

Exercise is Medicine® On Campus

Marshall University

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What is EIM®

- Was cosponsored by the American Medical Association(AMA) and American College of Sports Medicine(ACSM) in 2007
- Has spread to over 40 countries
- Has the vision of spreading research and clinical based evidence resources to everyone.



The Longterm Vision of EIM®

- Have health care providers assess patient's level of PA
- Determine if the patient is meeting the Physical Activity Guidelines for Americans
- Provide patients with counseling to reach the guidelines
- Refer the patient to either health care or community-based resources for further guidance



The Current Goals of EIM®

- Embed the physical activity vital sign (PAVS) into electronic medical records (EMRs)
- Develop a national network of evidence-based PA programs and resources
- Provide a clinical decision support system linking clinical and community, so that HCPs can offer behavioral PA counseling and refer patients to fulfill their PA “prescription” in the community



Exercise
is Medicine®
On Campus

2020 GOLD CAMPUS

This certificate is presented to

Marshall University

In recognition of its commitment to create a culture of wellness on campus and establish physical activity as a vital sign,
linking health care and fitness professionals to provide a referral system for exercise prescription



Robert E. Sallis, M.D., FACSM
Chair, Exercise is Medicine®
Advisory Board



Renee Jeffreys Heil, Ph.D., RCEP, EIM
Chair, Exercise is Medicine® On Campus Committee

EIM[®] On Campus

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students with the tools necessary to strengthen healthy PA habits that can last a lifetime
- Connecting university health care providers and fitness specialists to provide a referral system.



Importance

- The current literature
 - Declining Physical Activity Levels
 - More Sedentary Behaviors
 - Prevalence of Metabolic Conditions



EIM[®] at Marshall Fall 2019

- Campus wide walking measurements
- Distance



Goals of On Campus Walking Measurements

- Increase awareness of PA
- Increase levels of PA
- Provide distances to track PA
- Increase the accessibility of campus for PA



Methods

- Survey wheel
- Mean participants steps



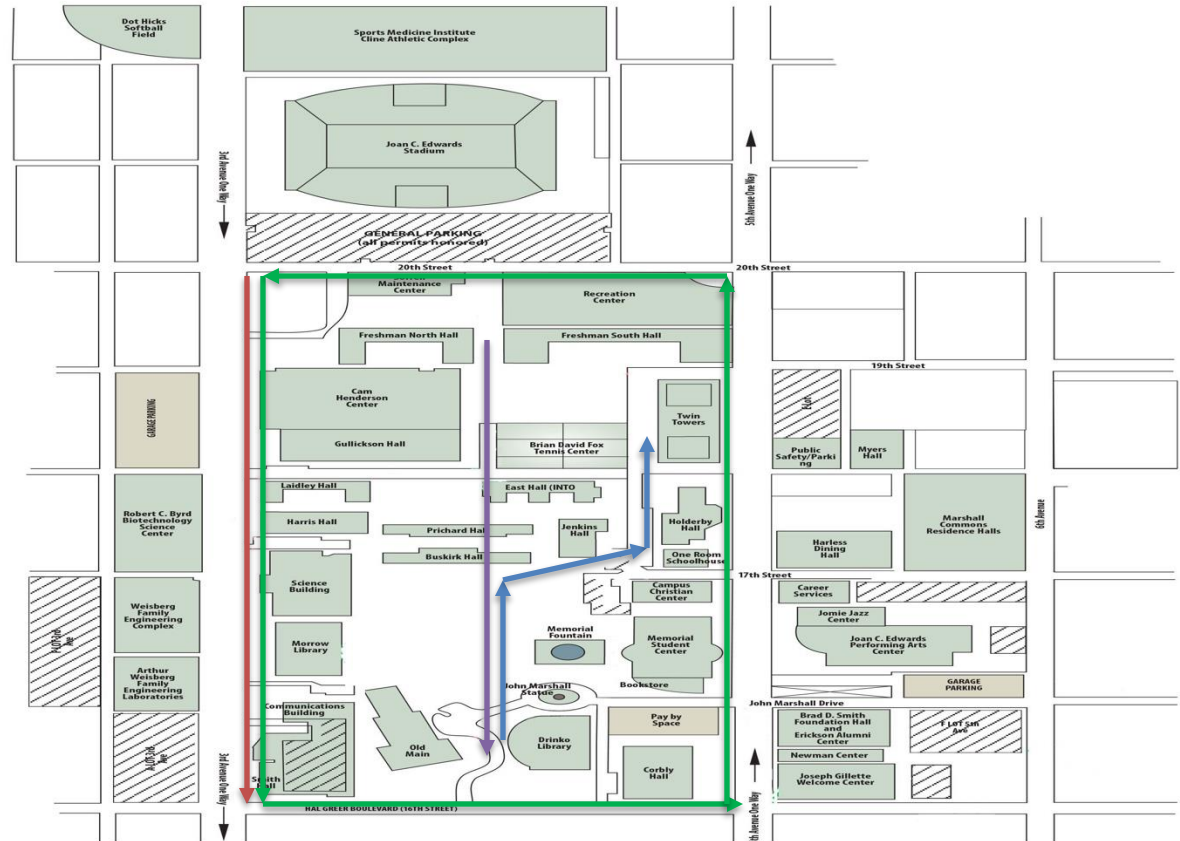
Participants

- Marshall University Exercise Science
- Marshall University Students
- Marshall University Staff
- Community Engagement



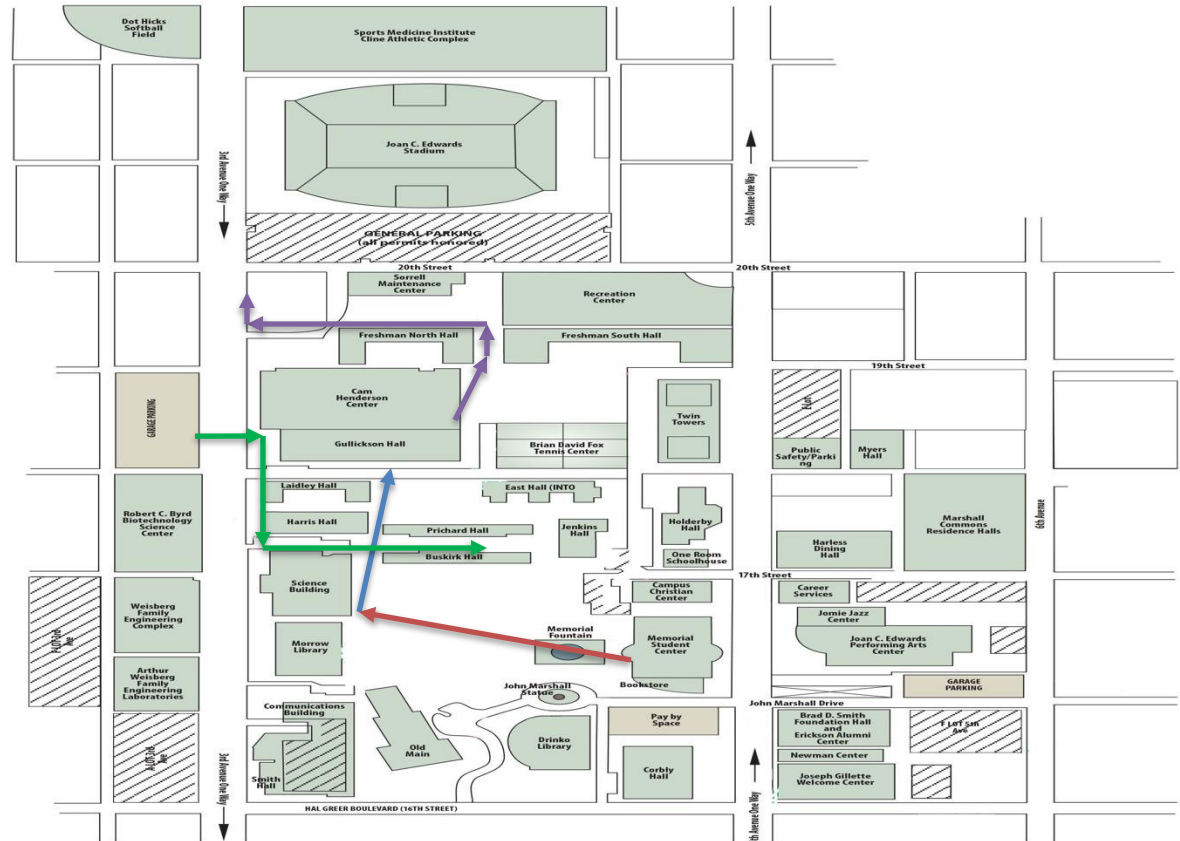
Results

- Distance: 1414 Feet
 - Miles: 0.27
 - Steps: 650
- Distance: 2563 Feet
 - Miles: 0.49
 - Steps: 1095
- Distance: 6826 Feet
 - Miles: 1.29
 - Steps: 2923
- Distance: 1880 Feet
 - Miles: 0.36
 - Steps: 777



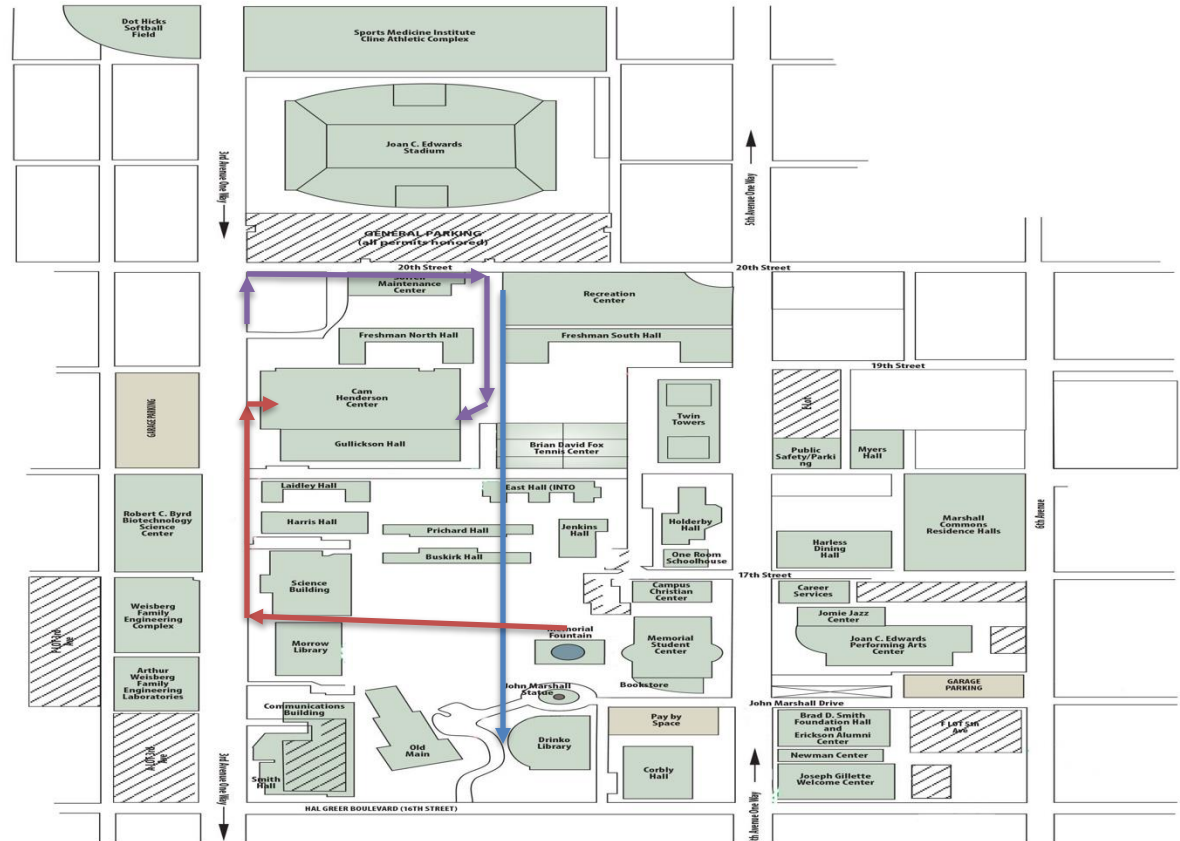
Results

- Distance: 778 Feet
 - Miles: 0.15
 - Steps: 392
- Distance: 734 Feet
 - Miles: 0.14
 - Steps: 378
- Distance: 1043 Feet
 - Miles: 0.20
 - Steps: 527
- Distance: 1215 Feet
 - Miles: 0.23
 - Steps: 549



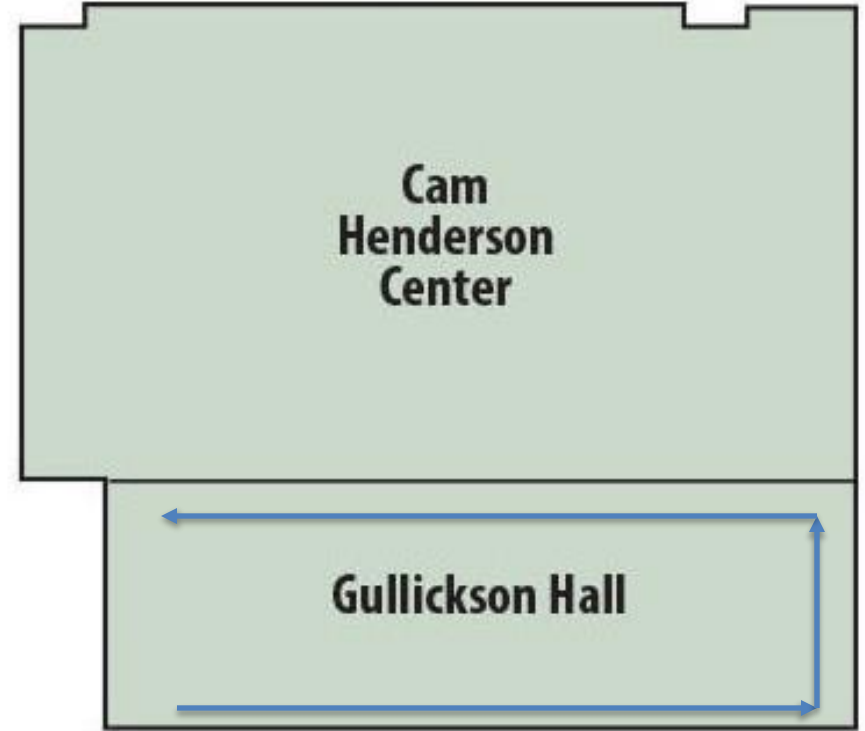
Results

- Distance: 1677 Feet
 - Miles: 0.32
 - Steps: 611
- Distance: 1775 Feet
 - Miles: 0.34
 - Steps: 692
- Distance: 1465 Feet
 - Miles: 0.28
 - Steps: 606



Walk at Work

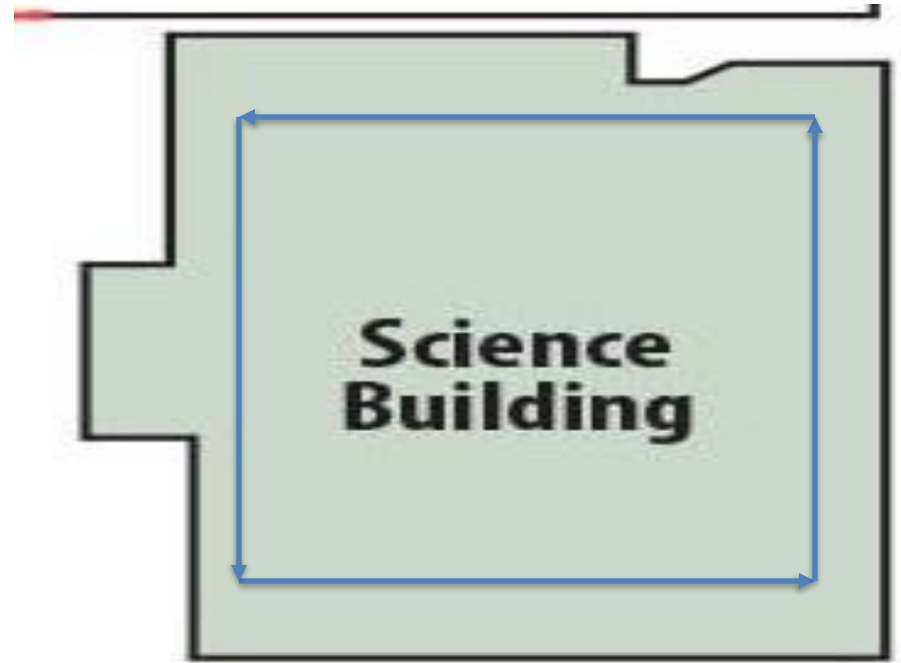
- Gullickson Hall 1st Floor Hallway (Horseshoe)
 - Distance: 423 Feet
 - Miles: 0.08
 - Steps: 211



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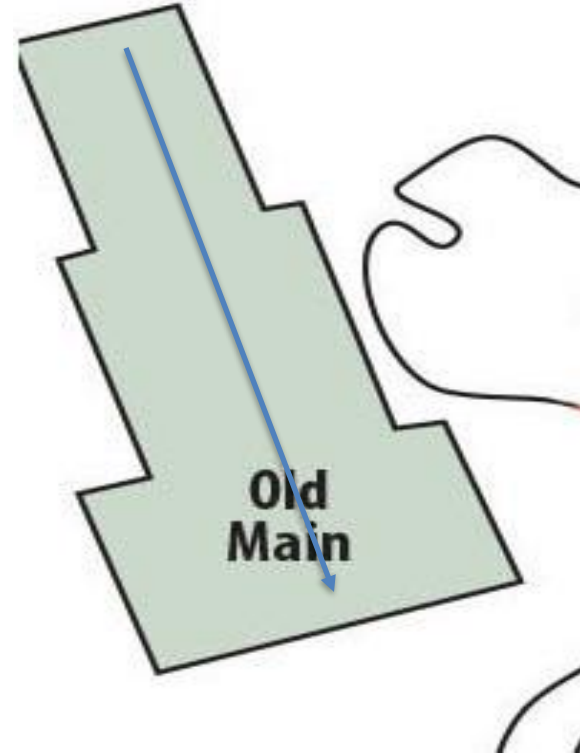
Walk at Work

- Science Building Hallway (Loop)
 - Distance: 535 Feet
 - Miles: 0.10
 - Steps: 265



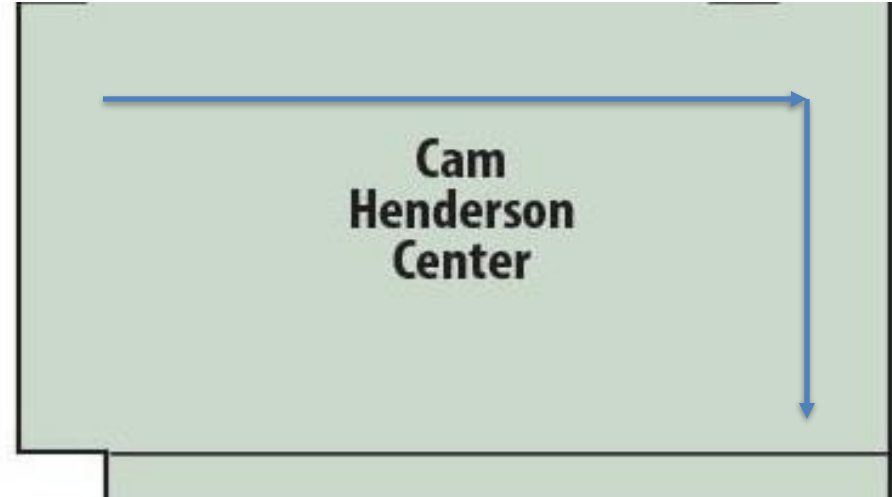
Walk at Work

- Old Main Hallway
 - Distance: 383 Feet
 - Miles: 0.07
 - Steps: 192



Walk at Work

- Henderson Center 1st Floor Hallway (L-shaped)
 - Distance: 571 Feet
 - Miles: 0.11
 - Steps: 271



WE ARE... MARSHALL.



Future Implications

- Path markers
- Building plans including distances
- Walk at work events
- Student involvement to increase physical activity levels



Other Projects

Winning Step
Count:

31,198 Steps!

That is nearly 15
Miles!



Exercise
is Medicine™
On Campus
Marshall University

Invites you to our first ever

**Sweat-Heart Couples
Walk!**

February 14th, 2020
Open to Everyone!
Free to All!

Come walk with a partner! We encourage walking to break up sitting and increase physical activity levels. Walk on campus or anywhere you can! Use any fitness app to track your steps throughout the day. Email a screenshot of the step count to EIM@Marshall.edu. Cut-off is 10:00p.m. The winner will receive a free Body Composition analysis to determine your body fat %, as well as a Resting Metabolic Rate test so that you know how many calories you burn in a day! Courtesy of Marshall University Exercise Science department.



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Marshall University **Exercise** Physiology Lab



DIABETES **EXERCISE** CENTER



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Future Projects

- Off campus walking measurements
- Health Apps
- Step Counts



References

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A photograph of the Marshall University entrance. A brick wall with a sign that reads "MARSHALL UNIVERSITY" is in the foreground. In the background, there are green trees and a red brick building under a bright, hazy sky.

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Acknowledgements

- We would like to thank the University, the faculty of the Exercise Science Department and all of our students that helped make these projects possible.
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