### 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.

### Results

#### Reach

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

#### Maintenance

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

#### 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.

#### 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

### Acknowledgements

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### 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.

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