

IT'S TIME TO MOVE

A historic project to make physical activity assessment, prescription, and referral a standard of care in the U.S. healthcare system.



Core Measures



- **Muscle Strengthening Activity**

- As part of an average week, on how many days does the patient perform muscle-strengthening activities such as weight or resistance training? [LOINC: 82291-6]

- **Aerobic Physical Activity:**

- For an average week in the last 30 days, how many days per week did the patient engage in moderate to vigorous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)? [LOINC: 89555-7]
- On those days that the patient engages in moderate to vigorous exercise, how many minutes, on average, do they exercise? [LOINC: 68516-4]
- Multiply days*minutes to obtain total minutes of moderate to vigorous physical activity/week. [LOINC: 89574-8]

These standards are validated in the peer-reviewed literature and are aligned with the 2018 U.S. Physical Activity Guidelines for Americans.

Examples of Health Systems Using PA Assessment



- Kaiser Permanente
- Intermountain Health
- Prisma Health (w/University of South Carolina SoM)
- University of Washington Medicine
- Hartford Health
- Ohio State University Wexner Medical Center
- UC San Diego Health
- Penn State Health
- University of Michigan Sports Medicine





Important Links for the Project

- Home page: <https://confluence.hl7.org/display/PC/Physical+Activity>
- Draft IG: <https://build.fhir.org/ig/HL7/physical-activity/>
- Zulip Chat: <https://chat.fhir.org/#narrow/stream/327137-Physical-Activity>
- Listserve (sign-up): <https://www.hl7.org/myhl7/managelistservs.cfm>



Questions/Discussion



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