

# Healthy Rowan Exercise Is Medicine® Initiative

## Background

The vision of Exercise is Medicine® (EIM), a global health initiative managed by the American College of Sports Medicine (ACSM), is to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere and of all abilities.

EIM encourages physicians and other health care providers to include physical activity when designing treatment plans and to refer patients to evidence-based exercise programs and qualified exercise professionals. EIM is committed to the belief that physical activity promotes optimal health and is integral in the prevention and treatment of many medical conditions.

## Rowan County Exercise is Medicine 3-Step Model

### Step 1: Physical Activity Assessment (PAVS)

Clinic staff administer the PAVS (2-question physical activity vital sign) at every patient visit. The PAVS is embedded into the electronic health record to ensure it is integrated into existing clinic workflow.

#### PAVS Questions:

1. On average, how many days per week do you do moderate to strenuous exercise for at least 10 minutes without stopping? \_\_\_\_\_ days
2. On average, how many minutes per day do you exercise at this level? \_\_\_\_\_ minutes

### Step 2: Physical Activity Prescription

Primary Care Providers write physical activity prescriptions based on the patient's current health status and physical activity levels as indicated by the PAVS. Brief counseling is also offered to help patients overcome barriers and challenges to becoming more active. Walking prescriptions are encouraged as an easy and inexpensive way to reach activity goals. Based on patients needs, some receive muscle strengthening and stretching prescriptions.

### Step 3: Physical Activity Referral

Clinic staff refer patients to healthcare or community-based resources where they can "fill their exercise prescription." The healthcare team is trained in identifying existing free or low-cost facilities where patients can safely increase their physical activity levels.

Your Physical Activity Prescription	
Date: ____/____/____	
Patient's name: _____	DOB: ____/____/____
<input type="checkbox"/> <b>Aerobic Activity</b> Walk or exercise _____ minutes _____ days per week for a total of _____ minutes per week.	
<input type="checkbox"/> <b>Muscle Strengthening</b> 2 days per week	
<input type="checkbox"/> <b>Stretching</b> 5-10 minutes a day	
Visit <a href="http://www.communitycareofrowan.org">www.communitycareofrowan.org</a> and click on the exercise is medicine link to find free exercise class videos and resources.	
Provider Signature: _____	

  


## Locations:

**Community Care Clinic of Rowan County-** Serves adult patients living at or below 200% of the federal poverty level (currently \$23,540 for individual and \$48,500 for a family of four) in Rowan County, North Carolina. EIM intervention is administered to all patients at every visit.

**Rowan County Health Department-** Serves adult, youth, and maternal patients of all income levels in Rowan County, North Carolina. Forty percent of patients utilize Medicaid. Phase 1 of the EIM intervention is administered to all adult health patients at every visit. Phase 2 will expand to other clinical services.

## Accomplishments: One year (September 2018-2019)

### Community Care Clinic of Rowan: 819 patients

- 100% completed the PAVS. Of those, 40% (n=341) were not doing any physical activity and 90% (n= 729) were not meeting the National Physical Activity Guidelines
- 97% (n=794) received written physical activity prescriptions and referral to free or low cost opportunity to fill their prescription
- 33% (n=20) increased total minutes physical activity (as recorded in follow-up visit) after receiving a prescription
- 40% (n=26) lost an average of 7 pounds and lowered body mass index. Cumulative 200 pounds lost among all patients
- 40% (n= 25) lowered cholesterol levels
- 16% (n=10) lowered A1C levels
- 36% (n=22) lowered blood pressure

**Rowan County Health Department outcomes are anticipated for Spring 2020.**

## Program Partners

