Your Prescription for Health

Exercise is Medicine®

PHILIPPINES
The EIM™ Solution

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*I declare no conflict of interest with respect to this presentation and to my participation in the Panel Discussion: “EIM, the Science Behind the Movement” at the 2015 Global Forum.
“What if there was one prescription that could prevent and treat dozens of diseases, such as hypertension, diabetes II, and obesity? Would you prescribe it to your patients?

Robert E. Sallis, MD, FACSM
Benefits of PA and Exercise

Strong Evidence*

Lowers the risk of dozens of diseases:

- Coronary health disease
- Stroke
- Diabetes II
- Weight loss
- Colon cancer
- High blood pressure
- Breast cancer
- Adverse blood lipid profile
- Metabolic syndrome
- Early death
- Prevention of falls

* EIM™ Primary Care Physicians Course Book
Benefits of PA and Exercise

Moderate to Strong Evidence*

Better functional health (for older adults)

Reduced abdominal obesity

Weight maintenance after weight loss

Better cognitive function (for older adults)

* EIM™ Primary Care Physicians Course Book
Benefits of PA and Exercise

Moderate Evidence*

- Lower risk of hip fracture
- Increased bone density
- Lower risk of lung cancer
- Improved sleep quality
- Endometrial cancer

* EIM™ Primary Care Physicians Course Book
Physical Inactivity

“THE major health problem of our time”

contributes to the rise of obesity and NCDs

leading cause of death worldwide

causes 9% of premature deaths

FNRI Survey (2008): as high as 70% among adults
What is EIM™

A global initiative to make physical activity and exercise a standard part of a physician’s tool in the prevention and management of disease

Primary objectives: For the Primary Care Provider to -

• Include PA and exercise as a Vital Sign in every patient visit;
• Assess risk of the patient to PA and exercise regimen;
• Prescribe an appropriate PA or exercise program; and
• Refer patient to qualified physical fitness professional.
MOU with ACSM:

- Holder of EIM™ License
- Host institution to EIM in the Philippines
- Establish and oversee the Philippine National EIM Center
The Four Pillars of EIM™
The 4 Pillars of EIM™

I. Training and engagement of Primary Health Care Providers

- To equip participants with knowledge and skills in advising their patients on appropriate physical activity and exercise
The 4 Pillars of EIM™

II. Training and engagement of Clinical Fitness Professionals

- To enable participants to network with physicians and interpret the physician’s prescription into a practical exercise regimen
The 4 Pillars of EIM™

III. Integration of EIM Solution into the Health Care System

• To institutionalize physical activity assessment and prescription into the Health Care System
The 4 Pillars of EIM™

IV. Implementation of the EIM Solution in special groups: schools, work places, communities, the underserved
The EIM™ Solution
The EIM™ Solution

1. Include physical activity as a **Vital Sign** in every patient visit.

<table>
<thead>
<tr>
<th>The Physical Activity Vital Sign (PAVS)</th>
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</thead>
<tbody>
<tr>
<td>1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)? _____ days</td>
</tr>
<tr>
<td>2. On average, how many minutes do you engage in exercise at this level? _____ min.</td>
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<tr>
<td>3. Total minutes per week (multiply #1 by #2) _____ min. per week</td>
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</tbody>
</table>
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2. Preliminary screening on the readiness of the patient to undergo a PA and exercise regimen, followed by assessment of the level of risk for undertaking such as regimen:

* Low risk
* Moderate risk
* High risk

<table>
<thead>
<tr>
<th>Risk Stratification Scoring*</th>
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<tbody>
<tr>
<td><strong>Positive Risk Factors</strong></td>
</tr>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Family History</td>
</tr>
<tr>
<td>Cigarette smoking</td>
</tr>
<tr>
<td>Sedentary lifestyle</td>
</tr>
<tr>
<td>Obesity</td>
</tr>
<tr>
<td>Dyslipidemia</td>
</tr>
<tr>
<td>Prediabetes</td>
</tr>
<tr>
<td>Negative Risk Factors</td>
</tr>
<tr>
<td>High HDL-C</td>
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</tbody>
</table>

*For CVD risk
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3. Giving advise or written prescription

**F**requency (no. of times a week)

**I**ntensity (light, moderate, heavy)

**T**ime (duration) (minutes/day)

**T**ype (aerobic, strength training, resistance training)

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**Physical Activity Prescription**

Type an intensity **Aerobic/Moderate**

Minutes / day \(\underline{30}\)

No. of days/week \(\underline{5}\)

Total min./week \(\underline{150}\)
4. Referring patient to a qualified Physical Fitness professional
   * Interpret the physician’s prescription
   * Devise a practical and doable PA and exercise regimen
   * Give periodic feedback to physician
A Call to Action

“What if there was one prescription that could prevent and treat dozens of diseases, would you prescribe it to your patients?”
1. Include PA as a Vital Sign in every patient visit
2. Screen and assess the risk of individual
3. Prescribe appropriate PA/exercise
4. Refer to qualified Physical Fitness professional
PASOO, through the Philippine National EIM Center, hopes to promote the EIM Solution as a Public Health Program in the Philippines.
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Thank you

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