

RESOLUTION 78-10A

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3 **Title: Exercise Information on the American Medical Association**
4 **Website**

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6 **Introduced by: Brian Silver, MD, for the Wayne County Delegation**
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8 **Original Author: Brian Silver, MD**
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10 **Referred to: Reference Committee C**
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12 **House Action: Adopted as Amended**
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15 **Whereas, the American Medical Association has published about the**
16 **importance of prescribing exercise in its newsletter¹, and**
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18 **Whereas, many American physicians do not counsel their patients**
19 **about exercise², and**
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21 **Whereas, the American Heart Association is now advocating for a focus**
22 **on maintaining wellness, as opposed to a focus on preventing serious**
23 **cardiovascular disease³, and**
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25 **Whereas, the Department of Health and Human Services issued physical**
26 **activity guidelines in October 2008 to help adults ages 18-64 incorporate**
27 **exercise into their lives, including 150 minutes per week of moderate-intensity**
28 **exercise and 75 minutes per week of vigorous intensity exercise⁴, and**
29

30 **Whereas, physical activity is associated with a reduced risk of early**
31 **death, heart disease, stroke, type II diabetes, high blood pressure, adverse**
32 **blood lipid profile, metabolic syndrome, colon cancer, breast cancer, falls,**
33 **depression, and cognitive dysfunction^{4, 5}, and**
34

35 **Whereas, an exercise prescription significantly increases the**
36 **percentage of individuals who participate in an exercise program^{6, 7}, and**
37

38 **Whereas, many Americans access the Internet for information about**
39 **health, and**
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41 **Whereas, many websites offer information that may not be scientifically**
42 **reliable, and**
43

44 **Whereas, the American Medical Association does not currently contain**
45 **specific information for patients regarding the quantity, intensity, and types of**
46 **exercise they should be doing, nor is there specific information about how**
47 **physicians should prescribe exercise; therefore be it**

48 **RESOLVED: That the Michigan Delegation to the AMA ask the AMA to**
49 **improve means of disseminating information to patients and physicians**
50 **regarding safe and effective options for healthy exercise on its public website**
51 **with the goal of increasing the number of patients who participate in regular**
52 **physical activity.**

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55 **WAYS AND MEANS COMMITTEE FISCAL NOTE: NONE**

¹ <http://www.ama-assn.org/amednews/2009/03/02/hlsa0302.htm> (accessed 2-28-10)

² Shiffman S, Sweeney CT, Pillitteri JL, Sembower MA, Harkins AM, Wadden TA. Weight management advice: what do doctors recommend to their patients? *Prev Med.* 2009 Dec;49(6):482-6.

³ <http://mylifecheck.heart.org> (accessed 2-28-10)

⁴ www.health.gov/Paguidelines/factsheetprof.aspx
(<http://www.health.gov/Paguidelines/pdf/paguide.pdf>) (accessed 2-28-10)

⁵ Inoue M, Yamamoto S, Kurahashi N, Iwasaki M, Sasazuki S, Tsugane S; Japan Public Health Center-based Prospective Study Group. Daily total physical activity level and total cancer risk in men and women: results from a large-scale population-based cohort study in Japan. *Am J Epidemiol.* 2008 Aug 15;168(4):391-403.

⁶ Swinburn BA, Walter LG, Arroll B, Tilyard MW, Russell DG. The green prescription study: a randomized controlled trial of written exercise advice provided by general practitioners. *Am J Public Health.* 1998 Feb;88(2):288-91.

⁷ Elley CR, Kerse N, Arroll B, Robinson E. Effectiveness of counselling patients on physical activity in general practice: cluster randomised controlled trial. *BMJ.* 2003 Apr 12;326(7393):793.