

Exercise Is Medicine

Why You Need to Take It Daily



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Chairman
Exercise Is Medicine
Advisory Board

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Every Body **WALK!**
The Campaign to Get America Walking

Exercise
is Medicine™

 KAISER PERMANENTE®

A Fable...

Once upon a time, in a land not very far away, was a community located on the banks of a river. The citizens were distressed because so many people were drowning in the river.



A Fable...

So, they developed ambulance speed boats, impressive resuscitation procedures and intensive care units. Sometimes the rescues worked, but more often they did not. Either way, their heroic efforts fully occupied the citizen's time, attention and resources.

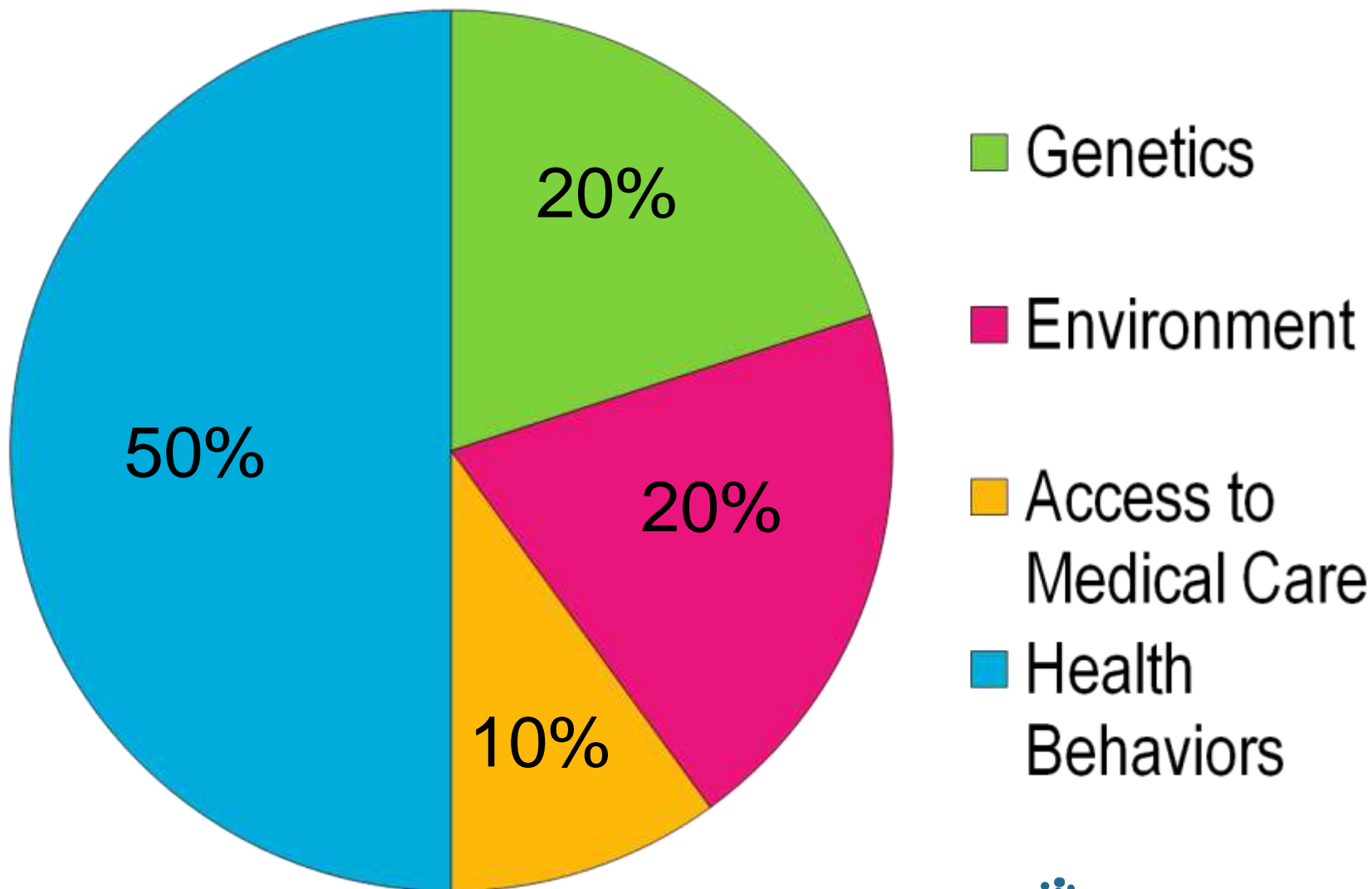


A Fable...

Then one day
someone asked;
“What’s going on
upstream and why
don’t we teach these
people to swim?”

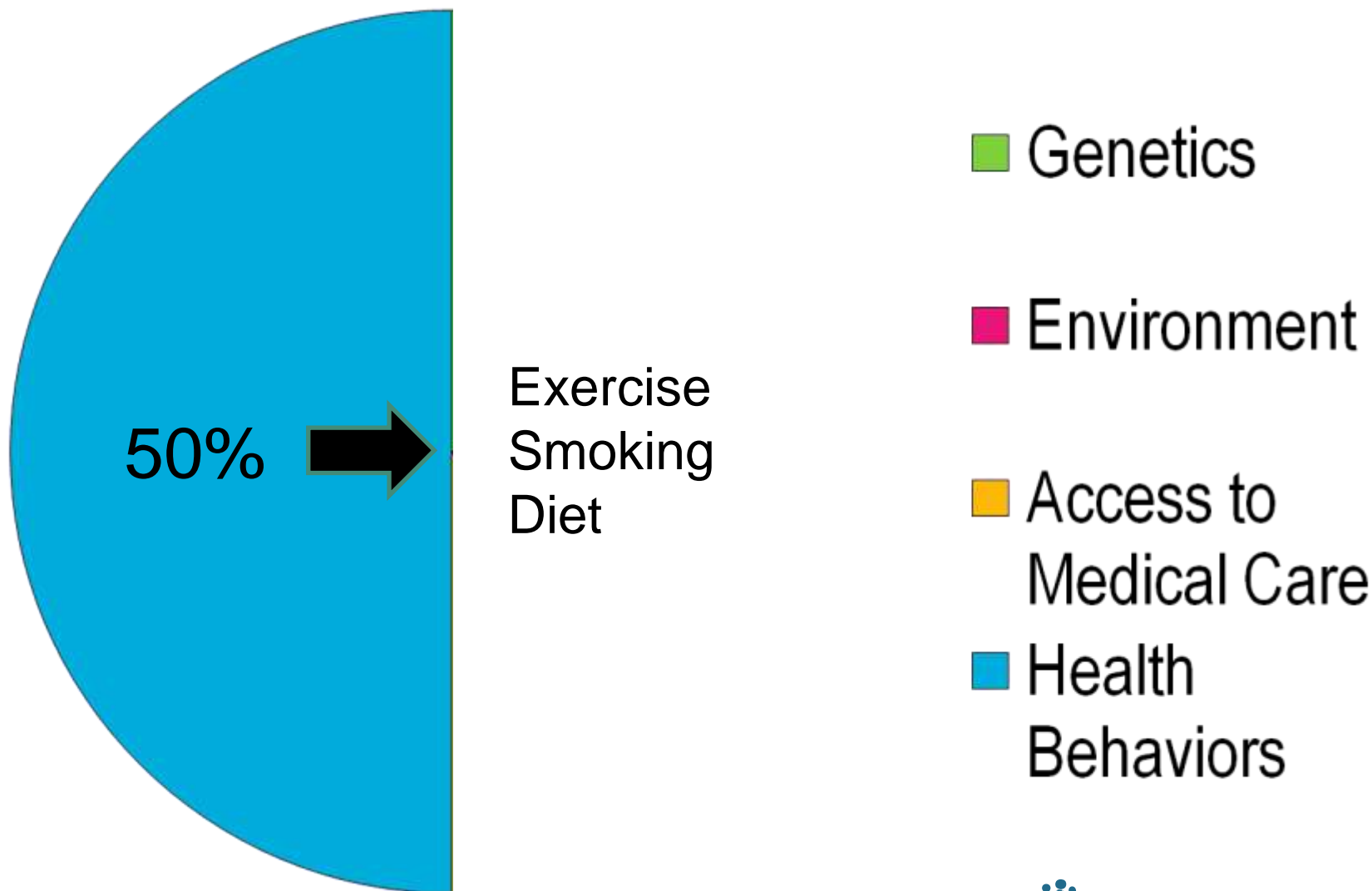


Contributors to Overall Health Status; The Power of Health Behaviors



Source: CDC 2000

Contributors to Overall Health Status; The Power of Health Behaviors



Source: CDC 2000

Exercise and Health

- Physical inactivity has an astonishing array of harmful health effects.
- Exercise is a powerful tool for both the treatment and prevention of chronic disease and obesity, as well as premature death.
 - There is a linear relationship between physical activity and health status.
 - The association between disease and an inactive and unfit way of life persists in every subgroup of the population.
- Physical inactivity is **THE** major public health problem of our time.

THE LANCET

“In view of the prevalence, global reach and health effect of physical inactivity, the issue should be appropriately described as *Pandemic*, with far-reaching health, economic, environmental and social consequences.”

“In view of the prevalence, global reach, and health effect of physical inactivity, the issue should be appropriately described as pandemic, with far-reaching health, economic, environmental, and social consequences.”

Physical Activity

July 2012

THE LANCET

“We Urge all sectors of government and society to take immediate, bold actions to help make active living a more desired, affordable, and accessible choice for all population groups.”



“We urge all sectors of government and society to take immediate, bold actions to help make active living a more desired, affordable, and accessible choice for all population groups.”

A Series by *The Lancet*

July 2016

Boris Lushniak, MD, MPH

Acting United States Surgeon General



U.S. Department of Health & Human Services



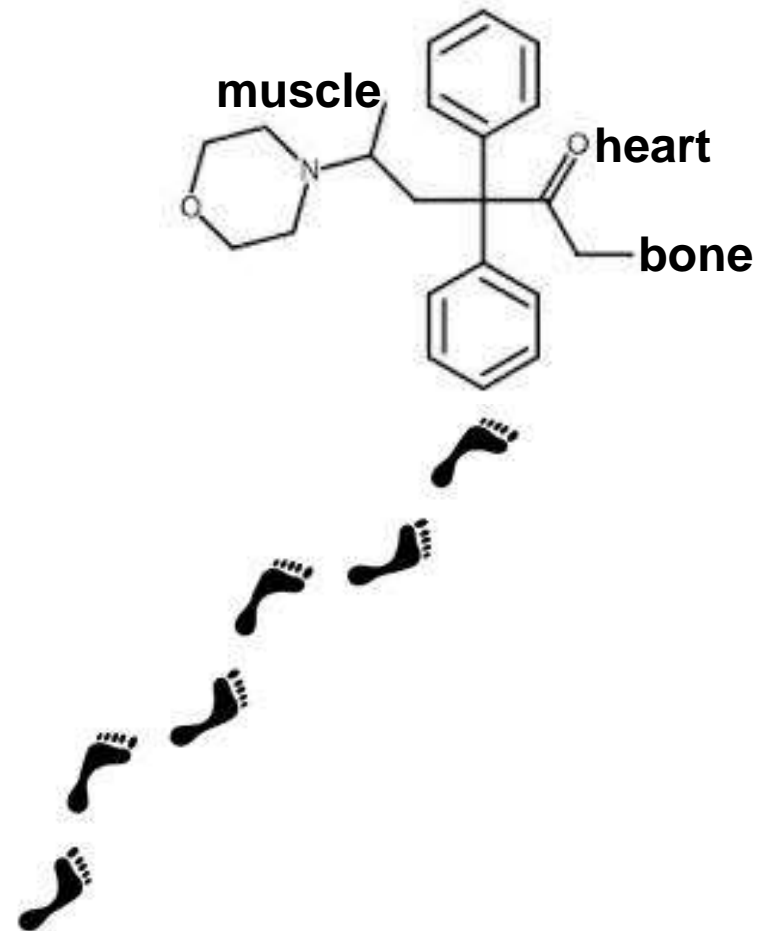
Office of the Surgeon General

ACSM Annual Meeting
Orlando, Florida; May 30, 2016



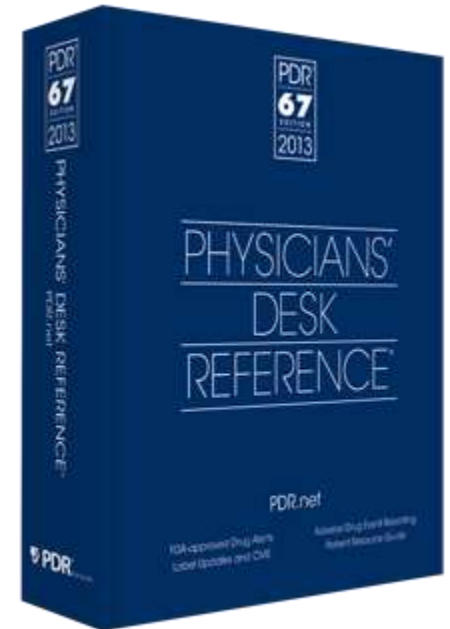
KAISER PERMANENTE®

A Drug Called Exercise



A Drug Called Exercise

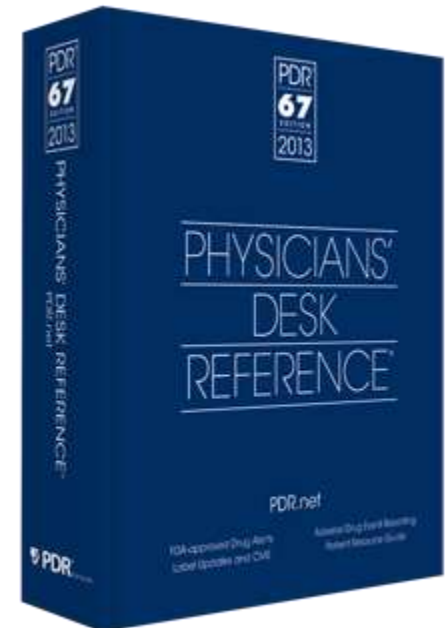
- **Generic name:** physical activity
- **Other Brand names:** jogging, hiking, rolling, swimming, aerobics, biking, tennis, basketball, soccer, dancing, gardening, etc.
- **Dosage:** optimum 150 minutes per week in adults; 60 min per day in children has proven efficacy. Even low doses have been shown to have benefit. Advise to start with low dose and advance as tolerated.
- **Pregnancy and Lactation:** completely safe. Good for mother and baby.



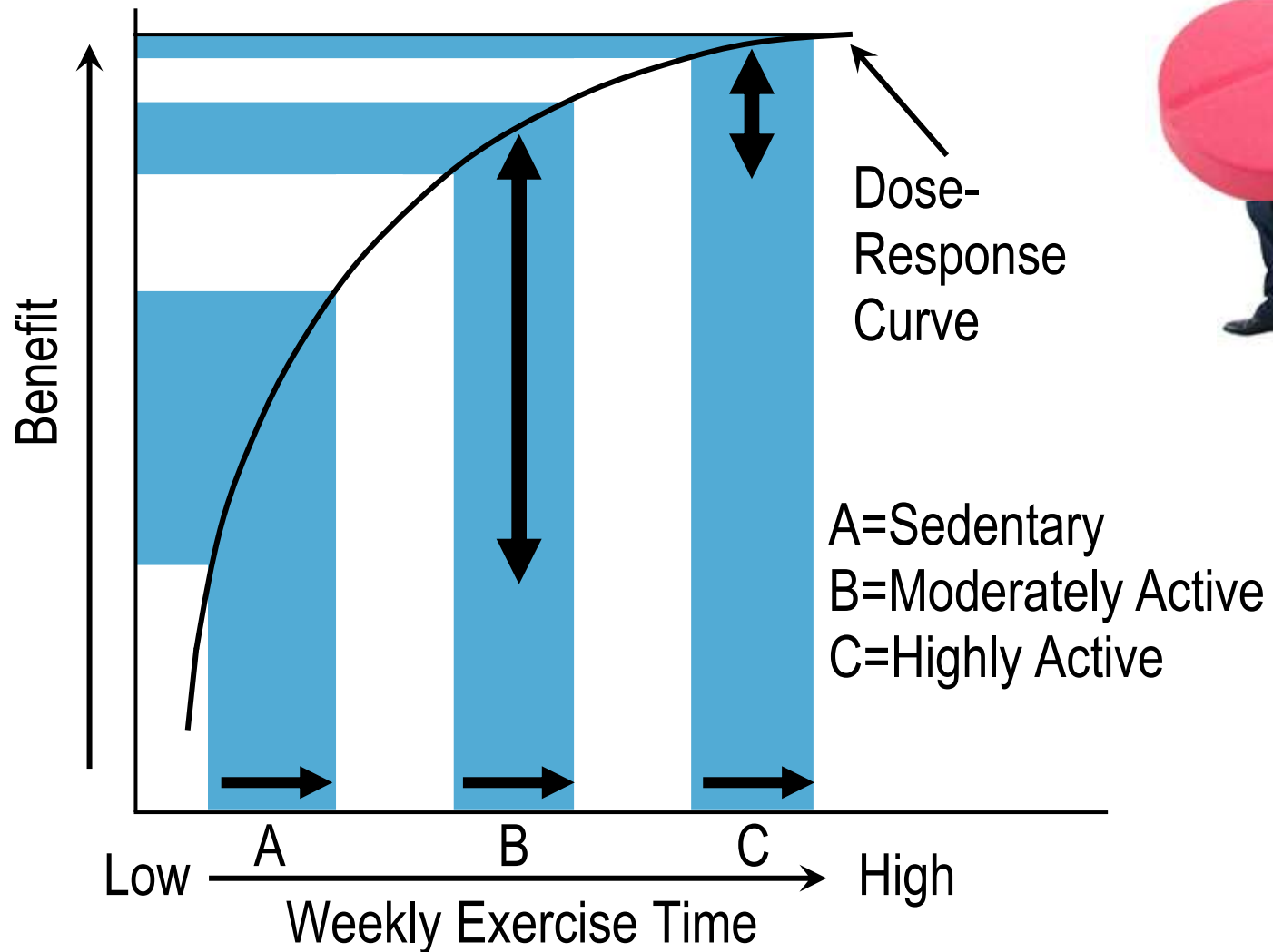
A Drug Called Exercise

■ Indications and Usage:

- Prevent obesity and mitigate its risks
- Reduce development and improve management of diabetes
- Prevent and treat heart disease
- Lower risk of cancer (breast and colon)
- Treatment of hypertension
- Prevent osteoporosis and fractures
- Manage depression and anxiety
- Reduce risk of dementia
- Recreational uses
- Decrease risk of premature death

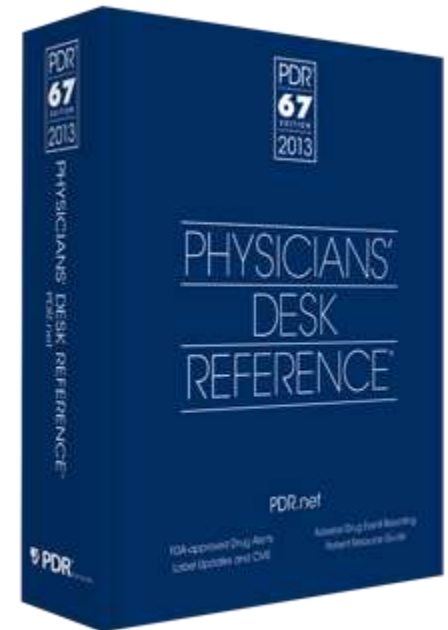


A Drug Called Exercise Dose-Response Curve



A Drug Called Exercise

- **Side effects:** decreased BP, pulse and blood sugar; stronger muscles & bones, weight loss; improved mood, confidence, self esteem and concentration; Bowel & sleep habits improved; Look & feel better.
- **Adverse Reactions:** sweating, injury (overdose), sudden death (extremely rare).
- **Administration:** self administer or with others. Start off slowly, add minutes and intensity PRN. Change formulations to decrease boredom & improve compliance. Take outdoors or indoors any time of day.



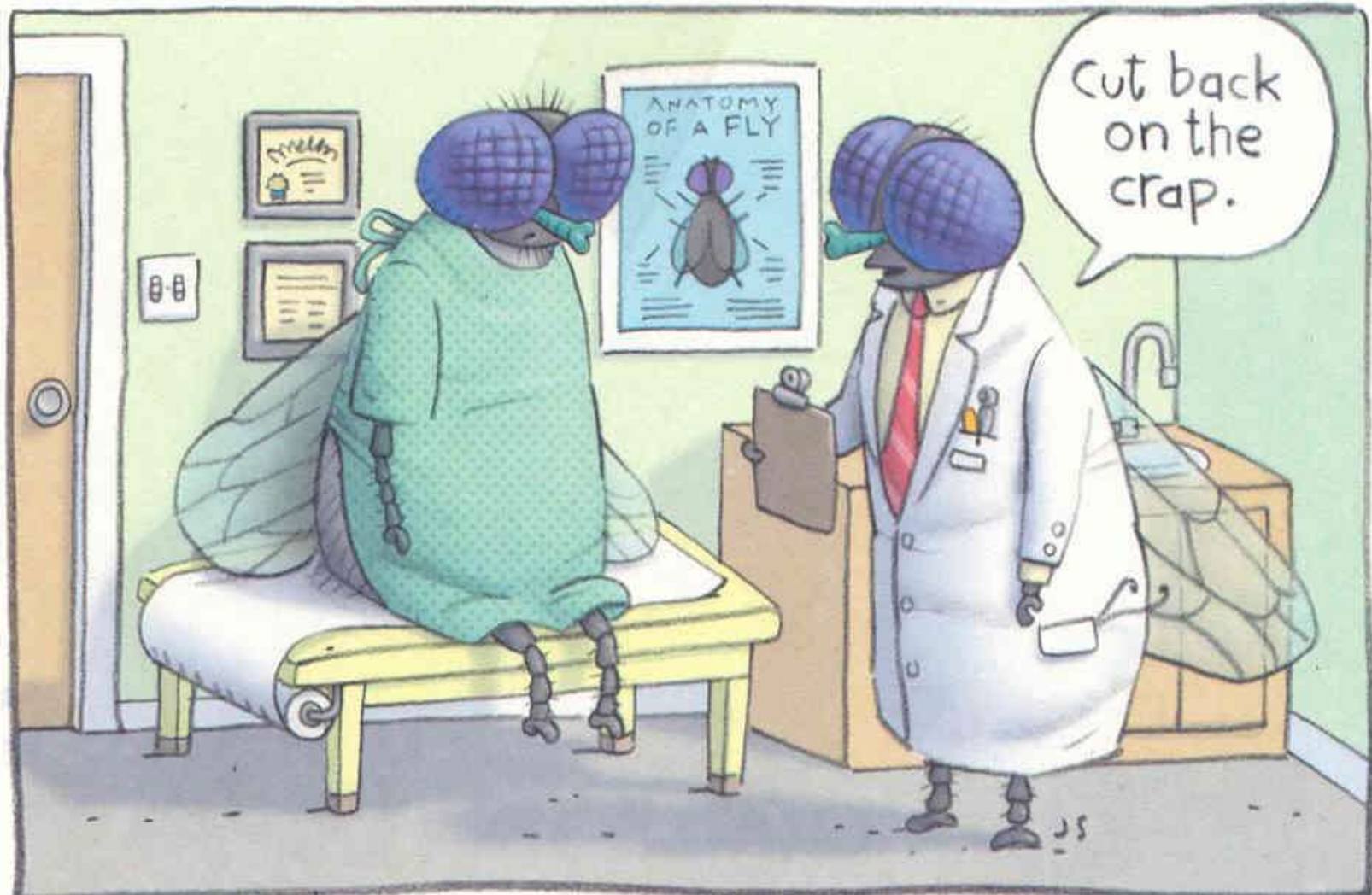
Exercise is a wonder Drug

Physicians should prescribe; Patients should take!

- ***Exercise is Medicine*** that can prevent & treat chronic disease and those who take it **LIVE LONGER.**
- If we had a pill that conferred the proven health benefits of exercise, physicians would prescribe it to every patient and healthcare systems would find a way to make sure every patient had access to this wonder drug.



Patient's deserve to know the facts...



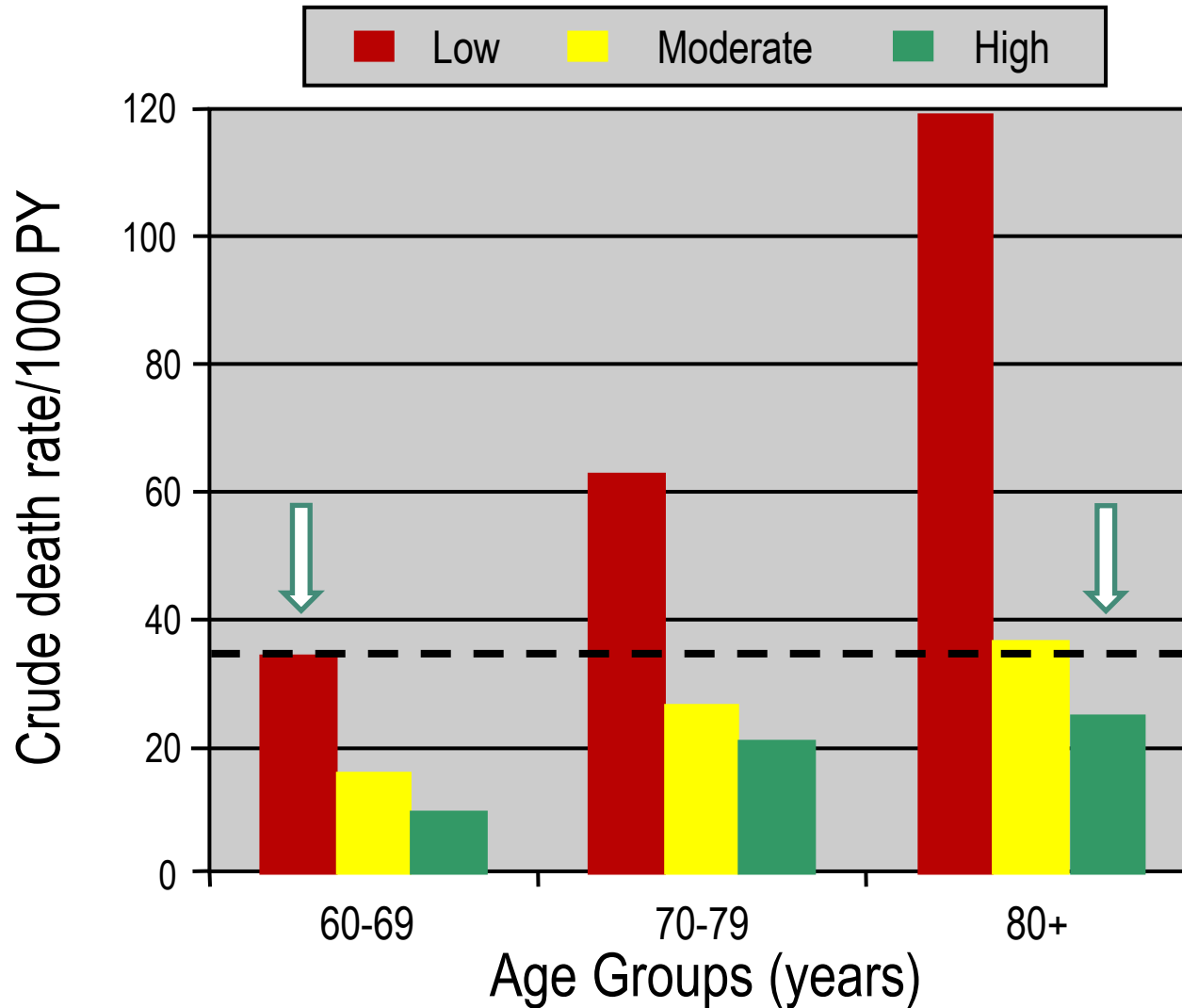
Irrefutable Evidence for Exercise in the Primary and Secondary Prevention of:

- Diabetes mellitus
- Cancer (breast and colon)
- Hypertension
- Depression
- Osteoporosis
- Dementia
- Coronary Artery Disease
- Lower death rate from all causes

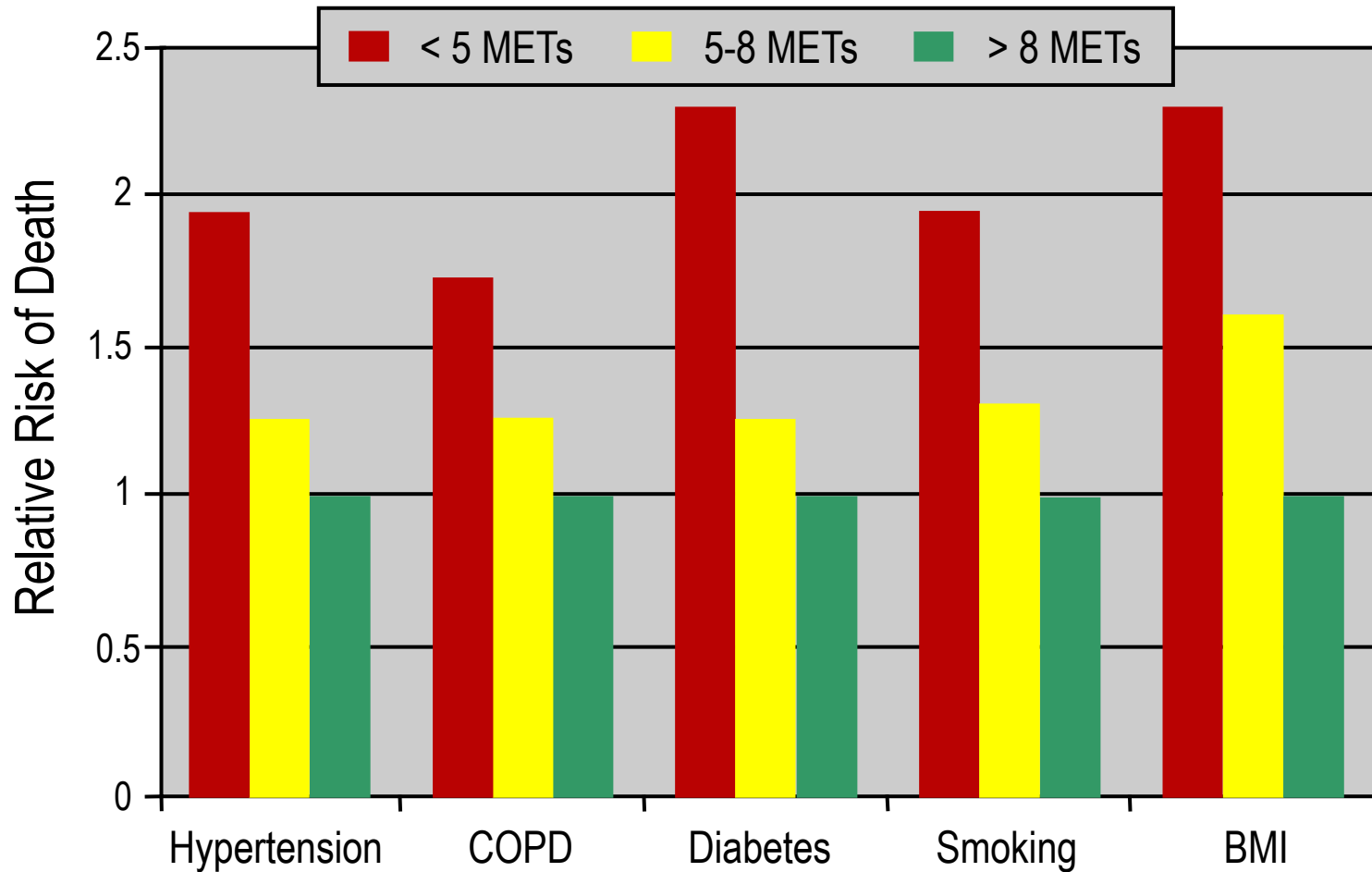
Physical Activity Lowers Mortality: Even With Increasing Age and Chronic Disease



Death Rates & Fitness Level



Exercise & Chronic Disease Mortality

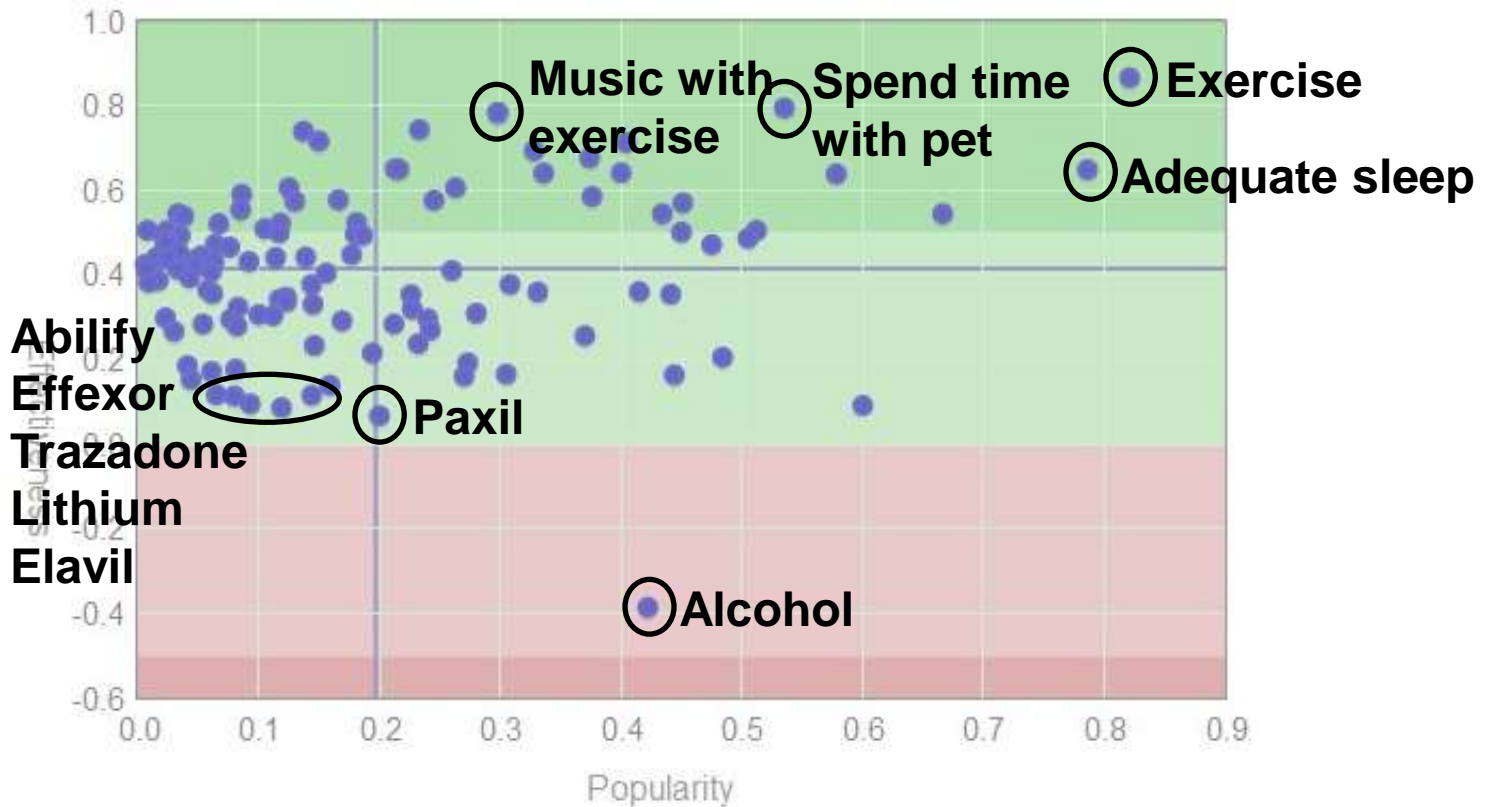


Exercise is Powerful Medicine Just ask patients who use it!





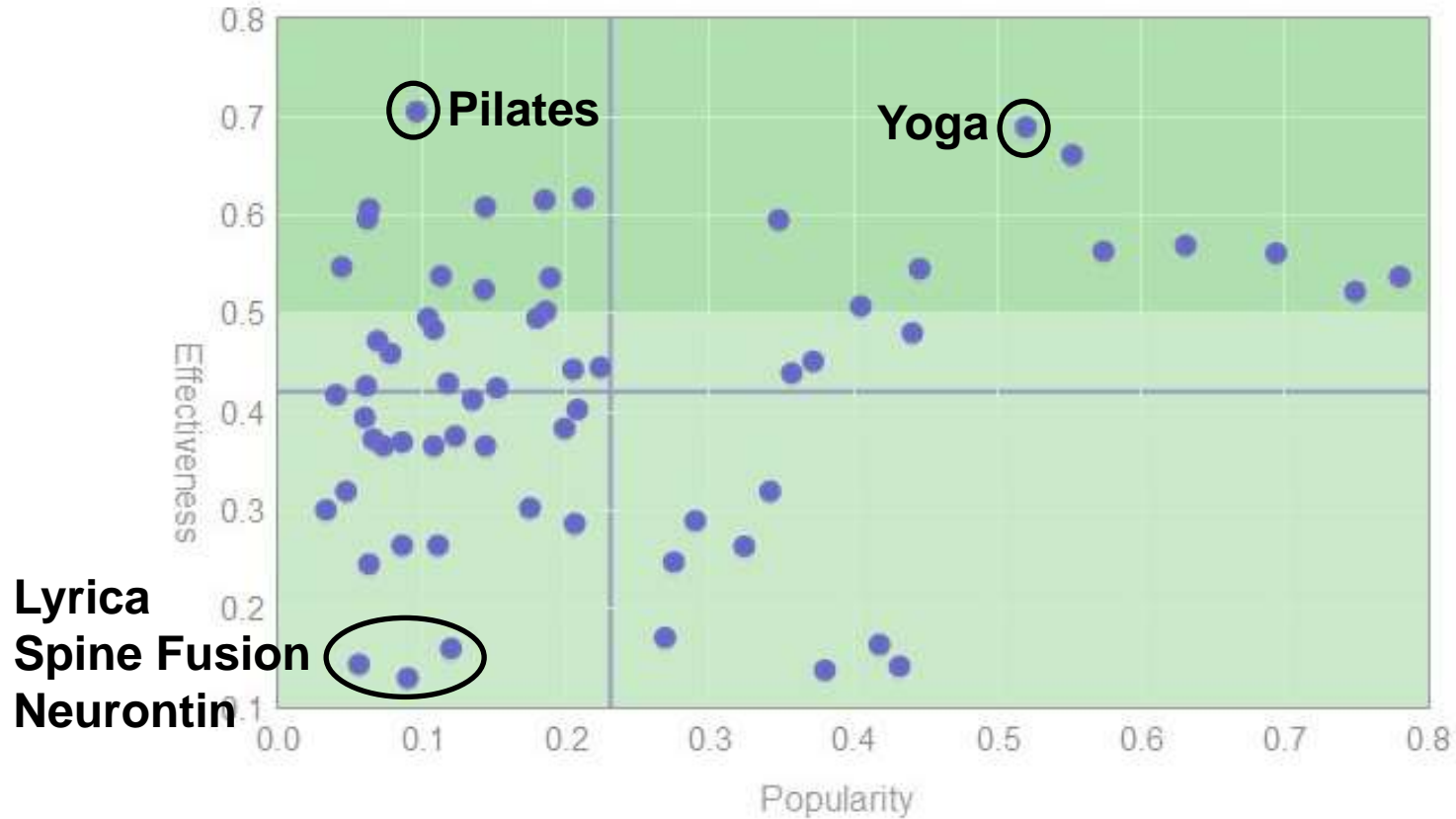
117 Depression Treatments Compared
Hover over each dot to see what treatment it represents.



This infographic is based on a total of 22,800 treatment effectiveness ratings.



63 Lower Back Pain Treatments Compared
Hover over each dot to see what treatment it represents.



This infographic is based on a total of 4,044 treatment effectiveness ratings.

Physical Inactivity and Severe COVID-19 Risk

Original research

Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients

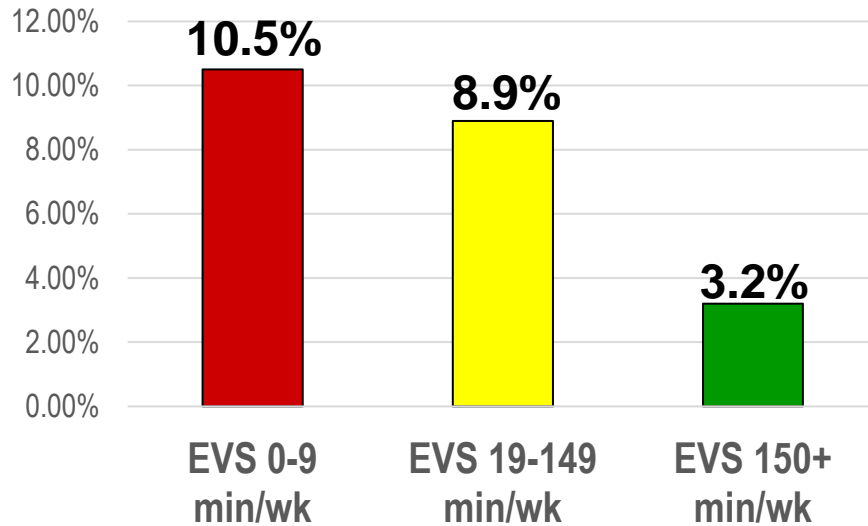
Robert Sallis ,¹ Deborah Rohm Young,² Sara Y Tartof,² James F Sallis,³ Jeevan Sall,¹ Qiaowu Li,² Gary N Smith,⁴ Deborah A Cohen²

Published April 13, 2021

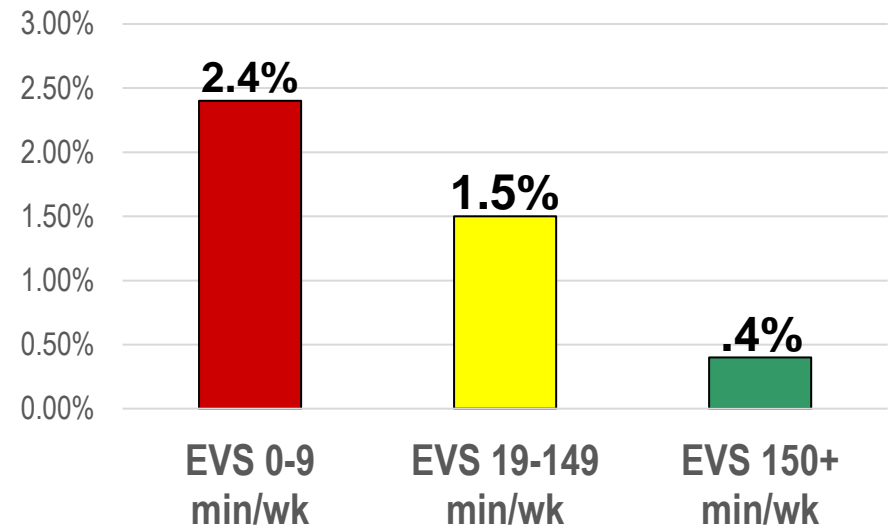
British Journal of
Sports Medicine

EVS and Percent of COVID 19 Patients Hospitalized and Deceased

EVS and Percent Hospitalized



EVS and Percent Deceased



Odds Ratios for COVID 19 *Hospitalization*

Effect	Odds Ratio	95% CI
Age >60	2.30	2.10 - 2.52
Gender M vs F	1.85	1.72 - 1.99
Hx of Organ Transplant	2.78	1.88 - 4.10
Race (B vs W)	1.33	1.16 - 1.53
A1C >= 8%	2.20	1.98 - 2.45
BMI 30-40	1.12	1.01 - 1.24
BMI >40	1.77	1.55 - 2.02
Smoker	1.09	1.01 - 1.18
COPD	1.16	1.06 - 1.28
Kidney Disease	1.32	1.18 - 1.48
Cancer	1.23	1.02 - 1.48
Hypertension	1.14	1.05 - 1.25
Inactive vs Active	2.26	1.81 - 2.83
Inactive vs Some Activity	1.20	1.10 - 1.32

Odds Ratios for COVID 19 *Deaths*

Effect	Odds Ratio	95% CI
Age >60	4.01	3.06 - 5.25
Gender M vs F	1.72	1.46 - 2.01
Hx of Organ Transplant	4.25	2.37 - 7.62
Race (B vs W)	1.18	0.91 - 1.54
A1C >= 8%	1.64	1.27 - 2.12
BMI 30-40	0.89	0.72 - 1.10
BMI >40	1.90	1.43 - 2.54
Smoker	1.24	1.05 - 1.47
COPD	1.28	1.06 - 1.53
Kidney Disease	1.50	1.24 - 1.81
Cancer	1.04	0.75 - 1.44
Hypertension	1.30	1.06 - 1.60
Inactive vs Active	2.49	1.33 - 4.67
Inactive vs Some Activity	1.32	1.09 - 1.60

Why Has the Medical Community Neglected Physical Activity as a Treatment?

- Easier for physician to issue a prescription to reduce BP, cholesterol, glucose or BMI.
 - Medication adherence is very low (1 in 6 take meds as prescribed).
 - Reliance on pills transfers responsibility for health to doctor resulting in lower patient physical activity.
- Widespread belief we cannot change physical activity habits. However:
 - Evidence brief counseling and pedometer programs can increase physical activity.
 - We are able to convince patients to take insulin shots, Coumadin, chemotherapy, etc – why not exercise?

Name this medical device?



Circa 1750's-1810's

Tobacco Smoke Enema



Rectal tube attached to fumigator & bellows to treat drowning (also constipation, cholera and convulsions)

Tobacco Smoke Enema



Hence the term “Blowing smoke up your ass”
is actually a medical term

If we can convince a walrus to exercise...



What Can be Done?

- World wide exercise prescription initiative:
 - Every patient. Every visit. Every treatment plan.
- Physical activity should be recorded as a vital sign and patients advised to do:
 - 30 minutes moderate exercise, 5 days per week.
 - Walk, jog, bike etc.
- Message should be the same from every medical provider, regardless of specialty.
- We must begin to merge the healthcare industry with the fitness industry.

Goal:

- To make physical activity assessment and exercise prescription a standard part of the disease prevention and treatment paradigm for all patients



Exercise Is Medicine

- A global health initiative sponsored by the ACSM and AMA.
- National launch held November 07' in Washington, D.C; Global launch in May 08'.
- Supported by *Surgeon General*, along with President's & CA Gov Councils.





May 28-June 1, 2019 • Orlando, Florida USA



HVA ER EXERCISE IS MEDICINE®

Exercise
is Medicine®
Norway



- Over 37 Countries with EIM National Centers
- 3 Regional Centers:
 - Latin America
 - Europe
 - Asia



Exercise as a Vital Sign

- An Exercise Vital Sign should be assessed at every medical visit.
 - Every patient needs to be asked about their exercise habits at every visit.
 - Record with traditional vital signs, BMI and smoking hx.
- This has been done at KP So Cal since October 2009; All regions since 2012.
 - 35 Medical Centers; ~12 million patients.
 - Medical assistant ask and record EVS at every patient visit, regardless of specialty.

Smith, John W

MRN Age Sex PCP

000017701887 30 year M Spero, Robert David (M.) *Sulfa Class, Acarbose, 5-alpha Reductas*

Allergies

Alert Spec Feat kp.org

N Inactive

SnapShot

4/22/2009 visit with TEST DUMMY MD

Chart Review

Images Questionnaires Admin Benefits Inquiry References SmartSets Open Orders Preview AVS Print AVS

Flowsheets

Allergies: Sulfa Class, Acarbose, 5-alpha Reductase Inhibitors, Acetaminophen + Propoxyphene Napsylate Reviewed on 2/27/2009

Problem List

Last Vitals: BP: 120/80 P: 60 T: T Src: Resp: 22 W: 190 lbs (86.183 kg) H: 5' 10" (1.778 m)

History

BMI: 27.26 kg/m2, BSA: 2.06 m2 Exercise Vitals: 180 mins/wk

Letters

Height 5' 10" (1.778 m)

Demographics

Peak Flow

Proactive Care

Charting

Chief Complaint

Nursing Notes

Vitals

Exercise Vitals

Review Exercise VS

Med. Document

BestPractice

History

Progress Note

SmartSets

Dx and Orders

Pt. Instructions

LOS

Follow-up

Close Encounter

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

Instant Taken:

Date: 4/30/2009

Time: 1149

Exercise Level of Effort

Days per week of moderate to strenuous exercise (like a brisk walk)

0 1 2 3 4 5 6 7

On average, minutes per day of exercise at this level

10 20 30 40 50 60 90 120 150 or greater

Restore Close F9 Cancel

Previous F7 Next F8

Review Exercise Vitals

Mark as Reviewed Last Reviewed by SHARMA, PANKAJ on 4/24/2009 at 12:36:26 PM

Medication Documentation

Current Prescriptions	Taking?	Start Date	End Date
ATENOLOL 100 MG ORAL TAB TAKE 1 TABLET ORALLY DAILY		4/29/2009	
	Provider: William Lewis (M.D.) Spering		
ATENOLOL 100 MG ORAL TAB 1 TAB PO DAILY		4/29/2009	5/29/2011
	Provider: William Lewis (M.D.) Spering		

Hotkey List

Exit Workspace

Navigator Hotkeys

Write a walking Rx for patients!



Name: John W. Smith Age: 30

Walking **R_x**

Date: _____

Recommended activity level: Moderate

Minutes per day: 30 minutes

Number of days per week: 5 or more

Intensity: Hard enough that you can't sing,
but not so hard you can't talk during exercise.

Stop: If you experience chest pain,
excessive shortness of breath or feel ill.

Signature: Robert Sallis, MD

Every Body
WALK!
www.everybodywalk.org

“At Kaiser Permanente, we want you to Live Well, Be Well and THRIVE!”



thrive



Exercise
is Medicine™

 KAISER PERMANENTE®

Kaiser Permanente – “Cause”



Every Body WALK!

The Campaign to Get America Walking

www.everybodywalk.org

EVERY BODY WALK!

LET'S ALL WALK FOR FUN AND BETTER HEALTH

I'd like to personally invite you to join me on an important and fun mission to walk 30 minutes a day, five days a week ... and to help us spread the word about how walking may be the single most important commitment you can make to your health and the health of our nation.

If we each walk 30 minutes a day (or 15 minutes twice a day), five days a week, we will be taking the most effective course of action possible to help prevent or help manage chronic health conditions, including type 2 diabetes, heart disease, depression, and asthma. It's really that simple. The research supporting the benefits of walking is irrefutable and growing every day — and you'll feel good doing it.

I am pleased to announce that we are introducing a new online walking program, called KP Walk!, to support and encourage all of us at Kaiser Permanente to walk 30 minutes a day, five days a week. To learn more about this program, go to www.kpwalk.com and get started on your journey to better health.

KP Walk! is complemented by an external campaign that Kaiser Permanente is launching called Every Body Walk! Information about this campaign can be found at www.everybodywalk.org.

Let's all walk ... and thrive!

George Halvorson
Chairman and CEO
Kaiser Foundation Health Plan, Inc. and Kaiser Foundation Hospitals

♻️ This material is printed with 50% recycled paper using 30% post-consumer waste and soy-based ink.



George Halvorson
Chairman and CEO

Kaiser Health Plan and Hospitals

A promotional graphic for the 'Every Body Walk!' campaign. At the top right is the 'healthyworkforce' logo with the tagline 'For the people who power KP'. The main title 'EVERY BODY WALK!' is prominently displayed in large, bold letters. Below it is the slogan 'LET'S ALL WALK FOR FUN AND BETTER HEALTH'. The graphic includes three photographs: a group of diverse people walking together on a paved path, a scenic view of a dirt path winding through a lush green forest, and a wide landscape with a blue sky and distant hills. At the bottom left is the 'kpwalk!' logo, and at the bottom right is the text 'Introducing a new way to bring walking into our lives.' The entire graphic is set against a background of a stylized map of the United States with blue lines representing water.

Every Body WALK!

The Campaign to Get America Walking

www.everybodywalk.org

Every Body WALK!
THE CAMPAIGN TO GET AMERICA WALKING
Celebrating Occupational Therapy Month

Home Blog Read Watch Meet Up Partners App Newsroom

Meet Up

Find walking meet ups near you with the help of MeetUp.com!

Enter zipcode or city
Example: "97000" or "Portland"

Meetup is the world's largest network of local groups. Meetup's mission is to revitalize communities and help people self-organize. Join one of many existing walking clubs, organize meetings and events, or form new walking groups in your neighborhood.

Meet up, motivate, meet up!

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Every Body WALK!
THE CAMPAIGN TO GET AMERICA WALKING
Celebrating Occupational Therapy Month

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Watch

Walking only 30 minutes a day can make a difference in your health. We've brought in medical experts to offer advice on getting started; we met up with walking groups to inspire ideas to bring walking to your community; and tracked down success stories to prove that walking really can improve your overall health.

Share 9 Tweet 0

Bob Sallis, MD: Wear a Pedometer

National Walk To Work Day: 5 Great Health Benefits Of Walking

- National Walk To Work Day: 5 Great Health Benefits Of Walking
- "The Way" Offers Journey
- Take Walking To The Best Cities
- National Start Planning Day
- Diabetes Alert Day: Take A Risk
- Test Save Your Life
- A Long Walk Unspooled
- Time To Walk Off The Weight and Forget Your Escapes Ladies
- Nautilus Month 2012: 25 Common Food Myths Busted

Every Body WALK!
THE CAMPAIGN TO GET AMERICA WALKING
Celebrating Occupational Therapy Month

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Read

Updates

National Walk To Work Day: 5 Great Health Benefits Of Walking

Today is the eighth annual National Walk to Work Day. If you're reading this, you may already be at your desk. And, like 51 percent of the population, you probably arrived there by car (86 percent) or public transportation (5 percent). But it's not too late! There's still time to pound the pavement on your way back home -- or, if that isn't possible, take a walk during your lunch break. If you happen to be in New York, the new "pedestrian center" in midtown might be a good place to start.

Latest News

- National Walk To Work Day: 5 Great Health Benefits Of Walking
- "The Way" Offers Journey
- Take Walking To The Best Cities
- National Start Planning Day
- Diabetes Alert Day: Take A Risk
- Test Save Your Life
- A Long Walk Unspooled
- Time To Walk Off The Weight and Forget Your Escapes Ladies
- Nautilus Month 2012: 25 Common Food Myths Busted

Vivek Murthy, MD, MBA

Surgeon General's Call to Action on Walking



Washington DC
September 9, 2015



Kaiser Permanente – Thrive “Find Your Thing”



How fast do you need to walk; To stay ahead of the Grim Reaper?



- Several studies have shown correlation between walking speed and survival.
- 1705 Australia men, age ≥ 70 ; Measured walking speed at usual pace for 6 m (~20 feet); Speed correlated with mortality rates over 5 yrs.:
 - Walking speed of 0.82 m/s (2 mph or 3 kph) was most predictive of mortality (i.e. speed of Grim Reaper)
 - No men walking at speeds ≥ 1.36 m/s (3 mph or 5 kph) were caught by Grim Reaper
- Walking faster protects against mortality!

Clinicians need help!

How do we integrate fitness into healthcare?

- I need something beyond telling my patient to go walk!
- Components of fitness
 - CV fitness
 - Strength
 - Flexibility
- Need to be able to refer
 - Health Club and Fitness professional
 - Exercise is Medicine Solution



A Challenge to the Fitness Industry

- Role of the fitness professional;
Merging fitness with healthcare
 - Change focus from clients to patients.
 - Change focus from abs and buns to hearts and lungs.
 - **How do we engage them?!**
- Role of Health Clubs;
Place your emphasis on health
 - Reach out to new demographic.
 - Target the population that really needs your services.
 - **Why aren't more clubs interested?!**

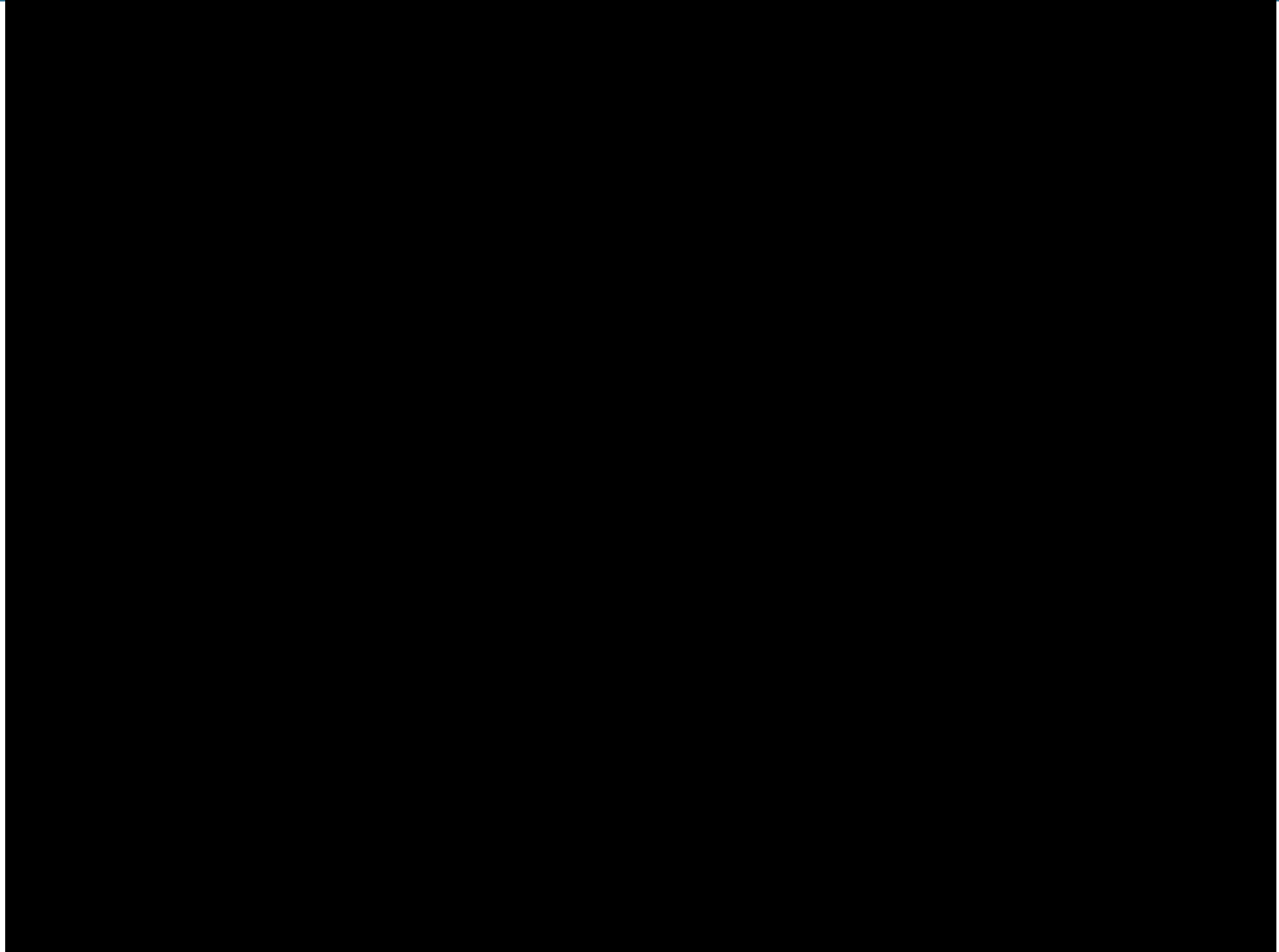


Summary

- Evidence is overwhelming on the cost and health burden of physical inactivity.
- Benefits of exercise in prevention and treatment of chronic disease are irrefutable.
 - Healthcare providers have an obligation to inform patients of the risks of being sedentary and prescribe exercise.
 - Fitness Professionals and Health Clubs needs to step up and play a role in improving health.
 - No student should graduate without a lifetime plan for fitness.
- ***Exercise is Medicine*** that everyone needs to take!
What can you do to help make that happen?



It's time for a change...



My Upcoming Presentations

Robert Sallis, MD

- **Tuesday @ 3:15 PM;** *“Exercise and a Healthy Brain: What’s the Connection?”*
- **Thursday @ 3:15 PM;** *“Fitness Vs Weight: What’s More Important to Your Health?”*
- **Friday @ 3 PM;** *“Managing Chronic Musculoskeletal Pain: What are the Best Non-Drug Options?”*

Thank You!



RANCHO LA PUERTA

Tecate • Baja California • Mexico

Questions?