Peer Health Coaching:

Some preliminary findings.

As part of a Peer Health Coaching program conducted in SA, we asked people to complete a questionnaire on entry and again on exit from the program. The questionnaires included a variety of questions looking at wellbeing, health literacy, personal situation, and health behaviours of people.

The below is a summary of some of the data collected in the questionnaire.

At the end of the program we had:

* 38 Pre-questionnaires completed
* 20 Post-questionnaires completed

Accompanying the program is a research project. Our aim is to publish the results of the research project using the data from people who agreed to participate in the research. We will publish more detailed analysis as part of this research project.

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| **World Health Organisation Wellbeing Index** |

The World Health Organisation Wellbeing Index (WHO-5) is a 5-item questionnaire that is used widely to measure subjective psychological wellbeing (Topp et. al. 2015) People are given a score out of 100. The higher the score the higher the subjective wellbeing. People who score below 50 are more likely to have higher mortality rates to those scoring above 50 (Topp et. al. 2015)

There were 20 people in the Peer Health Coaching program who completed the questionnaire when they entered and exited the program. There was an increase in WHO-5 scores from entry (44.6) to exit (64.6). The increase in mean scores of 20 is statistically significant; 95% confident that the increase in mean score on the WHO-5 is between 9.0 and 31.5

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| **Healthy Behaviours** |

We asked people about their how much exercise they do, and about their vegetable and fruit consumption. Below are several summary graphs. (Entry n=36, Exit n=19)

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| **Health Literacy** |

We asked people 5 questions from the Health Literacy Questionnaire (HLQ) that was developed by Deakin University (Osborne et al 2013). The HLQ is a 44-item questionnaire which can be grouped into 9 indicators of health literacy exploring how people attempt to engage in understanding, accessing and using health information and health services. We asked questions under the indicator ‘Managing your health’, as we thought this indicator was most in line with the aims of the program. As part of this indicator, people are given an average score. The range of scores can be between 1 and 4. The higher the score, the higher the health literacy. Another way to look at the score is if the average score is below 3, it is an identified area of need, and a score above 3 indicates a strength.

There were 20 people in program who completed the HLQ questions when they entered and exited the program. There was an increase in the ‘Managing your health’ indicators scores from entry (2.6) to exit (3.2). The increase in mean scores of 0.6 is statistically significant; 95% confident that the increase in mean score on this indicator is between 0.3 and 0.9

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| **Health Goals** |

When we asked people to identify their primary health goal for the program the most common goal was weight loss, followed by increasing activity levels and eating healthier.

We asked people to describe their progress towards their health goal and how helpful they found the sessions with the coach:

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| **Progress towards goal** | |
| **Much more than expected** | 20% |
| **More than expected** | 35% |
| **Expected outcomes** | 35% |
| **Less than expected** | 0% |
| **Much less than expected** | 10% |
| **Helpfulness of sessions** | |
| **Very helpful** | 85% |
| **Moderately helpful** | 15% |
| **A little helpful** | 0% |
| **Not at all helpful** | 0% |

When we asked what benefits they experiences from working towards their health goal some of what they highlighted included:

* Losing weight
* Having more energy
* Being more active
* Feeling better
* Learning new coping strategies
* Having more focus and clarity