

Implementation of the Exercise is Medicine (EIM)TM Referral System at Slippery Rock University

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Purpose: The purpose of the current project was to implement EIM on Slippery Rock University's campus. **Methods:** Collaborations were developed between faculty in the Exercise Science Department and the nurses in the Student Health Center. Physical activity (PA) frequency and duration were recorded as the 'sixth vital sign' during scheduled student health visits. Students reporting fewer than 150 minutes per week of physical activity were eligible for referral to a trained exercise professional (faculty-supervised, recent exercise science graduates). Students entering the referral program performed a health history, a pre and post fitness assessment, and six weeks of individualized exercise prescription. Following the program, students completed a confidential assessment of their experience. **Results:** A total of 6,632 student screenings for physical activity were performed from spring 2011 through spring 2012. A total of 390 students reported less than 150 minutes per week of PA, and were therefore eligible for referral. Of the 390, 33 were able to be accommodated within the program. Fourteen students completed the program, 8 declined participation upon contact, 6 agreed to participate, but failed to complete initial assessment, 3 did not respond to initial contact, and 2 were ineligible due to current PA participation. **Conclusion:** A comprehensive EIM referral program was successfully implemented at Slippery Rock University, and to our knowledge, the first emphasizing collaboration from health professional screenings to implementation by a qualified exercise professional. Research funded in part by PASSHE Grant 7033006063