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EIM in Action - Story from the Field: Cabarrus Health Alliance by Jessica Montana

In response to the Healthy People 2020 objective of "increasing the proportion of physician office visits that include counseling or education related to physical activity", Cabarrus Health Alliance (CHA), the public health authority for Cabarrus County, North Carolina recognized the EIM model as an effective strategy for physical activity (PA) assessment, prescription and referral and integrated it into their existing workflows. Through a CDC-funded grant, the CHA group launched their Cabarrus Exercise is Medicine initiative to train providers and clinics to integrate the EIM model in health care systems, and to date, they have trained a total of six clinics that collectively treat over 5000 patients.



To read more about CHA's story, [click here!](#)

EIM Resources - EIM Emerging Leaders Announced!



As part of our ongoing mission to train new leaders to help with the systematic integration of physical activity in health care, EIM has started the EIM Emerging Leader program. Individuals selected for the Emerging Leader program will represent EIM at national and international events, gain an in-depth understanding of ongoing EIM activities, and be positioned to provide assistance in the implementation and evaluation of the EIM Solution into health care systems.

We are proud to announce our first cohort of EIM Emerging Leaders:

- Allison (Ally) Bowersock (Assistant Professor, Jefferson College of Health Sciences)
- Renee M. Jeffreys-Heil (Assistant Professor, Florida Gulf Coast University)
- Cindy Lin (Clinical Assistant Professor, University of Washington)
- Cherie Pettitt (Assistant Professor, Minnesota State University – Mankato)

To learn more about our EIM Emerging Leader program and these individuals, please [click here](#).

Meet Your EIM Leaders - Dr. Bob Sallis, MD, FACSM

This month, our featured EIM Leader is Dr. Bob Sallis of Kaiser Permanente in California. Dr. Sallis currently serves as the chair of the EIM Advisory Board and is also the co-Director of the Sports Medicine Fellowship at Kaiser Permanente Medical Center in Fontana, California and is also a Clinical Professor of Family Medicine at the UC Riverside School of Medicine.



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

EIM Research Short - *The Wild West: Integration of mHealth to Support the EIM Solution*



Mobile health (mHealth) is a valuable tool that can be used to monitor and assist in the individualization of behavior change strategies to improve the quality of care and health status of patients. A recent article by Lobelo and colleagues (2016) outlines the potential roles of mHealth in connecting and integrating physical activity in health care systems. In their article, the authors discuss the role of wearable monitors in assessing physical activity and relaying this information to the health care provider in a meaningful and usable manner.

However, Lobelo and colleagues discuss the many challenges we face in streamlining the utilization and improving the connectivity of health care providers, patient electronic medical records, and community programs/professionals.

To read the full research short, [click here](#). Or visit the [EIM Global Research and Collaboration Center](#) page to see the article.

EIM Events

EIM Month is just around the corner!



May is Exercise is Medicine Month and a time to bring awareness to and focus on the issue of physical inactivity. This EIM Month, all health care providers are being called to bring EIM to their practices and patients! Health care providers have the ability to impact patients in becoming more physically active and combat the development of chronic disease and disability.

The new EIM Month 2016 Toolkit is now available. To download, visit the [EIM Month webpage](#).

EIM on Campus Recognition Event at this Year's World Congress on Exercise is Medicine

EIM on Campus will be recognizing over 50 campuses from around the world for their EIM initiatives. This EIM on Campus Recognition event will be held on Wednesday, June 1st from 5:30-6:30pm EST at this year's World Congress on Exercise is Medicine and ACSM's Annual Meeting in Boston, Massachusetts.

We look forward to acknowledging our campuses for their hard work and diligence in making EIM a part of their campus culture.



To learn how to get your campus involved with EIM, click [here](#).

Attention Health care Providers and Exercise Professionals!



We are looking to gather and publicize stories of health care providers and exercise professionals who have either developed exercise referral schemes and are referring their patients to local exercise professionals and programs and/or receiving patient referrals from local healthcare providers.

If you are interested in sharing your experiences with us, please email us at ateim@acsm.org with subject line: "Share My Story – HCP" for health care providers and "Share My Story - Ex Pro" for exercise professionals.

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