Introduction

EIM®-OC is a National initiative aimed at creating a referral network on college and university campuses. Primary goals:
- Exercise as a Vital Sign
- Referral to Health and Fitness Professional for an Exercise Prescription

The FGCU Effect is EIM@FGCU
- Referral Network
- Vital Sign and Procedure Code
- Monthly EIM Events
- Evaluation of the Impact of Wellness on Academic Performance
- Physical Activity Break Videos
- University Wide Recognition
- Inclusion in New Student Orientation

Objectives

To use the Reach, Effectiveness, Adoption, Implementation, Maintenance (RE-AIM) methodology to evaluate Exercise is Medicine-On Campus Program (EIM®-OC).

Methods

In 2015, the EIM®-OC program at Florida Gulf Coast University (EIM@FGCU) was launched. The program consists of monthly EIM@FGCU events, a referral network, faculty/student research, and service learning projects (SLP). EIM®-OC programs can be more than just referral networks, and offer multiple opportunities for students and faculty to utilize the EIM framework. This project uses the RE-AIM methodology to evaluate the effectiveness of 1 EIM®-OC program.

Reach

- 85 Students Referred
- 38 performed Initial Assessments
- over 500 Students Attended Events

Effectiveness

- Service Learning
  - 2015-2016
  - Fall: 22 ± 11 hours
  - Spring: 19 ± 22 hours
  - 2016-2017
  - Fall: 16 ± 10 hours
  - Spring: 11 ± 2 hours
  - 7 Presentations
  - 3 Manuscripts in Process

Adoption

- 2015-2016 N = 5
- 2016-2017 N = 10
- EIM@FGCU University Team Service Award
- EIM@FGCU Part of New Student Orientation

Implementation

- Funding $10,500 over 2 academic years.
- Cost per referral is $584 per person.
- When students impacted by monthly events is included the cost drops to $20 per person.

Maintenance

- Increase in Reach
- Increase in Scholarly Activity
- Increase in Recognition

Service Learning Perceptions

“I realized we weren’t just volunteering… we were changing lives…” - Exercise Science Student Adaptive Recreation Day

Conclusions

Because EIM-On Campus programs have broader implications than a simple referral networks, methodologies such as RE-AIM can be utilized to determine project effectiveness.

Acknowledgements

- This Project has been supported by 2 Inter-professional Education Grants from the Dean’s Office of the Marieb College of Health & Human Services. This Project would not be possible without the collaboration across multiple campus Partners: Student Health Services, Campus Recreation, Center for Academic Achievement, Counseling and Psychological Services, Department of Rehabilitation Sciences, Office of Service Learning and Civic Engagement, and the Office of Undergraduate Research. We also want to recognize the hundred of hours of work from Exercise Science Students that contributed to this project.

http://www.fgcu.edu/mariebcollege/rs/esbs/exercise-is-medicine.html