



Meet the EIM Leader



Name:

Dr. Elizabeth (Liz) A. Joy, MD, MPH, FACS

Background:

Intermountain Healthcare – Family Medicine and Sports Medicine

ACSM President-elect

University of Minnesota – BS Biochemistry and MD

University of Utah - MPH

What is your current work position and title?

Intermountain Healthcare, Medical Director, Community Health; Family Medicine and Sports Medicine, Salt Lake City Clinic LiVe Well Center; President-elect – American College of Sports Medicine

How and when did you get involved with EIM?

From the very beginning! I have always had a passion for physical activity promotion dating back to medical school.

How do you promote EIM through the work that you do?

I championed the development and integration of the Physical Activity Vital Sign (PAVS) in Intermountain's electronic health record (EHR). I chair the EIM Clinical Practice Committee and serve on the EIM Advisory Board.

How has EIM influenced the work you do professionally and those you work with (your patients/clients/colleagues)?

EIM adds even more credibility to efforts by me and others to meaningfully integrate physical activity promotion into the healthcare setting.

Has EIM impacted you personally? If “yes”, how so?

If you’re not walking the walk, you shouldn’t talk the talk, so EIM has definitely kept regular physical activity front and center in my personal life and work life.

What are some of the successes that have you seen implementing EIM into your work?

My colleagues at Intermountain have largely “drunk the Kool-Aid” that healthcare providers and teams should prioritize physical activity promotion with patients of all ages.

What advice do you have for early career professionals wanting to promote and develop careers related to EIM?

There are opportunities for health professionals, fitness professionals, and exercise scientists to be engaged and involved in EIM, whether it is clinical care, research, education, and/or advocacy. We all need to work together to optimize our efforts to make regular physical activity as ubiquitous to the lives of our patients, clients, and communities as brushing your teeth!

