

HEALTH CARE SECTOR 2011 ACCOMPLISHMENTS



BACKGROUND

<i>Co-chairs</i>	Jim Whitehead · Janet Williams
<i>Co-chair affiliations</i>	American College of Sports Medicine (ACSM) · American Medical Association
<i>Members</i>	Approximately 30 people

STRATEGY 1

- STRATEGY** Make physical activity a “vital sign” for health care providers to assess and discuss with patients/clients.
- GOAL 1A** FOR 2011: Ten percent of targeted organizations will encourage their members to assess patients’/clients’ physical activity and discuss ways to progress toward meeting the Physical Activity Guidelines for Americans by September 2011.
- ACTIVITIES**
- ✓ Outreach to 40 largest health care provider organizations in the US.
 - ✓ The American Academy of Physical Medicine and Rehabilitation, and American Medical Society for Sports Medicine joined the initiative and are working to message their members on the importance of physical activity.
 - ✓ Secured buy-in from various health care provider organizations.
- GOAL 1B** FOR 2011: Ten to 15 percent of all health care providers will receive information on the importance of patients’ physical activity assessment and how to discuss ways to progress toward meeting the Physical Activity Guidelines for Americans. Health care providers will routinely discuss physical activity with most if not all clients by September 2011.
- ACTIVITIES**
- ✓ “Exercise is Medicine” was distributed to health care providers, encouraging and supporting physical activity assessment.
 - ✓ Worked to improve tracking methods for this goal.
- GOAL 2** FOR 2011: The strategy committee will design and implement a pilot group such as the Veteran’s Administration by September 2011.
- ACTIVITIES**
- ✓ Engaged three major producers of electronic medical records in discussions regarding inclusion of physical activity fields.
 - ✓ Held a summit to determine the optimal fields to include and produced an executive summary to use in working with electronic medical record producers.
 - ✓ ACSM and Exercise is Medicine held a multi-organizational initiative at National Institutes of Health (May 2-3, 2011) on Identifying Core Behavioral and Psychosocial Data Elements for Electronic Health/Medical Records, where sector members worked to ensure physical activity was among the top recommendations in guidelines for future Electronic Health and Medical Records.
 - ✓ Started to develop a plan for full implementation.

GOAL 3 FOR 2011: The National Working Group will complete surveys of those involved with obtaining the Healthcare Effectiveness Data Information Set (HEDIS) measure for the geriatric and pediatric populations. The National Working Group will use these survey results to develop a strategy for obtaining a HEDIS measure of physical activity for the adult population by September 2011.

ACTIVITIES ✓ Convened a work group, held conversations to survey staff at the National Council of Quality Assurance, and drafted the HEDIS measure.

GOAL 4 FOR 2011: Ten percent of health care provider organizations will distribute information to members regarding how to meet the Physical Activity Guidelines for Americans, through outreach, education and/or resolving healthy lifestyle choices by September 2011.

ACTIVITIES ✓ Updated health care provider action guide.
✓ Started developing plans to improve monitoring of health care providers that distribute information on meeting the US Physical Activity Guidelines for Americans.

STRATEGY 5

STRATEGY Include physical activity education in the training of all health care professionals.

GOAL 1 FOR 2011: Survey at least 10 medical specialties on membership education regarding counseling patients on increasing physical activity by August 2011.

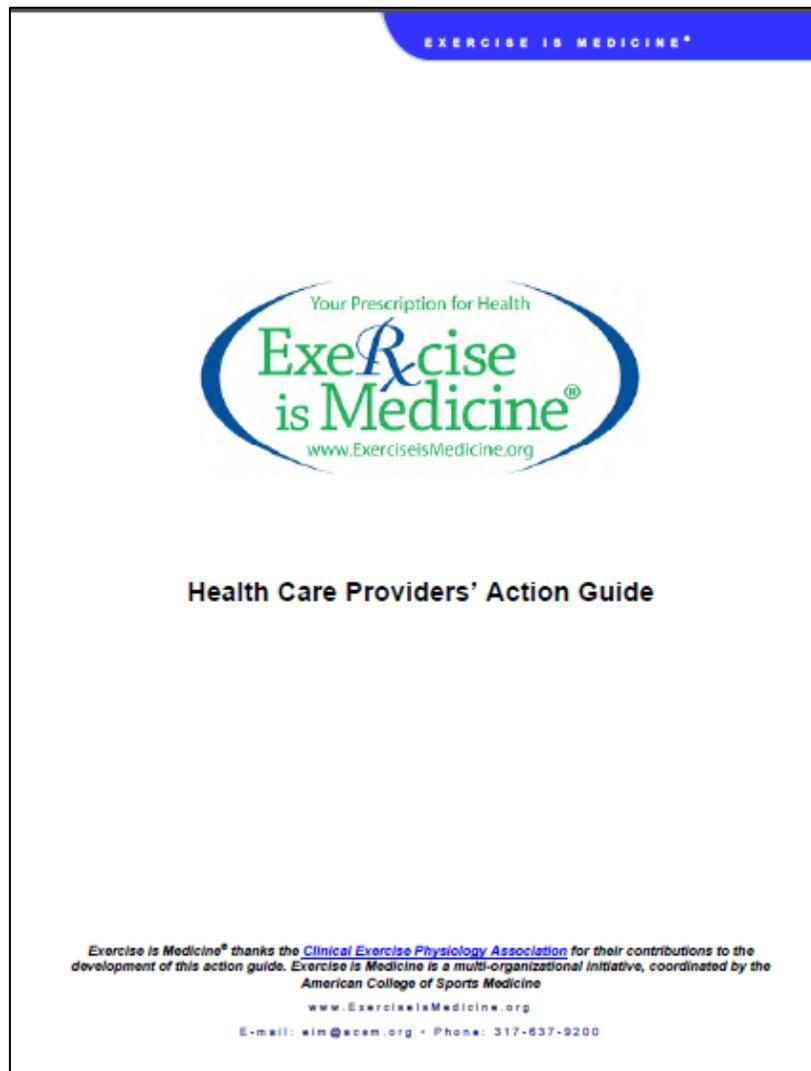
ACTIVITIES ✓ Completed a survey of 16 medical organizations that asked how they educate members on physical activity intervention with clients/patients in support of strategy 5 of the Health Care Sector.
✓ Generated current practices of these organizations and determined “best practices” based on survey results.
✓ Submitted a manuscript about the survey and findings to a peer-reviewed journal for publication.
✓ Building on prior successful efforts to include in Healthy People 2020 objectives that healthcare providers counsel all patients, including those with chronic conditions, on physical activity, promoted the objectives to a broader audience.

STRATEGY 6

STRATEGY Advocate at the local, state, and institutional levels for policies and programs that promote physical activity.

GOAL 1 FOR 2011: Catalogue and identify health care professional society members who are interested in advancing physical activity policy initiatives by September 2011.

ACTIVITIES ✓ Developed a target list of organizations to contact, made connections and began to compile a list of organizational advocate.
✓ Started work to determine physical activity champions to serve as local, state, and national advocates.
✓ Began developing a survey to identify these individuals whom we can then engage in the work of the team and physical activity promotion.



NOTE: Strategies and goals are from “Make the Move 2010-2011 National Implementation of the U.S. Physical Activity Plan”.

This document describes key activities completed in 2011, so may not include all strategies and goals for the sector.

This summary was based on quarterly reports, meeting notes, and end-of-year interview with sector co-chairs. Additional thanks to sector member Ellen Burton for providing valuable feedback during the end-of-year interview.