

EIM USA



Dr. Liz Joy

EIM Governance Board Chair

Liz Joy, MD, FACSM

Affiliation

Intermountain Health

Program Manager

Eric Utterback

Affiliation

American College of Sports Medicine

Host Institution – American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the largest sports medicine and exercise science organization in the world.

With more than 40,000 members and certified professionals worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.



EIM Governance Board

Affiliation

Bob Boone, FACHE, FMFA	<ul style="list-style-type: none"> • President and CEO, Medical Fitness Essentials Consulting
Elizabeth Fallon, DrPH, PhD, CHES	<ul style="list-style-type: none"> • Division of Population Health, Centers for Disease Control and Prevention (CDC)
Stacy Fischer, M.D., FACSM	<ul style="list-style-type: none"> • Former ACSM President • Sports Medicine Physician, Nationwide Children's Hospital
Jonathon Fowles, PhD, FACSM	<ul style="list-style-type: none"> • Professor, School of Kinesiology, Acadia University • International representative (EIM Canada Scientific Director)
Stanley HUI, PhD	<ul style="list-style-type: none"> • Principal, Henry Fok Pearl Jubilee College, University of Macau • Honorary Professor, Chinese University of Hong Kong • International representative (EIM Hong Kong)
Carrie Jaworski, MD, FAAFP, FACSM	<ul style="list-style-type: none"> • ACSM President Elect • Director, Primary Care Sports Medicine Fellowship & Division Head Primary Care Sports Medicine, NorthShore University
Elizabeth A. Joy, MD, MPH, FACSM	<ul style="list-style-type: none"> • Chief, Division of General Internal Medicine, Intermountain Healthcare
Cindy Lin, M.D., FACSM, FAAPMR	<ul style="list-style-type: none"> • Sports Medicine and Physical Medicine & Rehabilitation Physician, Department of Rehabilitative Medicine, University of Washington
Rachele Pojednic, PhD, EdM, FACSM	<ul style="list-style-type: none"> • Director, Scientific Research, Restore Hyperwellness • Director of Education, Stanford Lifestyle Medicine • Adjunct Lecturer, Stanford University
Robert E. Sallis, MD, FACSM	<ul style="list-style-type: none"> • Sports Medicine Physician, Kaiser Permanente Fontana Medical Center

2024 Goals

- Create a representative leadership structure that develops and leads EIM strategy and initiatives consistent with and to advance the mission of ACSM
 - Drive changes in policy facilitating the advancement of technology in healthcare through strategic partnerships, including the Physical Activity Alliance (PAA)
 - Create and implement program-specific fiscal sustainability/profitability threshold policies including consideration of non-monetary value of programs
 - Evaluate data and make evidence-based decisions on program value
 - Quantify the indirect value that EIM brings to ACSM (e.g., international growth and exposure, attractiveness to physicians)
 - Develop additional research collaborations and partnerships
 - Grow and enhance the EIM Global Network through improvements in structure, support, shared resources, and increased connectivity
 - Develop partnerships with like-minded professional organizations to advance EIM across multiple domains (e.g., connection to health and fitness, integration in healthcare delivery)
 - Improve and expand the EIM fitness professional experience and workforce by leveraging internal ACSM resources
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Accomplishments to Date

- Formally established the Exercise is Medicine® initiative in 2007
 - EIM Global Network currently consists of >35 EIM National Centers
 - Comprehensive implementation of the EIM Solution in the Prisma Health-Upstate System ([EIM Greenville](#))
 - Partnered with major health professional societies including the American Physical Therapy Association, American Association of Nurse Practitioners, American College of Lifestyle Medicine, North American Spine Society, Preventive Cardiovascular Nurses Association, and the Foundation for Physical Medicine & Rehabilitation
 - Integration of the Physical Activity Vital Sign (PAVS) in multiple health systems across the country (e.g., Kaiser Permanente California, Intermountain Health, University of Washington, University of Michigan)
 - Worked with EPIC, a major electronic medical record vendor, to bring the physical activity vital sign (PAVS) to the top of their SDOH section
 - Development of >40 patient handouts as a part of the Prescription for Health series that are tailored for people across the lifespan or who for those with different health conditions. Handouts have been translated into Spanish and several other languages
 - Developed multiple other tools for public use including the Health Care Providers' Action Guide and the Exercise Professionals' Action Guide
 - Revamped criteria/guidelines for the EIM Credential, including the development of a virtual, asynchronous, highly engaged EIM Online training
 - Growth of EIM On Campus program to >250 campuses across the U.S. and globally
 - Developed a cancer-specific version of EIM called 'Moving Through Cancer' through which a [virtual booklet](#) has been produced along with a program directory that has captured >1600 exercise programs around the country
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