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## Statistics that prove we need more **Health Coaching** in primary care

With growing demands on healthcare providers and increasingly sick patients, embedding health coaching into practices can make a meaningful difference in outcomes.

### 01.

An estimated shortage of 120,000 providers could occur within the next 10 years

2019



2029



Only about 6% of Americans include the top five behaviors for preventing chronic disease in their daily routine

### 02.

#### Top 5 behaviors for preventing chronic disease



Regular exercise



Maintaining a healthy weight



Not smoking



Drinking alcohol in moderation



Getting 7-8 hours of sleep each day

### 03.

According to the CDC, a high number of Americans have at least one chronic disease.



**60%** of Americans have a chronic disease



**40%** of Americans have two or more chronic diseases

Most patients said they need more help with chronic disease management

### 04.

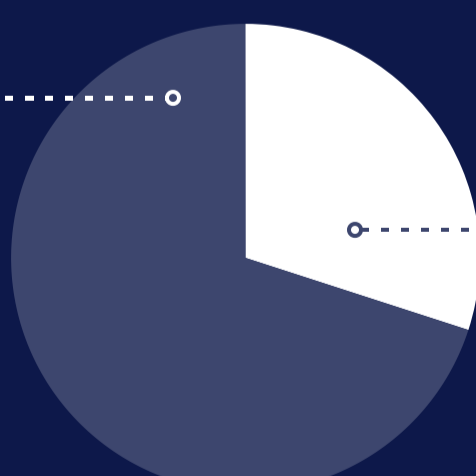


**91%** need more help with chronic disease management

### 05.

Patients reported that their providers rarely check in with them between office visits.

**70%**  
no



**30%**  
yes

#### FIND A PROGRAM THAT WORKS FOR YOUR PRACTICE

There are a number of programs available to train clinicians on health coaching, some lead to a certification, while others are simply programs that result in earning a certificate that acknowledges learners have mastered the content within the training. Find a program that works for your organization, giving your clinicians the appropriate skills to bring health coaching to patients who need more support.

Read the full blog post here:

<https://info.nhanow.com/learning-leading-blog/5-statistics-that-prove-why-we-need-more-health-coaches-in-primary-care>