

Scaling Access to Health transformations

Health Coaching in Clinical Settings

20 June 2025

Dr Emma Richardson, Ms Victoria Perkins



Dr Emma Richardson

MBBS PhD BSc MRCGP

Imperial College
London

- ▶ GP partner and trainer in Devon
- ▶ Imperial college London
 - ▶ Medical degree
 - ▶ PhD - obesity research, fat loss injections
- ▶ Passion for lifestyle and wellness
- ▶ NHS Clinical Entrepreneur Program
- ▶ Hobbies - family, triathlon, yoga teaching.



Victoria Perkins



- ▶ UKIHCA Registered Health Coach
 - ▶ Nutrition and Lifestyle Coach (HIS)
 - ▶ Emotional and Binge Eating Disorder Practitioner (Eating Freely)
- ▶ UKIHCA Education and Training Provider Liaison lead
- ▶ Level 3 Personal Trainer (EIF)
 - ▶ Walking, running, strength - emphasis on community
- ▶ Passionate about helping individuals build agency, self-awareness and lifelong skills to transform their health and wellbeing
- ▶ Outdoor enthusiast - evolved from triathlons to becoming a hiker.

The Problem

- ▶ Obesity and general health crisis
 - ▶ More information and access
 - ▶ Worse health outcomes
- ▶ Overstretched NHS
 - ▶ Reactive system, switch to preventative.
 - ▶ Obesity and related conditions £6.5 billion annually
 - ▶ Modifiable behaviours
- ▶ Health transformation programs in gym settings
 - ▶ Impressive results
 - ▶ Expensive
 - ▶ Limited access
 - ▶ Diet, exercise, personal trainer.
 - ▶ People who need these programs the most don't have access
- ▶ Focus on exercise

The Health Transformation Program (HTP)

- ▶ Duration - 12 weeks
- ▶ Participants - 40 recruited - BMI 30-47
- ▶ Inclusion criteria - broad, GP lead
- ▶ Delivery model - Hybrid - digital and community events
- ▶ Components of the program
 - ▶ Nutrition - wholefoods, portion control
 - ▶ Movement - cardio and resistance exercises
 - ▶ Community - 8 in person community events, digital platform
 - ▶ Support - weekly 20 min health coaching session.



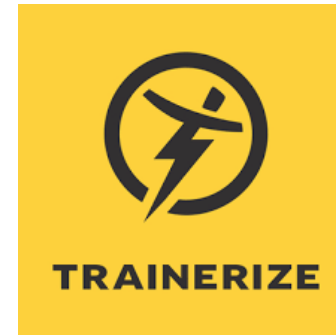
Community events

- ▶ 1- Movement 1 - Nuffield guest speakers, initial exercises.
- ▶ 2- Nutrition - Whole foods, portion control
- ▶ 3- Community
- ▶ 4 - Movement 2
- ▶ 5 - Mindfulness - mindful eating and meditation
- ▶ 6 - Movement 3
- ▶ 7 - Group health coaching and life after the program.
- ▶ 8 - Post program summer bbq

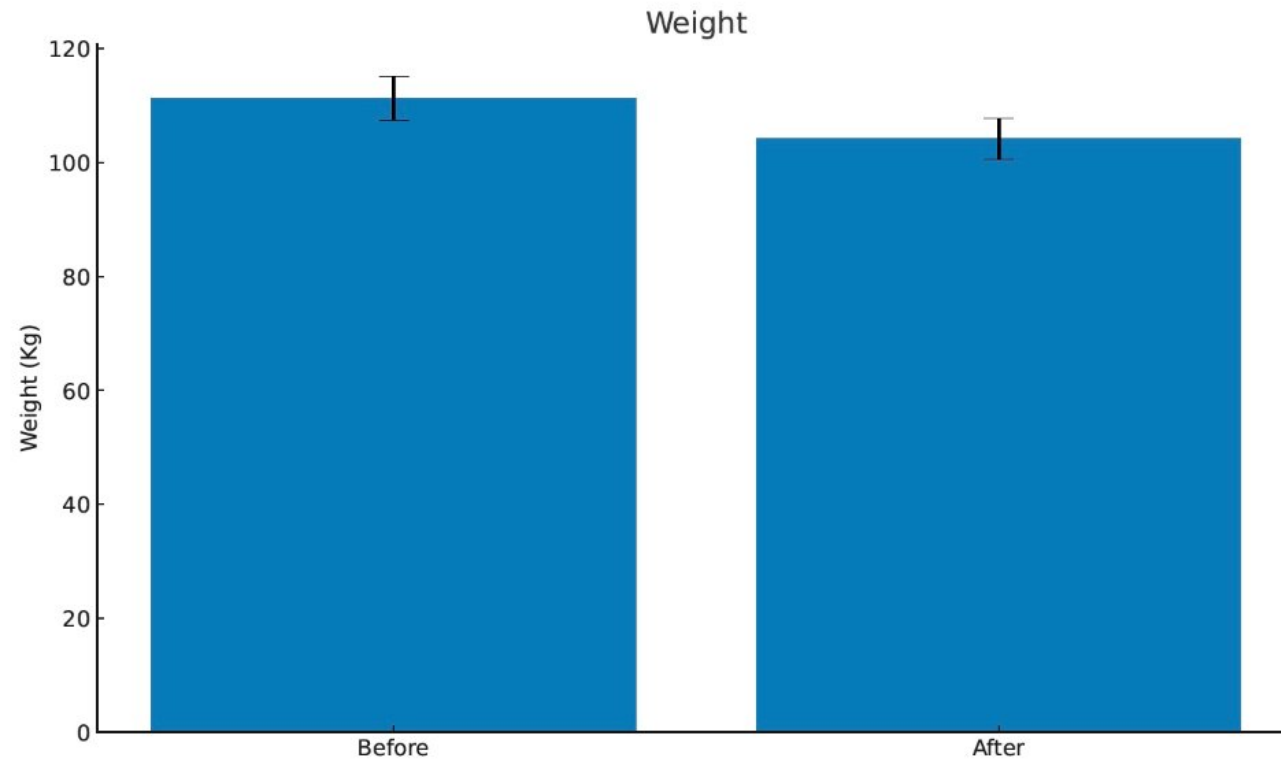


Health Coaching in the HTP

- ▶ **Outlining the Health Coaching Pillar**
 - ▶ A brief for the health coaches
 - ▶ A brief for the patients
- ▶ **Delivery of the Health Coaching Pillar**
 - ▶ Delivery
 - ▶ Coaching Format
 - ▶ Tools & Techniques Used in Sessions
- ▶ **Complimentary support & team collaboration**
 - ▶ Multidisciplinary and fully connected team
 - ▶ Monthly in-person community education and support sessions
 - ▶ Community forum
 - ▶ Tracking



Results



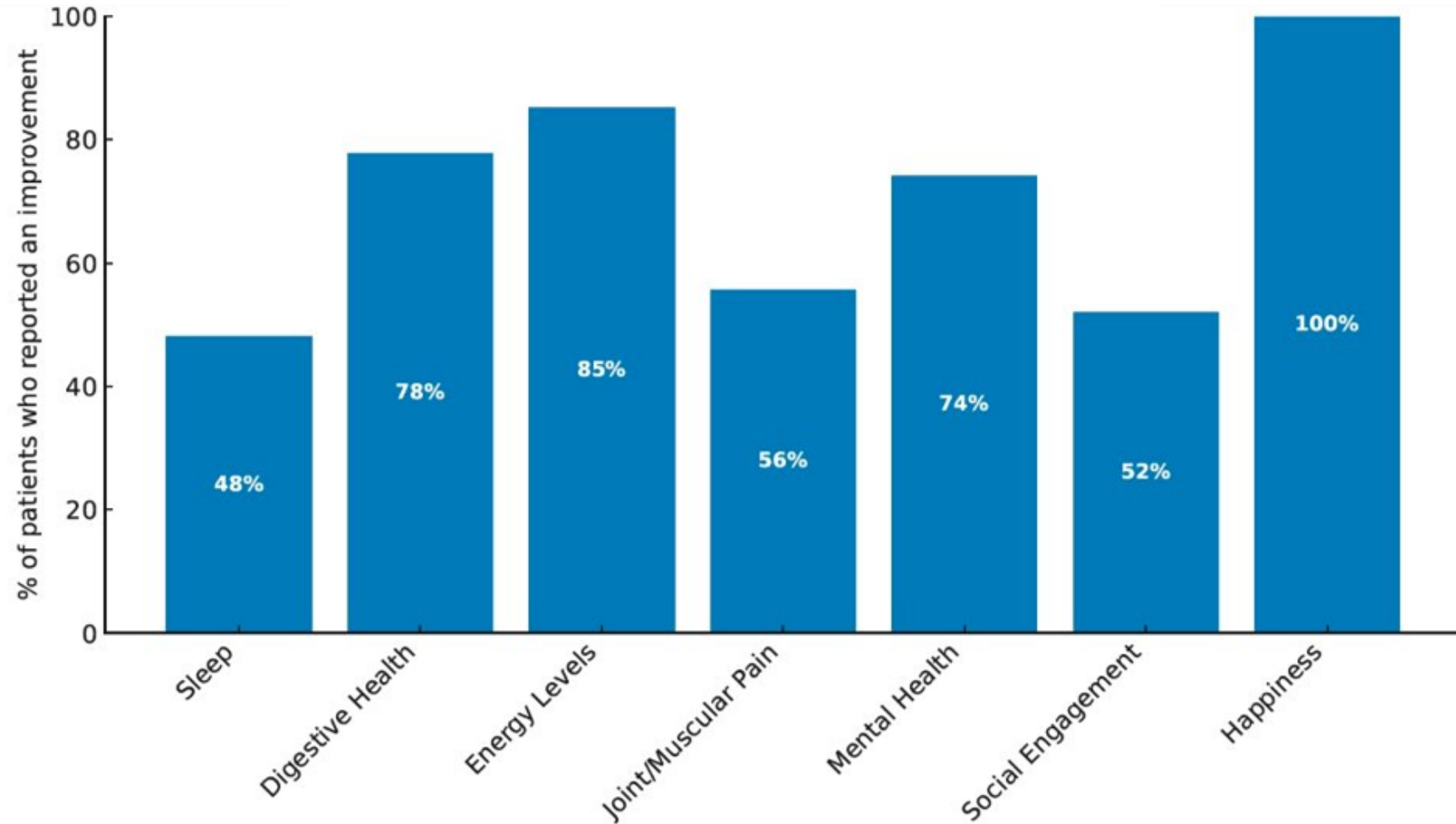
- ▶ Average weight loss = **7kg**
- ▶ Similar to Semaglutide (weight loss injection)

Added benefits....

- ▶ Statistically significant improvement in...
 - ▶ BP
 - ▶ Waist Circ
 - ▶ Hip Circ
 - ▶ Grip strength
 - ▶ Sit to stand
 - ▶ Press up
 - ▶ 6kg fat loss
 - ▶ ALT
 - ▶ Triglyceride
S
 - ▶ Glucose

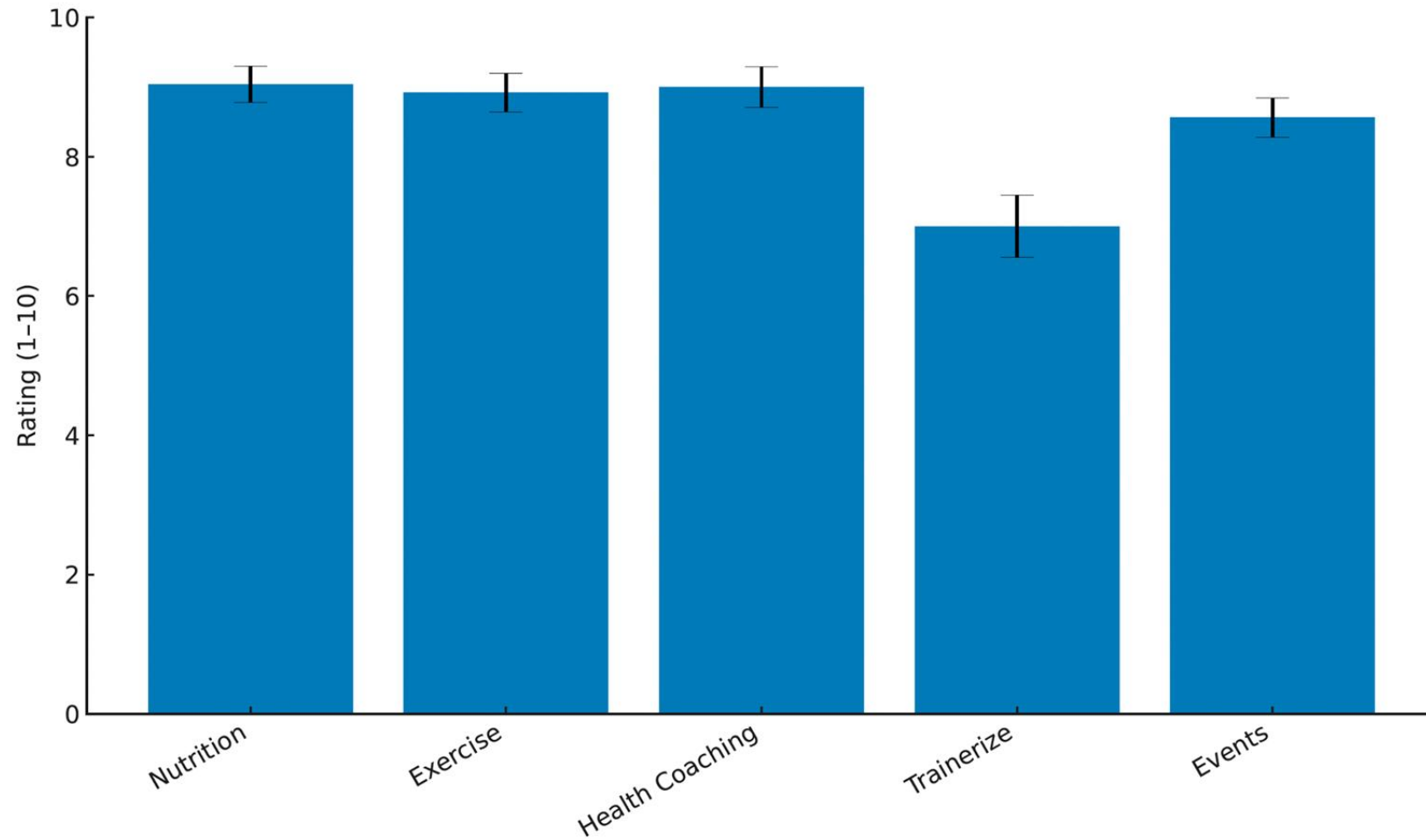


Self reported wellbeing improvements



- ▶ 49% increase in overall health rating
- ▶ 100% would recommend the course

Participant ratings by category



Health coaching participant feedback

- ▶ At times when it didn't feel possible and life was challenging there was a health coach to nudge and question to bring you back on track.
- ▶ Through my coach I have learnt that my downfalls/missteps weren't due to bad luck as it were but rather the results of my own decisions. It is empowering
- ▶ my health coach [was] so enthusiastic and helpful it was infectious and made me want to succeed even more
- ▶ My training coach, has been beside me every step of the way. She is unbelievably intuitive, firm, not probing, encouraging and so very supportive.
- ▶ For me the health coaching sessions were the most influential part of the program
- ▶ The coaching sessions have been invaluable, they made me think about me, without our sessions I wouldn't have made the positive changes I have
- ▶ My health coach has been my guardian angel and I wouldn't have been able to do this without her. Her kindness, intuition, coaching and encouragement has been invaluable and I will be forever in her debt. She has saved me. She is wonderful

Meet Amy



- ▶ 35F works in hospitality
- ▶ Weight 116kg (BMI=40-45)
- ▶ Depression, prediabetes, high bp, NAFLD, chronic fatigue syndrome.
- ▶ 10 medications.
- ▶ Has tried every diet, bigger than she has ever been.
- ▶ Scared of eating food.
- ▶ Exercise difficult
- ▶ Social anxiety

Meet Amy

- ▶ End of 12 weeks
- ▶ Weight = 106kg (BMI=36)
- ▶ 1 medication
- ▶ Normal BP
- ▶ Improved liver markers
- ▶ New community of friends, health champion



Testimonials

- ▶ I am beyond grateful for the support you all have given us all and we are so lucky to be on this amazing journey, I feel I'm finally living not just existing.
- ▶ I'm so much more confident in my own skin and meeting new people, so for me not only is this programme giving me the tools to carry on this lifestyle change but the confidence to grow as a person
- ▶ without your support I would never be in a place in my life as I am now that every morning I want to face the day ahead and do better for me
- ▶ I'm very privileged to have started my exciting new journey with you and I've made friends on the way, so winning all round.

Lessons Learned

- ▶ My program highlight
- ▶ Participant recruitment
- ▶ Meeting the health coaches face to face.
- ▶ Health champions
- ▶ Follow up
- ▶ Future programs

Closing thoughts

- ▶ There are 6000 people like Amy in Culm Valley PCN, 347,000 in Devon and 15 million across the UK
- ▶ Connection with patients
- ▶ Learning from the fitness industry
- ▶ The power of health coaching

Thank you



ANTIDOTE

seca



Questions?