

NASEM WORKSHOP:

Exploring the Role of Physical Activity in Obesity Treatment, Body Weight Management, and Related Health Outcomes in Adults

Elizabeth Joy, MD, MPH, DipABLM, FACSM

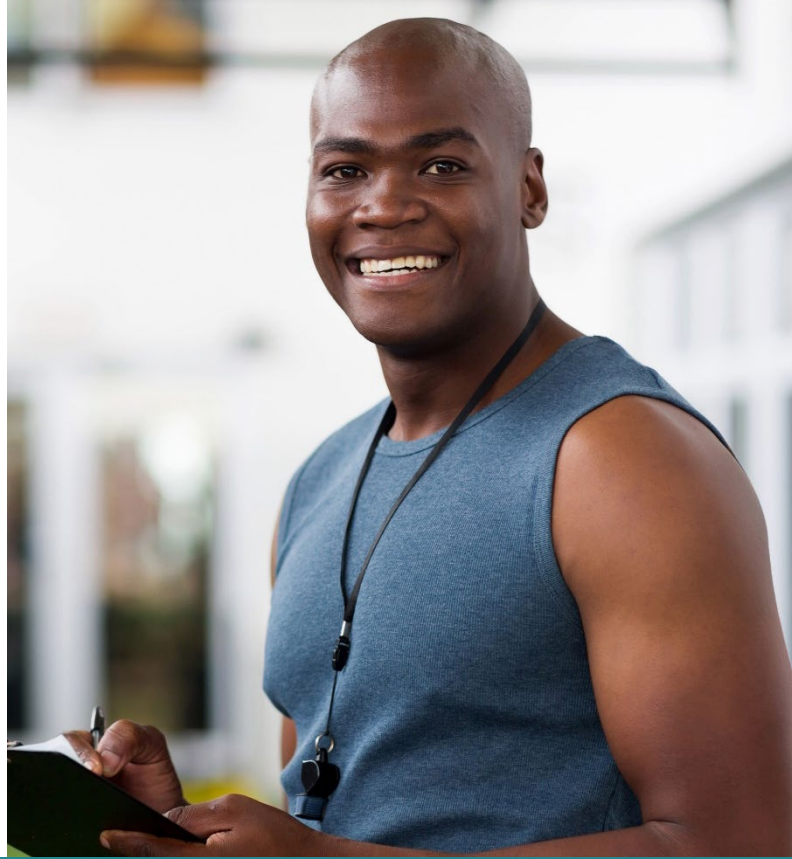
Chair, Exercise Is Medicine

Adjunct Clinical Faculty

University of Utah School of Medicine and College of Health

Salt Lake City, UT





Exercise is Medicine®

Our Vision: Make physical activity assessment and promotion a standard in clinical care, connecting healthcare with evidence-based physical activity resources for people everywhere of all abilities.

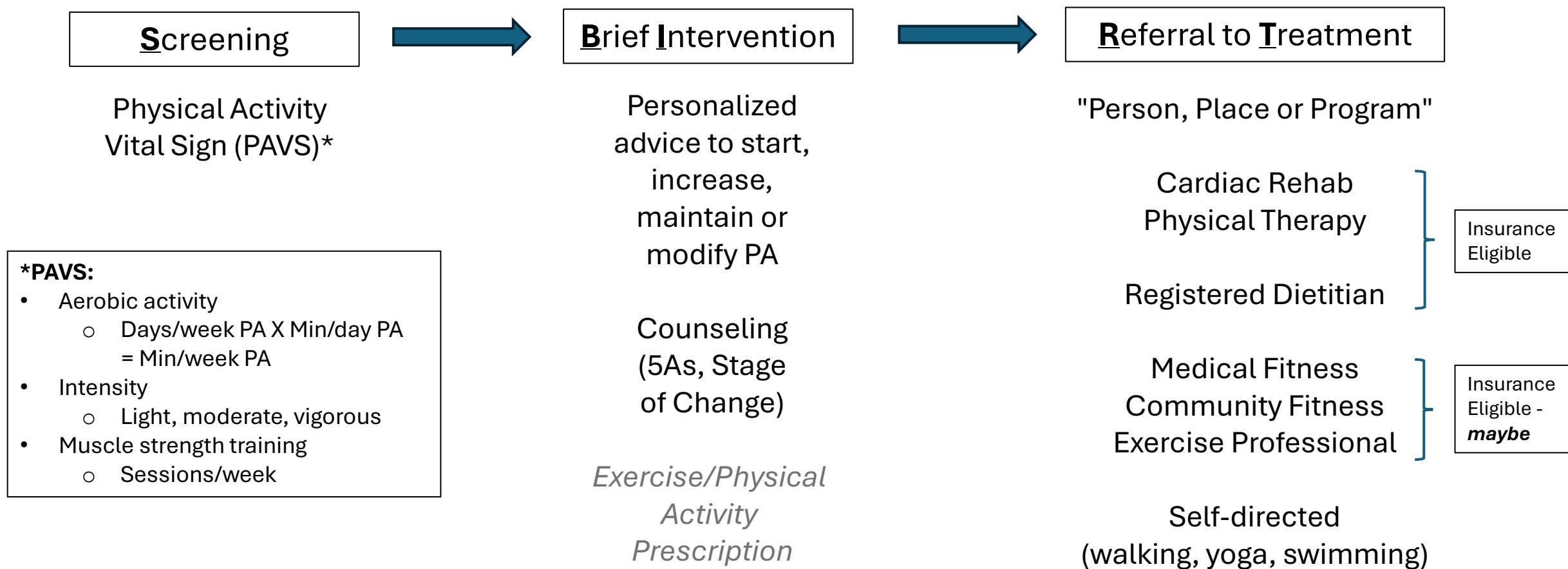
exerciseismedicine.org



EXERCISE IS **MEDICINE**[®]

- Founded in 1992, partnership between ACSM and the AMA
- Advocate for the inclusion of a physical activity (or exercise) vital sign - PAVS or EVS in the EHR and clinical workflow
- Expanded to include
 - Global Network in Exercise Is Medicine - 30+ countries
 - Exercise Is Medicine on Campus (EIM-OC) - 200+ campuses
 - Moving Through Cancer
 - Exercise Is Medicine Active Aging – *new!*
 - Exercise Is Medicine for Registered Dietitians (*in partnership with AND*)
 - Exercise Is Medicine Research Learning Collaborative
 - Exercise Is Medicine section in 2 ACSM journals: *Current Sports Medicine Reports* and the *ACSM Translational Journal*

Exercise Is Medicine - SBIRT



Exercise Is Medicine Resources for HCPs

Health Care Providers' Action Guide



The following resources are provided as part of this Action Guide. Feel free to utilize in your practice:

1. [Physical Activity Vital Sign](#)
2. [Exercise is Medicine® Rx form](#)
3. [Rx for Health series of patient handouts](#)
4. [Community Resources handout template](#)
5. [Provider Coding and Billing Tips](#)
6. [EIM Smart Phrases](#)
7. [Physical Activity - A Prescription for Health \(checklist of patient handouts\)](#).



Name: _____ Date: _____

2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



Aerobic Activity *(check)*

Frequency (days/week): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7
Intensity: ☐ Light (casual walk) ☐ Moderate (brisk walk) ☐ Vigorous (like jogging)
Time (minutes/day): ☐ 10 ☐ 20 ☐ 30 ☐ 40 ☐ 50 ☐ 60 or more
Type: ☐ Walk ☐ Run ☐ Bike ☐ Swim/Water Exercise ☐ Other _____
Steps/day: ☐ 2,500 ☐ 5,000 ☐ 7,500 ☐ 10,000 or more ☐ Other _____

What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot "sing." Examples: *brisk walking, light biking, water exercise and dancing.*
- Vigorous activity is done at a pace where you cannot talk and may be out of breath. Examples: *jogging, swimming, tennis and fast bicycling.*
- You can exercise for any length of time. For example, you might walk:
 - 30 minutes 5 days/week or
 - 20 minutes daily
 - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Your ultimate goal is to gradually build up to 7,500-10,000 steps/day.



Muscle Strength Training *(check)*

Frequency (days/week): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

What about strength training?

- You don't have to go to a gym. Try elastic bands, do body weight exercises (chair sit-to-stands; floor, wall or kitchen counter push-ups; planks or bridges) or lift dumbbells. Heavy work around your home or yard also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

Prescriber's Signature: _____

How will you get started **this week?**

The Challenge of Reimbursement – Coding and Billing Tips



Physical activity assessment, prescription and counseling is often performed in the context of chronic disease management. The use of ICD10 codes and appropriate CPT codes to reflect time and complexity is a reasonable strategy for many office visits. Although reimbursement for lifestyle-related charges and services is variable, providers may find these tips helpful.

IRS Recognizes Exercise as Medical Treatment | Guidance For Healthcare Providers

April 22, 2024 by Cayce A. Onks, DO, FACS

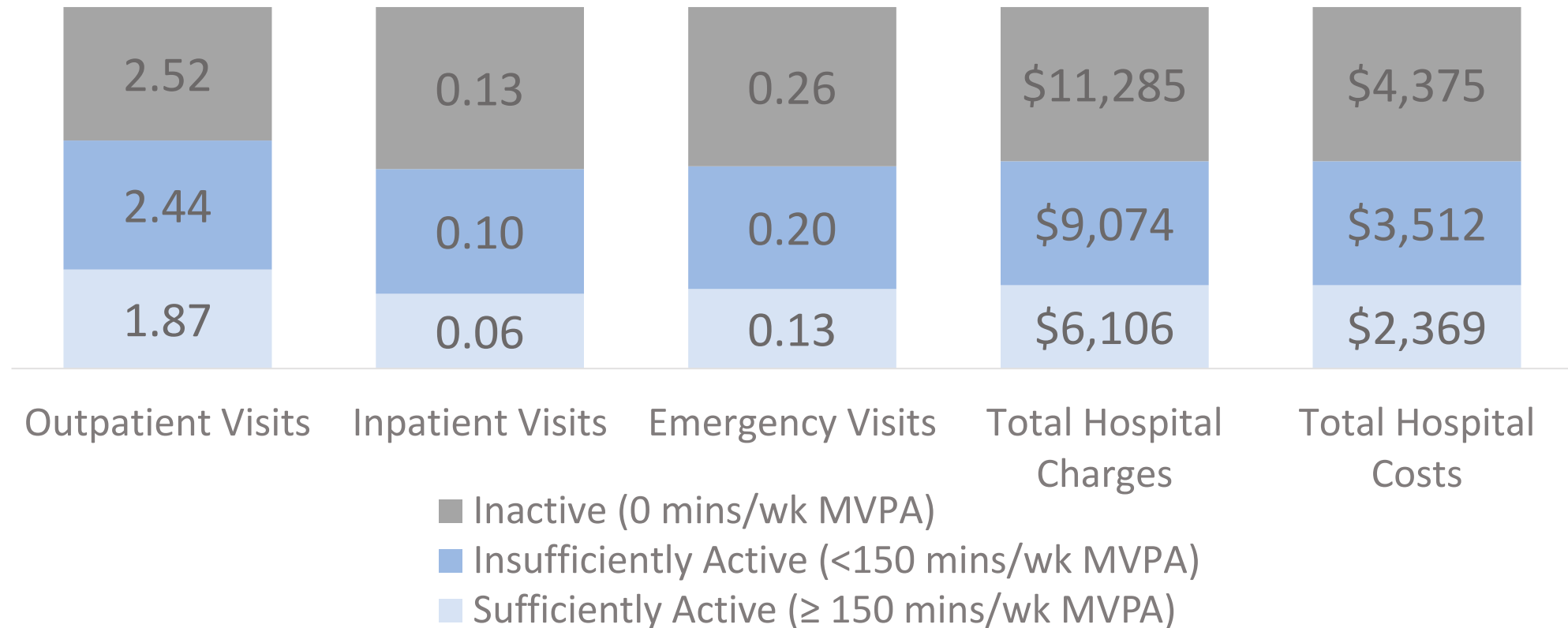


Exercise Is Medicine at Intermountain Health

- PAVS integrated into the electronic health record
 - PedsPAVS integrated into the electronic health record
 - Clinical workflow (Care Process Models) developed to support care teams (MAs, RNs, Physicians/APPs)
 - Referral pathways integrated into the electronic health record
- Support healthcare providers and team members through tools and workflow
- Insurance company (Select Health) provides fitness benefit for some commercial plans; provides no cost access to fitness programming for Medicare Advantage plan members
 - Intermountain employees have no cost access to onsite fitness facilities and discounted access to community fitness facilities
 - Clinic participation in Walk With A Doc (patients and employees)
- Support patients and employees by overcoming cost barriers

Exercise Is Medicine at Intermountain Health

Annual Healthcare Utilization & Costs by PA Level* (2014-19)

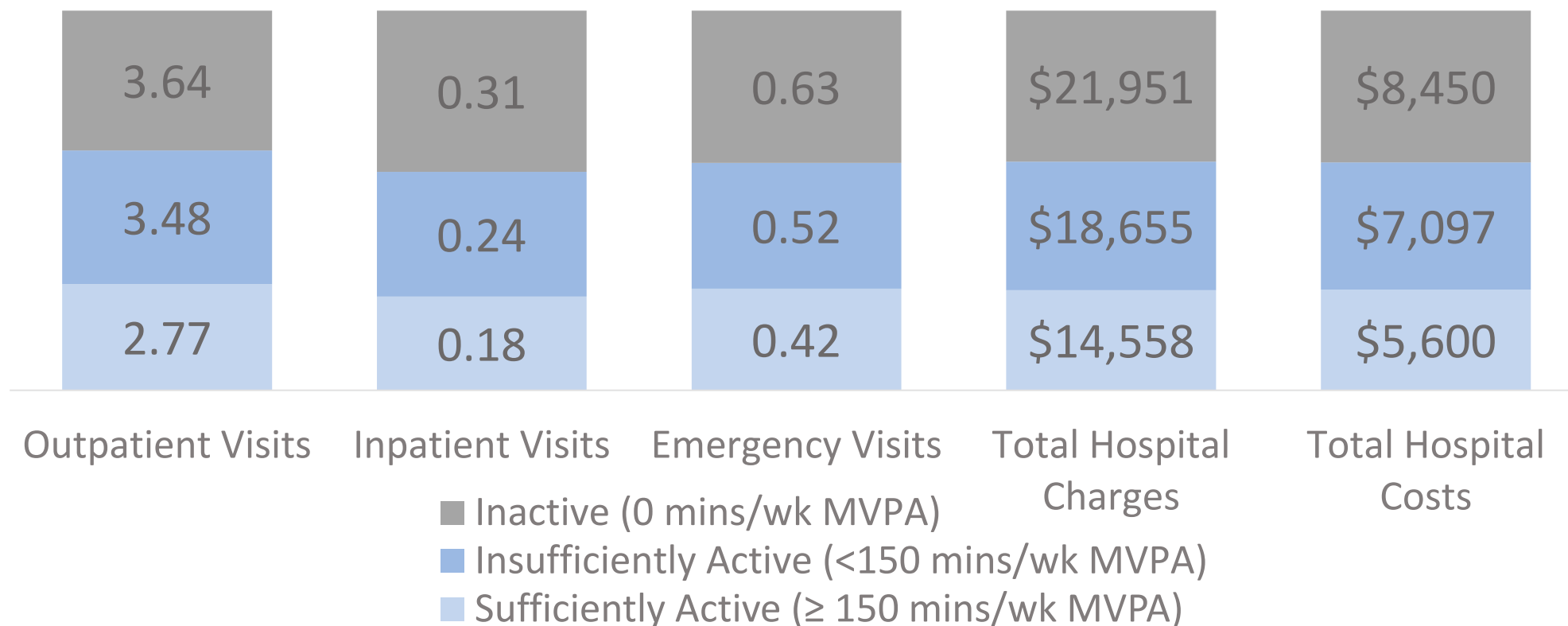


N = 1,195,407 person-years; 459,313 persons

*Mean PA reported during 2 yrs prior to summed annual utilization & costs

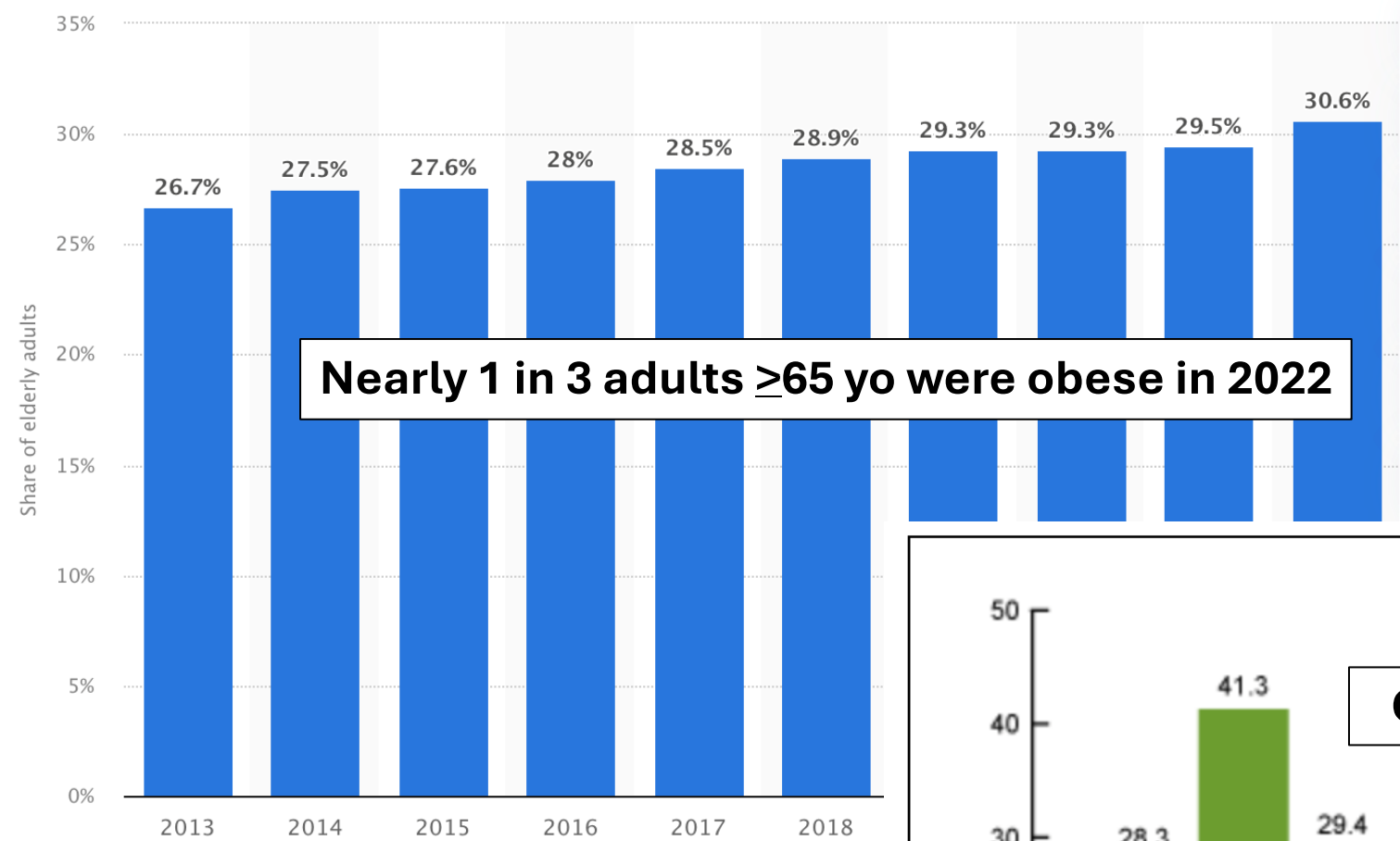
Exercise Is Medicine at Intermountain Health

Annual Healthcare Utilization & Costs of those with BMI ≥ 30 , by PA Level* (2014-19)



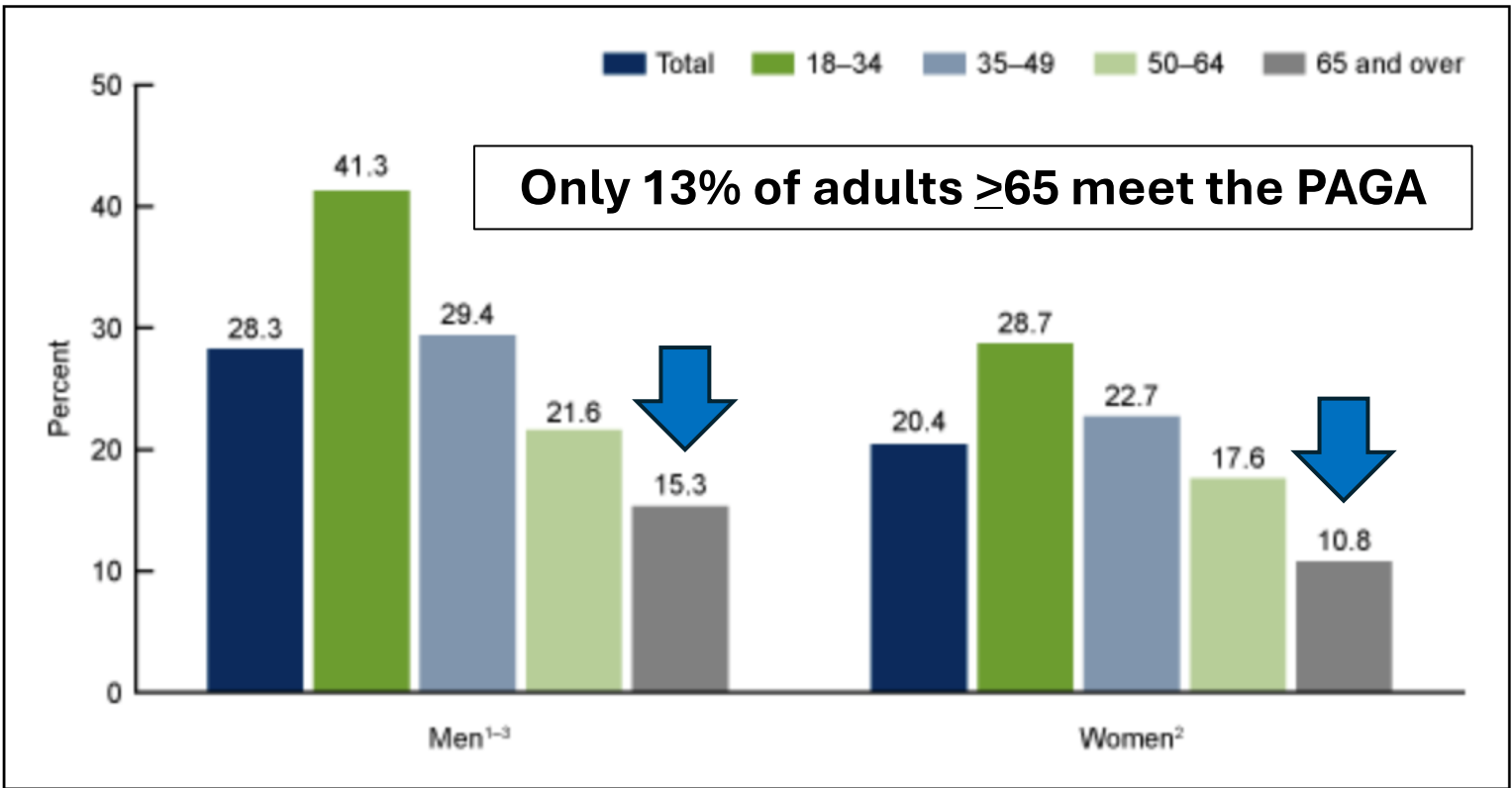
N = 180,070 person-years; 85,505 persons

*Mean PA reported during 2 yrs prior to summed annual utilization & costs

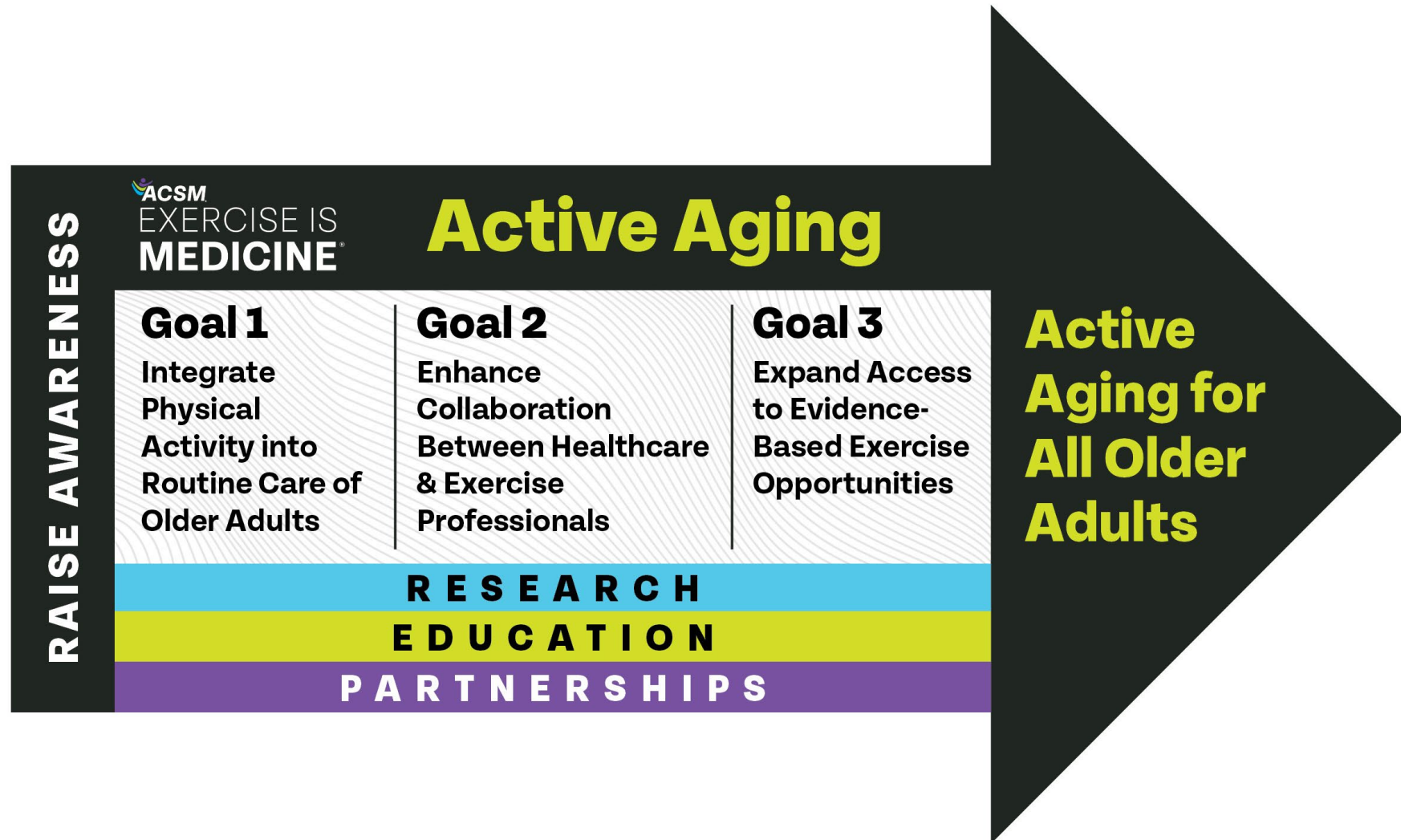


Nearly 1 in 3 adults ≥ 65 yo were obese in 2022

Aging, Obesity & Physical Activity



Exercise Is Medicine Active Aging



Thank You!

Liz Joy, MD, MPH, DipABLM,
FACSM

Exercise Is Medicine
801-541-5592

Ljoyslc@outlook.com

