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EIM Research Short



Researchers at John Hopkins University explored the effectiveness of a physician-designed, fully automated, mHealth intervention, which both tracked patient physical activity levels and provided text messaging reminders. The mHealth intervention was integrated into the clinical care practice of a cardiovascular disease prevention center in Baltimore, Maryland. The study provides initial evidence that mHealth can be successfully used to increase step counts and daily activity levels and that smart phones may effectively serve as facilitators, not drivers, of physical activity behavior change in a clinic care setting where health care providers may not see their patients for several months between visits.

To read the full story, [click here](#).

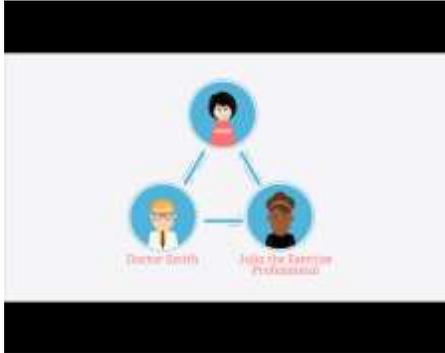
Meet the EIM Leader

This month, we are highlighting the work of Dr. Jürgen Steinacker. Dr. Steinacker serves as the EIM European Regional Center Director, as well as a Professor of Medicine at the University of Ulm in Germany. Dr. Steinacker's work to promote and develop the EIM initiative in Germany and throughout Europe has been invaluable in helping to expand the global reach of EIM.

To read more about Dr. Steinacker, please [click here](#).



EIM Resources - What is the EIM Solution?



Earlier this year, the EIM Solution was formally launched at the [National Press Club](#). To heighten awareness of the initiative and work currently being done, the EIM Solution story is now being told creatively in a [new video](#). To see the video, [click here](#).

The EIM Solution brings together health care systems, clinicians, fitness professionals and community resources to bring about positive health outcomes and reduce associated health care costs.

The EIM Solution is the next strategic phase of the [Exercise is Medicine program](#) that was [co-launched with the American Medical Association in 2007](#). Program partners include the [American Council on Exercise](#) (ACE) and the [Medical Fitness Association](#) (MFA). The EIM Solution also is supported by corporate partner [DonJoy Global](#).

EIM International - EIM Qatar

Earlier this year EIM Qatar put out their fourth online issue of “Namat” (which means “Lifestyle”), a magazine published quarterly by their Healthy Lifestyle Programme. This issue titled “Exercise is Medicine” highlights physical activity promotion and the use of exercise as a therapeutic means of treatment for their patients. This special issue dedicated to EIM covers different areas of how exercise plays a role in the treatment and management of chronic conditions, such as in those with osteoarthritis or hypertension.

To read the full issue or learn more about EIM Qatar’s work, [click here](#).



EIM in the News

Exercise is Medicine Month Celebrated by UC Irvine



On May 12th, UC Irvine Health Pediatric Exercise and Genomics Research Center (PERC) celebrated “Exercise is Medicine” Month with Dr. Michael Stamos, MD Interim Dean, UC Irvine School of Medicine and 200 pediatricians, family physicians, students, and PERC collaborators and supporters. Together, they are launching an EIM Pediatric training program for primary care child health professionals nationwide to prescribe and promote physical activity beginning in early childhood. At the official launch, six-time Olympic medalist Jackie Joyner-Kersey, shared her compelling story of overcoming severe asthma and the importance of how exercise and medicine can, and should, work

together seamlessly. The event was a huge success, bringing out many individuals in support of exercise become a standard in pediatric health.

EIM on Campus Award Presentation at Jacksonville University

In April 2016, Dr. Bob Sallis, EIM Advisory Board Chair and a physician at Kaiser Permanente in Southern California, gave a distinguished lecture at Jacksonville University (JU). While there, Dr. Sallis awarded JU a Bronze Level Recognition Certificate for the 2015-2016 year, acknowledging their efforts of promoting the mission and vision of EIM on their campus. In attendance at the event was both the president of the university, as well as the mayor of Jacksonville, to show their support of the EIM initiative on the JU campus in the Jacksonville community.



Upcoming EIM Events

EIM Credential Workshops



Upcoming EIM Credential Workshops will be held in Teaneck, New Jersey (July 30 and 31) and Indianapolis, Indiana (September 17 and 18). These workshops provide exercise professionals with an opportunity to build on their education and experience to fill a new role as part of an expanded Community Care Team.

Community care is becoming a significant component of accessible health care in the referral and delivery of chronic disease prevention programs that include physical fitness. The EIM Professional Credential workshop, presented by [DJO Global](#), and offered in partnership with the American College of Sports Medicine (ACSM), the [American Council on Exercise \(ACE\)](#), and the [Medical Fitness Association \(MFA\)](#), includes two days of training and an opportunity to take the EIM Credential certificate exam.

To learn more and register, [click here](#).

European Initiative for Exercise is Medicine (EIEIM) 5th Annual Meeting

For the fifth consecutive year, the EIEIM will be hosting its Annual Meeting in Copenhagen, Denmark (September 5th and 6th). The meeting titled "Exercise and Aging - From hospital care to secondary prevention and aging athletes" will have sessions on the role of exercise in improving patient treatment, the role of exercise in aging, and several other engaging sessions linking together the fields of exercise and medicine.



To learn more about attending the meeting, [click here](#) for the full program with meeting details.

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