH: Aim for a Healthy Weight](#) (nih healthy weight)
- **CDC: Arthritis and Inflammation:**
 - [CDC Fact Sheet](#) (cdc arthritis fact sheet)
 - [CDC Arthritis Program](#) (cdc arthritis)
- **CDC: LDL and HDL Cholesterol and Triglycerides:**
 - [CDC Cholesterol](#) (cdc cholesterol)
 - [Cholesterol Communications Kit](#) (cdc cholesterol communication)
 - [Cholesterol Tools and Trainings for Health Professionals](#) (cdc cholesterol resources)
 - [Cholesterol Patient Education Resources](#) (cdc cholesterol resources)
 - [Harvard: Cholesterol](#) (harvard cholesterol)
 - [American Heart Association: My Cholesterol Guide](#) (AHA cholesterol guide)
 - [American Heart Association: Cholesterol Tools and Resources](#) (aha cholesterol tools)
 - [American Heart Association: How Can I Improve My Cholesterol?](#) (aha improve cholesterol)
 - [American Heart Association: Check. Change. Control: Calculator](#)
- **Chronic Pain**
 - [CDC Managing Chronic Pain](#) (cdc chronic pain)
 - [The American Chronic Pain Association](#) (american chronic pain)
 - [NCCIH Health Topics: Pain](#) (nccih pain)
 - [NCCIH Chronic Pain Fact Sheet](#) (nccih pain fact sheet)

Healthy Weight and Optimal Nutrition & Hydration

- **U.S. Department of Agriculture: MyPlate** (*search MyPlate for all pages*)
 - [MyPlate Kitchen Recipes](#)
 - [MyPlate Plan](#)
 - [MyPlate Tools](#)
 - [MyPlate Toolkits for Professionals](#)
 - [Healthy Eating on a Budget](#) (*myplate eating budget*)
- **U.S. Food and Drug Administration**
 - [Dietary Guidelines for Americans](#) (*usda dietary guidelines*)
- **Harvard Healthy Eating Plate**
 - [Q&A about Healthy Eating Plate](#) (*q&a healthy eating plate*)
 - [Healthy Eating Plate vs. USDA's MyPlate](#) (*harvard vs myplate*)
- **National Heart, Lung and Blood Institute: DASH Eating Plan**
 - Find DASH-Friendly Recipes: [Delicious Heart Healthy Eating](#)
 - [NIH: Serving Sizes and Portions](#) (*nih portions*)
 - [Food Portions: Choosing Just Enough for You](#) (*nih portions*)
 - [NIH: Nutrition Tools and Resources](#) (*nih nutrition tools*)
 - [We Can! \(Ways to Enhance Children's Activity and Nutrition\) Tools and Resources](#) (*nih nutrition tools*)
- **American Heart Association**
 - [The Skinny on Fats](#) (*aha skinny fats*)
 - [Cooking to Lower Cholesterol](#) (*aha cholesterol cooking*)
- **American Diabetes Association: Healthy Food Choices Made Easy**
 - [Diabetes Plate Method](#) (*diabetes plate*)
 - [DiabetesFoodHug.org](#) (*diabetes food hub*)
 - [Insulinhelp.org](#) (*ada insulin help*)
 - [ADA: Medications and Treatments](#) (*ada meds*)
- **Arthritis Foundation: Anti-Inflammatory Diet**
 - [The Ultimate Arthritis Diet](#) (*arthritis diet*)
 - [Eat Right for Your Type of Arthritis](#) (*arthritis foundation eat right*)
- **Harvard: Foods That Fight Inflammation**
 - [Quick-start guide to an anti-inflammation diet](#) (*harvard food inflammation*)
 - [Anti-inflammatory food superstars for every season](#) (*harvard food inflammation*)
- **CDC: Water and Healthier Drinks**
 - [CDC: Rethink your Drink](#) (*rethink your drink*)
 - [Harvard Healthy Drinks](#) (*harvard healthy drinks*)

Physical Activity and Sedentary Lifestyle

- **CDC: Benefits of Physical Activity**
 - [Division of Nutrition, Physical Activity, and Obesity](#) (*cdc division nutrition physical activity*)
 - [CDC Physical Activity](#) (*cdc physical activity*)
 - [CDC Active People Healthy Nation](#) (*active people*)

- [Active People Healthy Nation Tools for Action](#) (*active people tools*)
- **Health.gov: Move Your Way Campaign**
 - [Move Your Way Activity Planner](#) and [fact sheets for adults](#). (*move your way*)
- **American College of Sports Medicine (acsm)**
 - [ACSM's Resource Library](#) (*acsm resources*)

Sleep

- **CDC: Sleep and Sleep Disorders**
 - [CDC: How much sleep do I need?](#) (*sleep recommendations*)
 - [ACSM: Sleep Education](#) (*sleep education*)
 - [NIH: Sleep Health](#) (*nih sleep health*)
 - [NIH: Your Guide to Healthy Sleep](#) (*guide to healthy sleep*)
- **Sleep Hygiene**
 - [American Academy of Sleep Medicine \(aasm\)](#)
 - [AASM Sleep Diary](#) (*nih sleep diary*)
 - [Sleep Foundation Sleep Diary](#) (*sleep diary*)

Stress and Emotional Wellness

- **MentalHealth.gov**
 - [SAMHSA: How to Talk About Mental Health](#) (*samhsa talk mental health*)
 - [SAMHSA Blog](#) (*samhsa blog*)
 - [MyHealthfinder: Mental Health and Relationships](#) (*myhealthfinder mental health*)
 - [National Institute of Mental Health: Health Topics](#) (*nimh health topics*)
 - [NIMH Brochures and Fact Sheets](#) (*nimh fact sheets*)
 - [NIMH Help for Mental Illness](#) (*nimh help mental illness*)
- **American Psychiatric Association**
 - [Psychiatry.org Newsroom](#) (*psychiatry association news*)
 - [Patients & Families: Mental Health Topics](#) (*psychiatry patients family*)
- **NIH: Loneliness and Social Isolation**
 - [988 Suicide & Crisis Lifeline](#) (*988*)
- **American Psychological Association: Stress Effects on the Body**
 - [APA: Psychology Topics - Stress](#) (*apa.org stress*)
 - [The American Institute of Stress](#) (*stress.org*)
- **Meditation, Mindfulness and Relaxation Techniques**
 - [NCCIH: 8 Things to Know About Meditation and Mindfulness](#) (*nccih meditation*)
 - [Pain: Considering Complementary Approaches eBook](#) (*nccih pain approaches*)
- **Mental Health and Emotional Wellness**
 - [National Center for Complementary and Integrative Health](#) (*nccih*)
 - [NCCIH: Health Topics A-Z](#) (*nccih health topics*)
 - [Positive Psychology](#) (*positive psychology*)
 - [Verywell Mind](#) (*verywell mind*)
 - [How We Feel App](#) (*how we feel*)

Avoiding Tobacco Use

- **Healthy People 2030: Overview of Tobacco Use**
 - [Tobacco Use Evidence-Based Resources](#) (*healthy people tobacco resources*)
- **Smoking Health Effects**
 - [HHS.Gov: Know the Real Cost of Cigarettes](#) (*hhs the real cost*)
 - [Million Hearts: Tobacco Use and Heart Health](#) (*million hearts tobacco use*)
 - [Million Hearts: Tobacco Cessation Change Package](#) (*million hearts tobacco package*)
 - [USDA Health Effects of Tobacco](#) (*FDA health effects of tobacco*)
- **Quitting Smoking**
 - [USDA Quitting Smoking and Other Tobacco Public Health Resources](#) (*fda quitting smoking tobacco resources*)
 - [Tips From Former Smokers](#) (*cdc smoking tips*)
 - [How Quit Smoking Medicines Work](#) (*quit smoking meds*)
 - [American Cancer Society: Nicotine Replacement Therapy](#) (*american cancer nicotine replacement*)
 - [American Cancer Society: E-Cigarettes and Vaping](#) (*american cancer vaping*)
 - [CDC: Quitlines \(1-800-QUIT-NOW\)](#) (*cdc quitline reasons*)
 - [IAm Sober App](#) (*i am sober*)
- **Smokefree.gov**
 - [Build Your Quit Plan](#) (*quit plan*)
 - [Smokefree Texting Programs](#) (*smokefree texting*)
 - [Smokefree Apps](#) (*smokefree apps*)
 - [Using Nicotine Replacement Therapy](#) (*nicotine replacement therapy*)

Moderate or No Alcohol Use, Substance Abuse

- **Healthy People 2030: Overview of Substance Abuse**
 - [Drug and Alcohol Use Evidence-Based Resources](#) (*healthy people drug alcohol evidence based*)

CDC: Alcohol Portal

- [Check your Drinking: Make a Plan to Drink Less](#) (*cdc check your drinking*)
- [Portal for Federal Underage Drinking Prevention Resources - StopAlcoholAbuse.gov](#) (*stop underage drinking*)
- [SAMHSA: AlcoholFX Mobile App](#) (*alcoholfx app*)
- **CDC: Prescription Opioids**
 - [Addiction Medicine Toolkit](#) (*cdc addiction toolkit*)