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Health & Physical Activity Field Specialist





**“What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension & obesity?”**

*Robert E. Sallis, Exercise is Medicine*

# How Much Physical Activity?



- **150 minutes** of moderate-intensity physical activity per week, or **75 minutes** of vigorous intensity physical activity per week
- Muscle-strengthening exercises at least **2 or more days** per week that work all major muscle groups
  - **8-12** reps per session

2008 Physical Activity Guidelines for Americans

# South Dakota Adults



- 53.7% of South Dakotans get the recommended 150 minutes of **aerobic exercise** per week.
- 27.7% of South Dakotans get the recommended amount of **muscle strengthening** per week.
- Only 18.4% of South Dakotans get the recommended 150 minutes of both **aerobic activity & muscle strengthening combined.**

2013 BRFSS

# 23 1/2 Hours



<https://www.youtube.com/watch?v=aUaInS6HIGo>

# Physical Activity & Healthcare



- The health care sector is our **Nation's largest industry**.
- Healthcare sector has increasingly emphasized **early intervention** and **prevention**.
  - Unique opportunity to encourage adults, children, and families to increase their daily physical activity.



# Physical Activity TREATMENT



- Exercise can be a powerful complement to traditional medical intervention
- May allow a physician to reduce a patient's drug dosage or eliminate the need for medicine
  - **Atherosclerosis**
  - **CVD**
  - **Type II Diabetes**
  - **Arthritis**
  - **Hypertension**

# Exercise is Medicine (EIM)



- Co-launched by American Medical Association and American College of Sports Medicine in 2007
- Global health initiative focused on integrating physical activity into healthcare provider services and linking patients to evidence-based community programs



# EIM Vision



- Healthcare providers (HCP) assess every patient's level of physical activity at every clinic visit
- Embedding a physical activity vital sign into electronic medical records



# EIM Vision



- Determine if the patients are meeting U.S. National Physical Activity Guidelines
- Embedding a physical activity vital sign (PAVS) into electronic medical records (EMRs)



# EIM Vision



- Patient counseling to help him/her meet the guidelines and/or refer the patient to either healthcare or community-based resources for further PA counseling
- National network of evidence-based PA programs & resources
- Providing a clinical decision support system linking clinical and community so HCPs can offer behavioral PA counseling and refer patients to fulfill their PA "prescription" in the community



# Connecting the fitness industry with the medical industry



# Why is healthcare focused on chronic disease?



- 80% health problems related to chronic disease
- Approximately 66% of the total U.S Health Care spending is associated with care for those with multiple chronic diseases
- Population health management
- Physical activity in clinical setting is now a 'must have'

# Physical Activity Vital Sign (PAVS)



## ■ Physical Activity as a Vital Sign:

- *On average, how many days a week do you perform moderate intensity physical activity or exercise, where your heart is beating faster and your breathing is harder than normal (such as a brisk walk)?*
- *On average, how many total minutes of physical activity or exercise do you perform on those days?*

**Days/Week X Minutes/Day = min/week (PAVS)**

# Where is the PAVS?



- Mayo Clinic Health System
- Kaiser Permanente
- Intermountain Medical Group

## Exercise is Medicine

The infographic is set against a teal background. It features three white speech bubble icons arranged horizontally. Each icon contains a symbol representing a health benefit of exercise. Below each icon is a short paragraph of text.

- Cardiovascular:** A red heart with a white ECG line. Text: "Exercise improves the cardiovascular system, can lower blood pressure and lower cholesterol."
- Blood Glucose:** A blue and white syringe. Text: "Exercise helps control blood glucose, manage weight and can improve insulin sensitivity."
- Joint Pain:** An orange silhouette of a person in a yoga tree pose. Text: "Exercise decreases joint swelling and pain associated with arthritis."

# National Physical Activity Plan

## Healthcare Sector



### **STRATEGY 1**

Make physical activity a patient “vital sign” that all health care providers assess and discuss with their patients.

[VIEW TACTICS](#)

### **STRATEGY 2**

Establish physical inactivity as a treatable and preventable condition with profound health implications.

[VIEW TACTICS](#)

### **STRATEGY 3**

Use a health care systems approach to promote physical activity and to prevent and treat physical inactivity.

[VIEW TACTICS](#)

### **STRATEGY 4**

Reduce disparities in access to physical activity services in health care.

[VIEW TACTICS](#)

### **STRATEGY 5**

Include physical activity education in the training of all health care professionals.

[VIEW TACTICS](#)

### **STRATEGY 6**

Advocate at the local, state, and institutional levels for policies and programs that promote physical activity.

[VIEW TACTICS](#)





# South Dakota State Plan for Nutrition and Physical Activity



**Goal XI:** Promote adoption of healthcare provider behaviors that lead to quality care improvement changes within health systems.

- Strategy XI.1. *Support assessment of physical activity at every visit with a healthcare professional.*
- Strategy XI.2. *Advocate for inclusion of physical activity as a patient “vital sign.”*

# Barriers



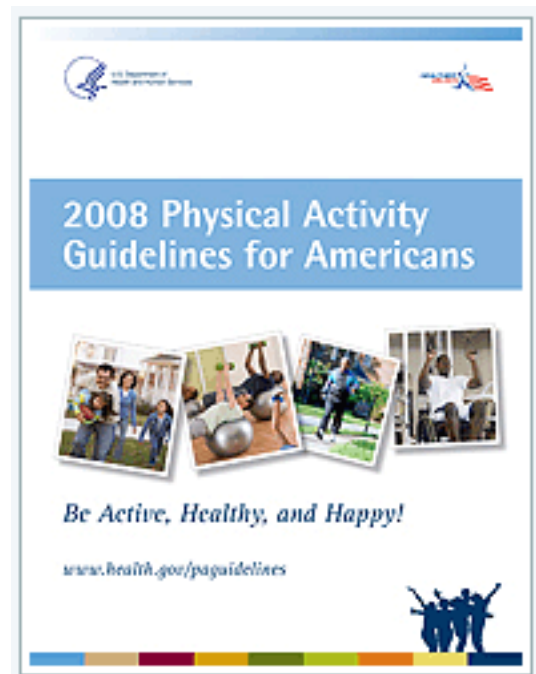
- HCP Workload
- Lack of **objective** measurement
- Physical Activity Counseling
  - challenging, lack of resources, time consuming
- Exercise professionals

# What are we doing in South Dakota?



- South Dakota Healthcare Physical Activity Advisory Group
- Park Prescriptions Project
- EIM Credential scholarship for exercise professionals
- Rx Exercise Pads





# Thank You!



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