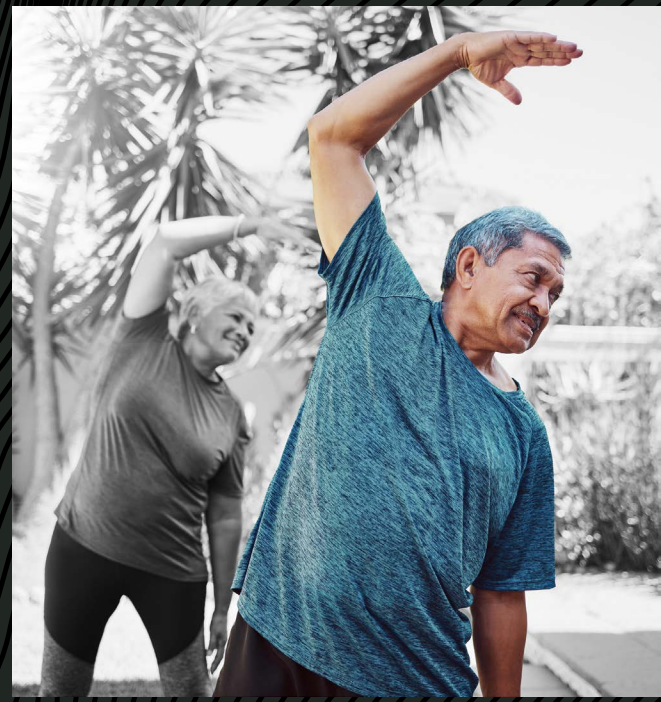




2016 EIM U.S. Emerging Leader Program

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Description

With the rapid growth and increasing popularity of Exercise Is Medicine® (EIM), new leaders are needed to promote the EIM initiative at regional, national and international events and provide leadership for fellow researchers, health systems and community leaders. The EIM Emerging Leader Program is a new project of the American College of Sports Medicine® (ACSM) to promote the development of new Exercise is Medicine leaders in the United States. The training program will provide detailed training to a select group of individuals on all aspects of the EIM initiative, including integrating physical activity in health systems, research and evaluation, the EIM Global Network and ongoing programs such as EIM On Campus, the EIM Ambassador program and the EIM Pledge. Individuals participating in the EIM Emerging Leaders Program will be trained to serve as spokespeople for the EIM initiative, provide conference presentations and symposiums, and disseminate information to expand the reach of the initiative.

Objective:

To identify, develop and train emerging leaders who will promote EIM through outreach activities and provide technical assistance throughout the United States. Our long-term objective is to develop leaders who will lead committees, working groups and initiatives to expand EIM's reach and impact.

Program leads:

- Mark Stoutenberg, Ph.D., MSPH
Research Assistant Professor, Department of Public Health Sciences, University of Miami
EIM Global Program Officer, ACSM
- Adrian Hutber, Ph.D.
Vice-President, Exercise is Medicine®, ACSM



Allison Bowersock, Ph.D.

Assistant Professor & Director,
Health and Exercise Sciences,
Jefferson College of Health
Sciences

Allison Bowersock is an assistant professor and the director of the Health and Exercise Science Program at Jefferson College of Health Sciences in Roanoke, Virginia. She has presented several community lectures on the benefits of physical activity for women and older adults, as well as exercise prescription talks for residents and physicians at academic meetings and hospital grand rounds. Allison has a dual appointment at the Virginia Tech Carilion School of Medicine, an affiliate of the Carilion Clinic hospital organization, where she works to implement exercise prescription knowledge throughout undergraduate and graduate medical education.

Allison's interest in EIM was sparked by a conversation with a colleague at the beginning of her doctoral studies. Her colleague mentioned that her physician had recommended blood pressure medication after an annual checkup with no discussion of lifestyle habits impacting her health status. Allison started searching the literature to determine what physicians were being taught in medical school and residency programs about exercise prescription and health promotion, which eventually evolved into her dissertation topic and serves as the foundation of her research.

Allison seeks to initiate positive change in her regional community and in medical education. She would like to see medical schools require basic exercise physiology and prescription knowledge and for medical organizations to embed tools for providers to make physical activity counseling and prescription easy, efficient and a standard of care. Second, Allison wants to help community champions identify innovative new career opportunities for exercise and health promotion professionals. An important aspect of the physical activity counseling dynamic is to have referral sources (e.g., exercise professionals) that are both accessible and knowledgeable in providing information to patients on adopting healthy lifestyle behaviors. Her goal is to advocate for referral sources, either through training existing staff or hiring new staff in innovative new roles (e.g., exercise "prescriptionist") at any facility where individuals and families seek medical care in outpatient settings.



Cindy Lin, M.D.

Clinical Assistant Professor,
Sports & Spine Division,
Department of Rehabilitation
Medicine,
University of Washington

Cindy Lin is a board-certified practicing physician in physical medicine & rehabilitation (PM&R) and sports medicine. She works as a clinical assistant professor in the Department of Rehabilitation Medicine at the University of Washington. As a PM&R and sports medicine physician, Cindy helps people with injuries, disabilities or chronic medical conditions stay physically active.

Cindy first learned about EIM when she worked at the Changi Sports Medicine Center in Singapore (2012), the host institution for EIM Singapore (EIMS). As the EIMS director of public outreach (2013-15), Cindy collaborated with community and government organizations in Singapore to advance EIM-related programs. She also helped develop educational materials about exercise prescription for persons with disabilities, mentored EIM interns and spoke at medical conferences in Singapore, the U.S. and Indonesia about EIM in clinical practice.

Through the EIM Emerging Leader program, Cindy hopes to advance efforts to integrate EIM into health care systems. With the increasing global burden of chronic medical conditions, it is imperative that we continue to work with health care systems to educate and incentivize providers to take exercise as a vital sign and prescribe exercise. By working with EIM, Cindy seeks to do her small part in addressing one of the biggest public health challenges of our time – physical inactivity.



Renee Jeffreys-Heil, Ph.D.

Assistant Professor,
Department of Rehabilitation
Sciences,
Florida Gulf Coast University

Renee Jeffreys-Heil is an assistant professor at Florida Gulf Coast University. EIM has been the essence of Renee's work as a clinical professional since graduate school. She has been a part of several multidisciplinary teams and felt the power of professionals referring to each other to improve the lives of their patients and clients. Early in her career, she launched a fitness company, was part of a multidisciplinary pediatric obesity treatment program and co-authored a book on exercise and pregnancy with a physician and physical therapist. Renee then created a referral network with several local obstetrics and gynecology practices to provide specialized exercise guidance for pregnant women.

Renee continued her EIM activities at Florida Gulf Coast University, where she launched phase one of EIM@FGCU, a campuswide health promotion campaign and service-learning project that has exercise science students implementing a referral program and monthly EIM events. EIM@FGCU has expanded to include an employee wellness component (monthly lunch and learns & weekly walking). Renee has also presented her work at the Southeast ACSM Regional Chapter Meeting in Greenville, South Carolina.



Cherie O'Neill, Ed.D.
Assistant Professor,
Department of Human
Performance, Minnesota State
University, Mankato

Cherie O'Neill is an assistant professor at Minnesota State University, Mankato. Cherie has experience with the EIM initiative as she was part of a team that implemented the PAVS into the EMR at Mayo Clinic Health System in Mankato, Minnesota. The PAVS has now been part of that health system for approximately four years in six clinics and is growing. Second, Cherie used EIM as the foundation for a new course she developed called Exercise is Medicine, which is a required course in her university's new M.S. program in wellness coaching and disease prevention. Lastly, Cherie plays a leadership role with the university's student EIM club, which, together with the City of Mankato, the Mankato Marathon and Mayo Clinic Health System, developed My Bold Walk, a walking program for those with chronic disease or who are sedentary that includes rest stops and a "walking buddy" for support.

Cherie seeks to advance EIM by expanding the PAVS to other health systems in Minnesota and taking the EIM message to her local community by growing the My Bold Walk initiative. Lastly, she hopes to collaborate with the EIM South Africa team during her study abroad in May 2016. Overall, Cherie seeks to employ knowledge gained from the EIM Emerging Leader program to:

- Expand PAVS into more Mayo Health clinics,
- Conduct research on the inclusion of a resistance training question in the PAVS and health-related outcomes,
- Impact health disparities through changes in curricular pedagogy to include anti-racism training for all of our exercise science/exercise physiology students,
- Expand or enhance EIM international partnerships, and Lead an EIM national student study abroad initiative.



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