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# Physician Awareness of Resources Available for Patients to Increase Physical Activity

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## BACKGROUND

It is widely known that increased physical activity provides health benefits across all domains of a person's life.

Physical activity recommendations for adults<sup>1</sup>:

- 150- 300 minutes of moderate intensity aerobic activity per week, or
- 75- 150 minutes of vigorous activity per week

Only 53% of adults meet these guidelines<sup>1</sup>.

Primary care doctors have a unique opportunity to counsel patients on physical activity. But it isn't always utilized<sup>2</sup>.

- 36.3% of adults who received healthcare had been told by their healthcare provider to increase their exercise
- Among adults that do not partake in any physical activity, 44.9% were counseled on exercise.

## INTRODUCTION

EngAge Wellness is a gym located on UNMC's campus. It is "the only medical fitness and whole-person wellness program for adults, that is affiliated with a leading academic health sciences center." They specialize in developing fitness programs for people with chronic medical conditions.

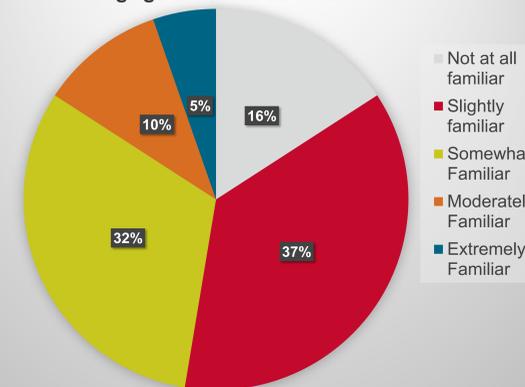
Are UNMC family practice physicians aware of the resources available at EngAge Wellness to patients become more physically active?

## RESULTS

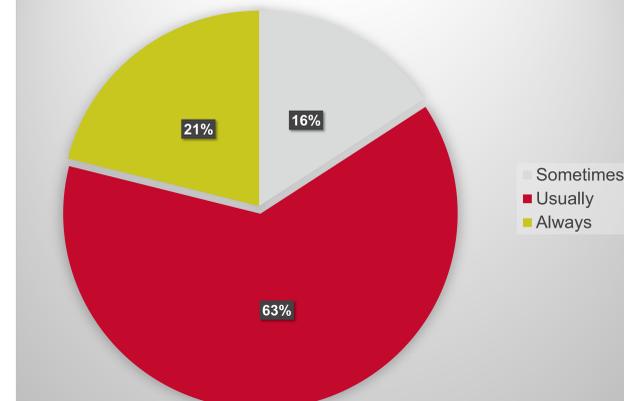
Demographics of providers surveyed

- 68.4% were male
- 89.5 % were white
- 94.7% were physicians
- Average years in practice 21.42 +/- 12.76

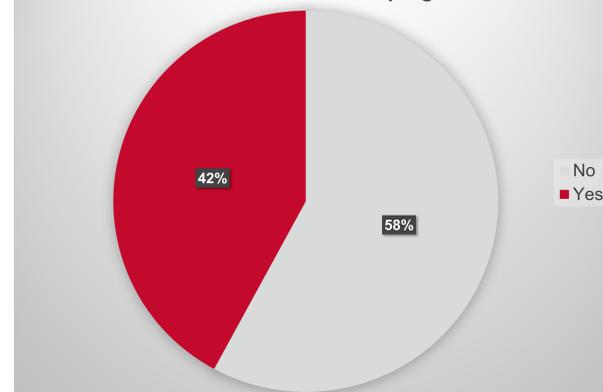
How familiar are you with EngAge Wellness at UNMC?



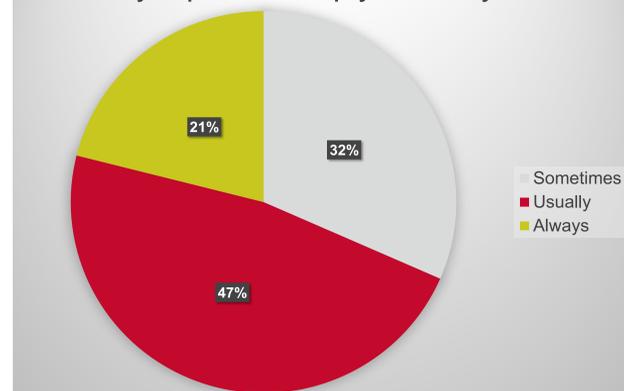
How often do you ask about exercise?



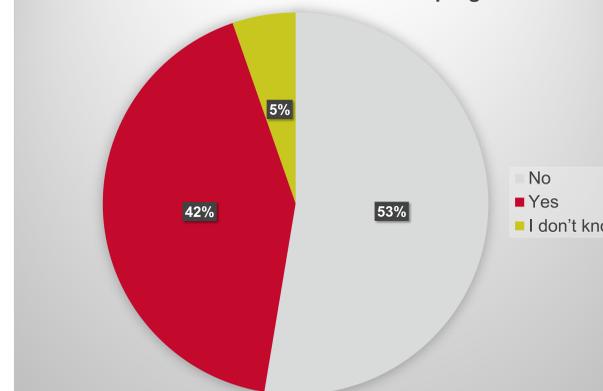
Do you refer patients to the EngAge Wellness "Exercise is Medicine" program?



How often do you make recommendations to your patients about physical activity?



Do you know how to refer patients to the EngAge Wellness "Exercise is Medicine" program?



## METHODS

A survey was administered in person to the department of Family Medicine at UNMC during a staff meeting. After the surveys were completed, a representative from EngAge Wellness gave a presentation about the gym, its programs and how to refer. A second survey will be completed as a follow up to assess provider's awareness of resources available to them.

## CONCLUSION & FUTURE DIRECTION

Although most providers ask patients about exercise during visits it is apparent that there is room for growth. 42% don't know how to refer patients to a program that can help them become healthier. If providers are more aware of resources, then they will hopefully be more likely to use those resources.

A second survey will be administered to the family medicine department at UNMC 1 year after the initial survey to see if there is any improvement on familiarity with EngAge Wellness.

## WORKS CITED

- 1) Centers for Disease Control and Prevention, 2018 *Physical Activity Guidelines for American*, 2<sup>nd</sup> edition
- 2) Loprinzi, P. D., & Beets, M. (2014). Need for increased promotion of physical activity by health care professionals. *Preventative Medicine*, 69, 75-79.