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TIM RYAN
CONGRESS OF THE UNITED STATES
13TH DISTRICT, OHIO

COMMITTEE ON APPROPRIATIONS
DEFENSE SUBCOMMITTEE
TRANSPORTATION, HOUSING, AND URBAN
DEVELOPMENT SUBCOMMITTEE
COMMITTEE ON THE BUDGET

December 22, 2014

Dear Health and Wellness Coaches:

I wish to take this opportunity to commend the work of Health and Wellness Coaches and wish this vibrant and valuable new profession continued growth and achievement. The United States faces a health crisis due in large part to the prevalence of costly chronic conditions which are largely brought on by poor lifestyle choices. Health and Wellness Coaches work with individuals and shift them from being passive recipients of expensive health care interventions to adopting a responsible, self-directed, proactive stance that facilitates lasting positive change. Consumers and patients have better health outcomes when they are active participants in improving the health and wellness.

I have long been a supporter of an individual's right to access the health care and wellness choices they have decided is best for themselves and their families. We need continued access to affordable health insurance, and ensure access to new, safe, and affordable medical advances, treatments and practitioners.

Lifestyle-related chronic diseases are a significant part of the current health crisis in the United States. Simply, those that adhere to healthful diet, physical activity and lower stress have lower risks of all illnesses than those that do not. Healthful lifestyles play a vital role in the prevention of chronic disease and mental and physical ailments; and the escalating cost of lifestyle-related disease is estimated to comprise approximately 75% of our health care dollars(1). It is vital that Health and Wellness Coaches continue to expand their good work, the nation needs it.

I also want to congratulate the progress made by Health and Wellness Coaches and wish them the best during National Health and Wellness Coach Week, January 12th, 2015 through January 18, 2015.

It will take a concerted effort all by parties, especially Health and Wellness Coaches working in concert with other providers, to reduce costs and expand individual choices and improve our nation's health.

Sincerely,

Tim Ryan
Member of Congress

(1) Centers for Disease Control. Preventing Chronic Disease by Activating Grassroots Change At A Glance 2011

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