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

Promoting Physical Activity (PA) and Exercise Prescription in Patient Care, Improving US 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)

Create Standardized Measures for PA in the Electronic Health Record
Key Collaborator: Health Level Seven (HL7)® International’s Fast Healthcare Interoperability Resources (FHIR)®

Expand the Evidence Base for Physical Activity-Based Preventive Services
Key Collaborator: US Preventive Services Task Force (USPSTF)

Develop Current Procedural Terminology Codes (CPT)® for PA Assessment, Prescription and Referral
Key Collaborator: American Medical Association (AMA)

Establish Payment and Coverage Determinations for PA/Exercise Counseling
Key Collaborators: Public and Private Payers, including Centers for Medicare and Medicaid Services (CMS)

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), the Healthcare Information and Management Systems Society (HIMSS), Consumer Technology Association (CTA)

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

Community Level Environment, Systems, and Programmatic Support for Physical Activity
Policies and Strategies Include:
- 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

Active Living for All