

It's Time to Move

A historic project to make physical activity assessments, prescriptions and referrals a standard of care in the US healthcare system



Mission

The mission of the Physical Activity Alliance is to lead efforts to create, support, and advocate policy and system changes that enable all Americans to enjoy physically active lives.

Vision

We envision an active and healthy nation where the opportunity for physical activity is easily available in the daily lives of all Americans.

Board Level Organizations



Some of our Key Initiatives

- The National Physical Activity Plan
- Improving Physical Activity Surveillance
- Public Policy Change
- Congressional Briefings
- Professional Development
- Certificate Program
- CEO Pledge
- Congressional Physical Activity Challenge
- Supporting Active People Healthy Nation
- It's Time to Move Campaign** - a multi-year project that will empower health care providers to seamlessly integrate physical activity clinical measures into patient care plans and help make physical activity prescriptions a standard of care. A multi-pronged strategy to engage with the HL7 process, Office of the National Coordinator, CMS, AMA and quasi-governmental organizations.

PAA Action Multi-Pronged Action Plan

- **HL7®** – Measure Standardization
- **Centers for Medicare and Medicaid Services (CMS)** – Coverage Determinations
- **American Medical Association (AMA)** – CPT Codes
- **National Commission on Quality Assurance (NCQA)** – Quality and Performance Measures
- **Office of the National Coordinator (ONC)/HIMSS** – Linking patient generated physical activity device data to the EHR

Action Plan to Integrate Physical Activity Assessment, Prescription, and Referral into Healthcare Delivery

Promoting Physical Activity (PA) and Exercise Prescription in Patient Care, Improving American PA Surveillance, and Creating a Culture of Active Living.

Generate Quality and Performance Measures

Key Collaborators: National Commission on Quality Assurance (NCQA) and National Quality Forum (NQF)

Expand the Evidence Base for Physical Activity-Based Preventive Services

Key Collaborator: US Preventive Services Task Force

Establish Payment and Coverage Determinations for PA/Exercise Counseling

Key Collaborators: Public and Private Payers, including Centers for Medicare and Medicaid Services (CMS)

Create Standardized Measures for PA in the Electronic Medical Record

Key Collaborator: Health Level Seven (HL7)[®] International's Fast Healthcare Interoperability Resources (FHIR)[®]

Develop Current Procedural Terminology Codes (CPT)[®] for PA Assessment, Prescription and Referral

Key Collaborator: American Medical Association (AMA)

Connect Standardized Measures and Patient Generated Data from Mobile Devices, Smartwatches, and Data Platforms into Electronic Health Records (EHRs)

Key Collaborators: Office of the National Coordinator (ONC) and the Healthcare Information and Management Systems Society (HIMMS)

Link Clinical Practices to Community-Based Providers of Physical Activity

Key Collaborators: US Registry of Certified Exercise Professionals (USREPS), Community Health Workers, other professionals who connect patients to community resources




Physical Activity Assessment, Prescription and Referral Integrated into Healthcare Delivery

Community Level Environment, Systems, and Programmatic Support for Physical Activity

- Active Transportation Infrastructure
- Complete Streets Policies
- Safe Routes to School
- Comprehensive School Physical Activity Programs
- Adult and Youth Sports Programming
- Fitness Classes
- Parks and Recreational Facilities
- Faith-Based Programs
- Worksite Health Promotion

**Healthier,
Physically
Active
America**

Policies and Strategies Include:

-  = Federal Agency, Office, or Task Force
-  = 501 (c) non-profit organization
-  = Government and non-profit actors

Questions/Discussion

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