

# EIM-OC Recognition Levels

Recognition provides an opportunity for Exercise is Medicine On Campus (EIM-OC) programs to be acknowledged for their efforts towards building a healthy academic environment and be distinguished at the EIM-OC Recognition Ceremony at the ACSM Annual Meeting.

Program renewal and recognition take place biennially in January-February. Every registered EIM-OC program is encouraged to apply for recognition. Participating programs are required to provide documentation as part of the process, so campuses should be prepared to submit photos, flyers, screenshots of EMRs, etc.

The below requirements for each level serve as a guide for programs planning their upcoming efforts and priorities.

## 1. Bronze level EIM-OC Activities: Promote Physical Activity (PA) on Campus

Must have at least one (1) of these items:

- ☐ Host at least one event or activity to promote physical activity (monthly EIM Days, dance marathon, step challenge, walk/run, etc.).
- ☐ Secure an EIM-OC Month proclamation from the governor, mayor and/or university/college official.
- ☐ Create and/or offer campus-wide options for exercise (i.e., campus bike share, walking group or walking prompts for paths and stairs, recreational spaces/activities).
- ☐ Other promotional activities

## 2. Silver level EIM-OC Activities: Provide PA Education/Guidance

Must have at least two (2) of these items plus one (1) bronze activity:

- ☐ Conduct campus or community educational seminars on physical activity.
- ☐ Collaborate with Campus Recreation, Kinesiology/Exercise Science and/or health-related department to offer physical activity/exercise counseling to students, faculty and staff by qualified health and fitness professionals.
- ☐ Campus Health (i.e., physicians, counseling center, school of pharmacy, etc.) provides patient education on the importance of physical activity (i.e. handouts, brochures, etc.)
- ☐ Other educational activities

## 3. Gold level EIM-OC Activities: Implement Routine PA Assessment and Promotion in Campus Health

Must have all of the following:

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- ☐ Instituted the Physical Activity Vital Sign (PAVS), or some type of routine Physical Activity assessment, within Campus Health (i.e., physicians, counseling center, school of pharmacy, etc.)

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- ☐ One (1) silver activity plus one (1) bronze activity

Plus One (1) Referral Activity:

- ☐ Campus Health (i.e., physicians, counseling center, school of pharmacy, etc.) develops a partnership with Campus Recreation and/or the Kinesiology/Exercise Science department to provide physical activity prescriptions and/or referrals.
- ☐ Non-clinical professionals/departments direct students, faculty and/or staff to the Recreation Center or other campus physical activity groups/clubs for health and fitness programming.
- ☐ Use a computer-based system to track patient progress in physical activity interventions.