



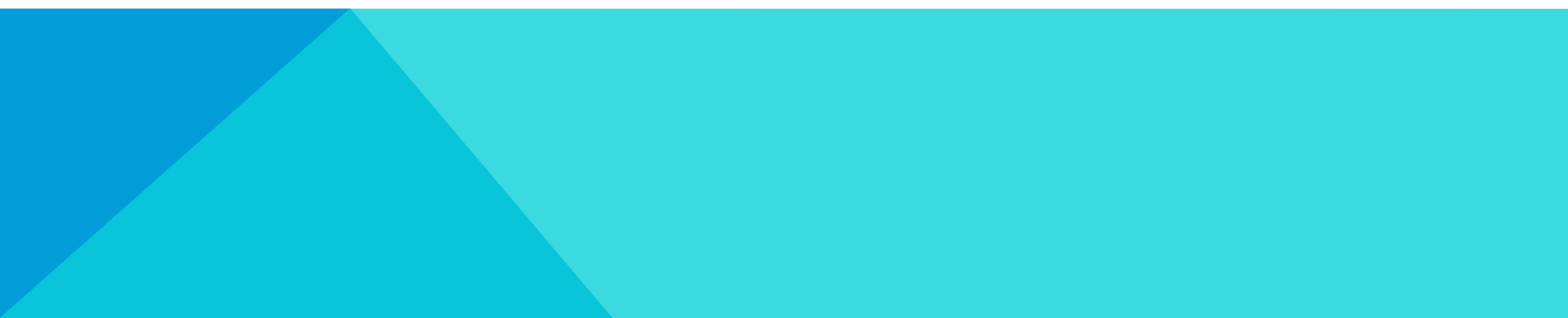
THE VALUE OF VIGOROUS ACTIVITY

Chelsy Winters

YMCA of Greater Indianapolis

Mary Delaney

LHD Benefit Advisors



TOP 10:


PLAN SUMMARIZED

COALITION GOALS	OBJECTIVES
<p>Increase Physical Activity</p>	<ul style="list-style-type: none"> • Increase the percentage of adults who meet the recommended amounts of physical activity per day • Increase the percentage of high school students who meet the recommended amounts of physical activity per day • Increase the percent of individuals who maintain a healthy body weight
<p>Improve Nutrition</p>	<ul style="list-style-type: none"> • Increase the percentage of adults who eat the recommended amounts of fruits and vegetables per day • Increase the percentage of high school students who eat the recommended amounts of fruits and vegetables per day • Increase the percentage of individuals who are at a healthy body weight
<p>Decrease Tobacco Use</p>	<ul style="list-style-type: none"> • Reduce tobacco use by adults • Reduce tobacco use by youth • Increase the state tax on tobacco products • Reduce exposure to secondhand smoke
<p>Improve The Built Environment</p>	<ul style="list-style-type: none"> • Increase the proportion of trips made by walking • Increase the proportion of trips made by bicycling • Increase legislative, administrative and institutional policies for the built environment that enhance access to and availability of physical activity opportunities

WHY EMPHASIZE PHYSICAL ACTIVITY

- **Obesity Rates**
 - >65% of adults are obese or overweight
 - >31% are obese
 - Adolescent obesity and overweight issues rising quickly
- **Diseases Related to Obesity increasing**
 - Adolescent Diabetes- 1 in 3
- **Inactivity has an impact**
 - CDC recommends- Minimum activity 150 minutes of moderate to vigorous activity per week and 2 or more days of muscle strengthening a week
 - 20% of adults get CDC Recommendations
 - 28% adults in US report no leisure physical activity
 - Prolonged periods of inactivity may impact glucose controls/ belly fat

WHAT CAN EMPLOYERS DO?

- **Add opportunities to for more activity at work**
 - Walking meetings
 - Standing desks/ Conference rooms
 - Parking facilities
 - Easy access to walk to lunch
 - Access to stairs
 - Bike racks
 - Walking paths for breaks
 - **When considering biometric factors ask about activity**
 - Minutes of Moderate to Vigorous Activity per week
 - Step Count
 - **Consider discussing physical activity a quality metric for providers**
- 

WHAT CAN PROVIDERS DO?

- **Include Activity in Physical Exam Question/ Social History**
 - Minutes of Moderate to Vigorous Activity per week
- **Prescribe physical Activity**
 - prescription pad- printed goals based on individual needs
- **Offer education/ counseling about adding physical activity**
 - Do your providers know how to counsel – who does?
 - Have suggested exercise options resources available to distribute
- **Prescribe Physical Therapy to help create programs for those who have health barriers**

Healthcare systems have incorporated the PA or Exercise Vital Sign into the measurement of traditional vital signs currently assessed for every patient during an outpatient visit as shown on the screen below:

PA Vital Sign Example

Kphc, Eightiezztestxx

MRN: 000016207179 | Age: 3year old | Sex: F | PCP: Adams, Bernveva Joy Cr | Allergies: Peanut - Dietary, Wine, Coal Dust, Shellfish | Alert: HM | Spec: N | Inp: Inactive

1/29/2009 visit with LEON HENRY EWIN MD

Images | Questionnaires | Admin | Benefits Inquiry | References | Open Orders | Preview AVS | Print A/S

Allergies: Peanut - Dietary, Wine, Coal Dust, Shellfish Derived Products, Bee Venom, Lisinopril, Amlodipine Besylate, Air, Co... Reviewed on 9/30/2008

Last Vitals: BP: 150/80 | P: | T: | T Src: | Resp: | Wt: 180 lbs (81.847 kg) (100%) | H: 5' 1" (1.549 m) (100%)
BMI: 34.01 kg/m2, BSA: 1.87 m2

Exercise Vitals - Exercise Vitals (SHIFT+F6 to enter comments)

Instant Taken:
Date: 2/26/2009
Time: 1515

Exercise Level of Effort

How many days a week of Moderate to Strenuous Exercise (like a brisk walk)?

0 1 2 3 4 5 6 7

On average, how many minutes do you exercise at this level?

10 20 30 40 50 60 90 120 150 or greater

Interpreter Needed
INTERPRETATION SERVICES QUESTIONNAIRE Total questions: 6 (Recommended:1 Unanswered:1)
Medication Documentation

With a click on “Exercise Vitals” the section opens up to display the two exercise intake questions that can be efficiently completed. The date and time the PA Vital Sign data was captured is noted and stored.

COUNSELING RISK FACTOR REDUCTION AND BEHAVIOR CHANGE INTERVENTION

“Behavior change services may be reported when performed as part of the treatment of conditions related to or potentially exacerbated by the behavior or when performed to change the harmful behavior or when performed to change the harmful behavior that has not yet resulted in illness.” CPT definition-AMA

99401-99404- Preventive Medicine Counseling

99406-99407- Smoking and tobacco use cessation counseling

99408-99409- Alcohol and/or substance abuse

DISCUSSION

WHAT ARE WE DOING NOW?

WHAT RESOURCES DO YOU NEED TO IMPROVE?

