

House Resolution 1681

By: Representatives Wilkerson of the 38th, Smith of the 41st, Alexander of the 66th, and Bruce of the 61st

A RESOLUTION

- 1 Recognizing and commending health and wellness coaches; and for other purposes.
- 2 WHEREAS, the Centers for Disease Control and Prevention considers chronic diseases to
3 be "the public health challenge of the 21st century"; and
- 4 WHEREAS, decades of research have linked lifestyle factors such as inactivity, poor diet,
5 tobacco smoking, and sustained stress with increased risk for major illnesses and death; and
- 6 WHEREAS, the costs associated with treating many chronic diseases are high and often
7 preventable; and
- 8 WHEREAS, a health and wellness coach is a new type of healthcare worker who serves as
9 a supportive mentor to motivate individuals to make positive health choices and move toward
10 specific wellness goals; and
- 11 WHEREAS, health and wellness coaches support clients in achieving good health based on
12 the goals of each client in a manner consistent with the treatment plan recommended by a
13 healthcare provider for the client; and
- 14 WHEREAS, health and wellness coaches assist clients in making healthy lifestyle changes
15 by encouraging them to use insight, personal strengths, and resources; to set goals; to create
16 action steps; and to hold themselves accountable; and
- 17 WHEREAS, health and wellness coaches play a vital role in improving individual wellness
18 that complements, and does not replace, the work of healthcare professionals; and
- 19 WHEREAS, an increasing number of studies demonstrate the effectiveness of health and
20 wellness coaches in improving individual wellness and reducing healthcare costs; and

21 WHEREAS, the United States Senate has expressed its own support for health and wellness
22 coaches.

23 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
24 the members of this body recognize and commend health and wellness coaches for their
25 contributions to healthcare.

26 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized
27 and directed to make appropriate copies of this resolution available for distribution to the
28 public and the press.