



Exercise is Medicine: Student mental health and physical activity

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Outline

- 1. Introduction to Exercise is Medicine**
- 2. Exercise is Medicine On Campus Program**
- 3. Mental Health and Post Secondary Students**
- 4. Benefits of Physical Activity**
- 5. Benefits of Programs – Mood Walks**



Discussion: What do you think this picture represents?



“

What if there was
one prescription
that could
prevent and treat
dozens of diseases,
such as diabetes,
hypertension and obesity?

Would you prescribe it to
your patients?

Certainly. ”



-Robert E. Sallis, M.D., FACSM,
Exercise is Medicine™ Task Force Chairman

Introduction: Exercise is Medicine

- **Global health initiative including health care providers, allied health care professionals, researchers and students**

Vision:

“Physical activity is an integral part of prevention and treatment of chronic disease in the Canadian Health Care System, so that more Canadians meet the Canadian Physical Activity and Sedentary Behaviour Guidelines.”

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Introduction: Exercise is Medicine

- 1. Educate physicians about the benefits of physical activity for the prevention, treatment and management of chronic diseases**
- 2. Provide physicians with the resources and tools they need to prescribe and refer patients to physical activity**
- 3. Bridge the gap between physicians and allied healthcare professionals**

Health Care Professionals and Exercise Professionals:

Shared role in promoting and prescribing physical activity



Exercise prescription & referral



Name _____

Date _____ Age _____

Relevant diagnoses _____

REDUCE SEDENTARY BEHAVIOUR

Move more / Sit less / Use stairs / Limit screen time

PHYSICAL ACTIVITY RECOMMENDATIONS

AEROBIC / CARDIOVASCULAR ACTIVITY

Frequency	2	3	4	5	6	7	days / week
Intensity	Light		Moderate		Vigorous		
Time	10	15	20	30	40	more	minutes / session
Type							

STRENGTH / RESISTANCE ACTIVITY

2 3 4 5 6 7 days / week

Example

CANADIAN PHYSICAL ACTIVITY GUIDELINES FOR ADULTS 18 YEARS AND OLDER
To achieve health benefits, adults aged 18 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.

REFERRAL FOR ADDITIONAL EXERCISE ASSESSMENT AND COUNSELING

Name / Contact _____

Follow-up / Other _____

YOUR HEALTH PROFESSIONAL

Name

Signature

Licence #

Prescription d'exercices et demande de consultation



Nom _____

Date _____ Âge _____

Diagnostics pertinents _____

RÉDUIRE LES COMPORTEMENTS SÉDENTAIRES

Bouger plus / Moins assis / Plus d'escaliers / Moins d'écran

RECOMMANDATIONS D'ACTIVITÉS PHYSIQUES*

ACTIVITÉS AÉROBIES / CARDIOVASCULAIRES

Fréquence	2	3	4	5	6	7	jours / semaine
Intensité	Légère		Modérée		Élevée		
Temps (durée)	10	15	20	30	40	plus	minutes / séance
Type							

EXERCICES DE MUSCULATION

2 3 4 5 6 7 jours / semaine

Exemple

* DIRECTIVES CANADIENNES EN MATIÈRE D'ACTIVITÉ PHYSIQUE À L'INTENTION DES ADULTES DE 18 ANS ET PLUS

Pour favoriser la santé, les adultes devraient faire chaque semaine au moins 150 minutes d'activité physique aérobie d'intensité modérée à élevée par séances d'au moins 10 minutes. Il est aussi bénéfique d'intégrer des activités pour renforcer les muscles et les os et faisant appel aux groupes musculaires importants au moins deux jours par semaine. S'adonner à encore plus d'activité physique entraîne plus de bienfaits pour la santé.

DEMANDE D'ÉVALUATION ET DE RECOMMANDATIONS ADDITIONNELLES

Nom / coordonnées _____

Suivi / autres _____

VOTRE PROFESSIONNEL DE LA SANTÉ

Nom

Signature

No de permis

Exercise is Medicine On Campus

- Student leaders – over 36 chapters across the country
- Focus on:
 1. Advocacy
 2. Education
 3. Research
 4. Promotion of physical activity

Mental Health and University Students

- **In Canada, highest prevalence of mental illness is seen in ages 15 to 24 ⁽¹⁾**
- **65% report experiencing overwhelming levels of anxiety, prevalence continues to increase ⁽²⁾**
- **46% report symptoms of depression ⁽²⁾**
- **13% have seriously considered a suicide attempt ⁽²⁾**
- **9% reported an attempted suicide in the past, 2% in the last year ⁽²⁾**

American College Health Association. American College Health Association-National College Health Assessment II: Ontario Canada Reference Group Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.

Mental Health and University Students

- **Benefits of physical activity for students** ⁽³⁾
 - **Decreased anxiety and depressive symptoms**
 - **Improved mood**
 - **Improved sleep**
 - **Increase in self-confidence and efficacy**
 - **Improved cognition**



The Benefits of Programing - Mood Walks

- **Peer to peer mental health support has many benefits**
 - **Increase social support and network**
 - **Prevention of future mental illnesses**
 - **Accessibility**
 - **Learning and leadership opportunities**



Student Leadership

- **Groups such as Exercise is Medicine On Campus can assist with the organization and implementation of programs**
- **Opportunity to collaborate with existing resources on campus**
- **Steps towards change –**



- **Increase conversation**
- **Decrease stigma**
- **Improve overall health**

References

1. Pearson, Janz and Ali (2013). Health at a glance: Mental and substance use disorders in Canada. Statistics Canada Catalogue no. 82-624-X.
2. American College Health Association. American College Health Association-National College Health Assessment II: Ontario Canada Reference Group Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.
3. Peluso, MAM, LHSG Andrade. (2005). Physical activity and mental health: The association between exercise and mood. Clinics. SciELO Brasil.

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**Thank you
Questions?**

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