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EIM in the News

ACSM Partners with ACE and MFA to Launch the EIM Solution

To jointly address the rapid progression of chronic diseases and skyrocketing health care costs, [Exercise is Medicine®](#), along with the [American Council on Exercise](#) (ACE) and the [Medical Fitness Association](#) (MFA) announced a new collaboration to promote the [Exercise is Medicine Solution](#). The partnership will focus on better bringing together health care systems, clinicians, fitness professionals and community resources to affect positive health outcomes and reduce health care costs. The announcement was made at the National Press Club in Washington D.C. on February 23rd and included a keynote speech by the 18th U.S. Surgeon General, Regina Benjamin, M.D.



This partnership between ACSM, ACE and MFA represents nearly half of the fitness professional industry in the U.S. As part of the strategy to integrate physical activity as a vital sign in health systems and connect patients to community resources, the collaboration will continue the work of expanding the EIM program into regional health systems. For more about the Exercise is Medicine Program, visit the website at www.exerciseismedicine.org.

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

ACSM Partners with Walk with a Doc



On February 10th, the American College of Sports Medicine and Exercise is Medicine announced an official partnership with the Ohio-based, physician led organization [Walk with a Doc \(WWAD\)](#). Created by Dr. David Sabgir, WWAD's mission is "to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country." The physician is an important point of

information for many patients in terms of changing health behaviors and health outcomes, one being the discussion of engaging in regular physical activity. The mission of WWAD strategically aligns with the vision of EIM, to see every provider engaging their patients in the physical activity conversation. We are excited to see how this collaboration will spread the message of communicating the importance of physical activity in the clinical setting.

Emory University Rollins School of Public Health launches EIM Global Research Center

For five years, the Exercise is Medicine (EIM) initiative of the American College of Sports Medicine has helped build local networks to support the systematic integration of PA as a vital sign and a routine component of health care system's implementation of population health management and the prevention and treatment of chronic diseases in the US and globally via the "[EIM Solution](#)."



Large-scale implementation of the EIM Solution across different populations, settings and health care systems is a complex process. Accordingly EIM, in collaboration with [Emory University Rollins School of Public Health](#) has established and launched the [EIM Global Research Center \(EIM-GRCC\)](#), the academic hub in charge of leading the evaluation of the EIM initiative in collaboration with partnering health care systems, community organizations, fitness and technology companies.

To read more about the official launch, [click here](#).

EIM International

EIMC presents to Canadian Senate Committee

On May 28, 2015, Jonathon Fowles, PhD, presented on behalf of EIMC to the Senate Standing Committee on Social Affairs, Science and Technology. The Senate committee invited EIMC to present as part of an examination of the increasing incidence of obesity in Canada: its causes, consequences, and the way forward, including: food and diet, lifestyle, provincial and federal initiatives, and international best practices. Dr. Fowles is a lead faculty for the nationally accredited *EIMC Exercise Prescription in Primary Care* workshop. His research team is analyzing workshop data to examine its impact on the knowledge, attitudes, and behaviors of physician delegates.



To read more, [click here](#). For more information about the Senate committee [visit their site page](#).

Details of the EIMC physician workshops can be found on [EIMC's website](#).

EIM in Action

Improving Patient Health through Physical Therapy-based Referrals – The PT-REFER Project



The Health Promotion Research Center at the University of Washington has developed and is currently testing a new referral system to engage older adults in regular physical activity through the creation of a community-clinical linkage between physical therapists and YMCAs. Physical therapists will be providing their older adult patients with a referral to local YMCAs to participate in an evidence-based physical activity program - [EnhanceFitness](#). Participation in EnhanceFitness is associated with improvement in health and functional outcomes, and the goal of the new referral system is to increase the number of older adults who participate – to date, the program has impacted over 58,000 individuals in 39 states across the U.S. This linkage between clinical (physical therapists) and community (YMCAs) settings is an example of the long-term vision of Exercise is Medicine® to integrate physical activity into all aspects of the health care setting.

To read more about this story, [click here](#).

Meet Your EIM Leaders



Dr. Benedict (Ben) Tan - EIM Singapore

This month we'd like to introduce Dr. Benedict Tan, the Director of the EIM Singapore National Center. Dr. Tan is a Sports Medicine physician, Olympian and recently appointed Member of Parliament in Singapore. He is also Chief of Sports Medicine at Changi General Hospital.

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

Upcoming EIM Events

EIM Credential Workshop at the ACSM Health and Fitness Summit - Orlando, Florida

Ask any doctor about exercise and they will tell you that their patients don't get enough of it. Ask any fitness professional and they will complain that doctors don't know how to refer their patients to them. This preconference event teaches

participants how Exercise is Medicine® is bridging that gap in creating a multi-organizational platform working to connect doctors and exercise professionals in local communities and prepares participants to receive patient referrals from their local doctors. Participants who successfully complete the course and pass the exam at the end of the course will receive the Exercise is Medicine® Credential*. To learn more about the Summit, [click here](#).



*Please note that only those attendees who have either an NCCA or an ANSI/ISO accredited exercise professional certification will be eligible to take the EIM Credential exam.

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