

# Annual Update 2019



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
LEADING THE WAY

Working together to create a better life for all

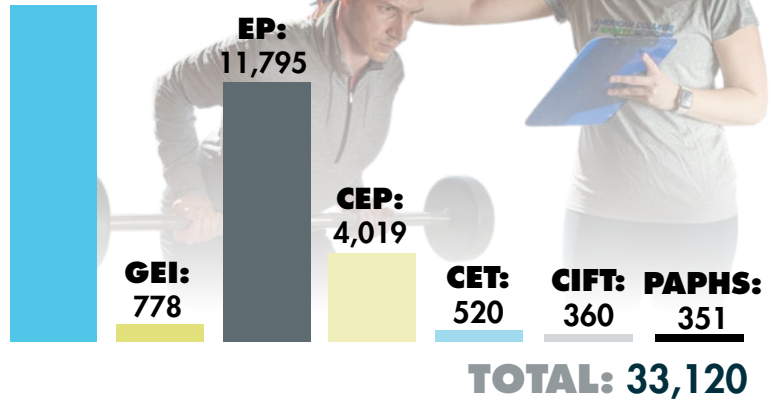
## Membership

**Total: 22,305**



## Certification

**CPT:**  
15,297



## Regional Chapters

- **12** Chapters
- **9,123** members (7.6% increase)
- **8,403** chapter meeting attendees (9.7% increase)
- **\$52,600** in awards/research grants given by chapters



## ACSM Foundation and Grant Funding

**\$129,909** in research grants and travel awards given to 36 young investigators

## Journals

### Medicine & Science in Sports & Exercise® (MSSE)

- Impact Factor Ranking: **4.291** – 7th of 81 in Sports Sciences
- Total Cites: **33,910** – 2nd of 81 in Sports Sciences

### Exercise and Sport Sciences Reviews (ESSR)

Impact Factor: **5.065**  
5th of 81 in Sports Sciences.

### Translational Journal of the American College of Sports Medicine (TJACSM)

Article about PE and sedentary behavior featured in *The New York Times*

### Current Sports Medicine Reports (CSMR)

- ACSM's monthly clinical review e-only journal. Focuses entirely on the clinical aspects of sports medicine.
- **295,240** web site views in the last year
- Published first ACSM's Contemporary Issues paper, earning a high Altmetric score of **486**.

### ACSM's Health & Fitness Journal® (HFJ)

- **364,620** web site visits in the last year
- "Worldwide Survey of Fitness Trends for 2019" Altmetric score of **308** and generated **344** stories in the media.



## Mentoring

Since inception, **170** mentor/mentee relationships have engaged in two programs, producing more than **20** new ACSM Fellows:

- Leadership and Diversity Training Program
- Mentoring Women to Fellowship



## Meetings and Education

- **7,648** participants at ACSM-hosted events
- **140** courses offered on ACSM's ceOnline platform
- **13,150** ceOnline customers (all time)
- **185,000** courses sold (all time)



## ACSM Signature Programs

**Exercise is Medicine®**

**ACSM American Fitness Index®**

- **33** Countries with EIM programs
- **8,815** engaged newsletter subscribers
- **2,020** Exercise is Medicine Credentialed Professionals
- Growing library with more than **40 resources** promoting exercise
- More than **580** media outlets covered the release of the 2018 Index, including USA Today and NBC News
- **802** media stories published resulting in **200** million impressions
- **17.8** million impressions on Twitter
- Published as a **best practice** by U.S. Conference of Mayors

## Traditional and Social Media

### Traditional Media

- More than **15,000** stories mentioning ACSM, its journals, initiatives or members
- Potential reach of **8.9 billion** readers, listeners or viewers

### Social Media

- **411,049** followers across all ACSM platforms, an increase of 18 percent
- Total impressions of **14,256,653**.



## Policy and Advocacy

- Concussion laws passed in all **50** states
- Physical activity research within the Common Fund
- **\$10 billion** increase in NIH funding over the last 5 years
- **Increased funding** for PE in schools and active transportation
- Personal Health Investment Today (PHIT) Act passed House



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# Strategic Plan

The American College of Sports Medicine has embarked on a new strategic plan, guided by continuous improvement science methodologies. The plan is driven by seven fundamentals that represent the college's core functional priorities. Each fundamental is defined by a corresponding "true north" statement that defines its vision of success.



## Membership/ Certification

Create high value member experiences in order to drive loyalty with existing members and recruit new members.



## Education

Provide highest quality and value education when, where and how stakeholders want it.



## Integration

Create opportunities for cross-disciplinary collaboration and partnerships; and foster an environment where diverse perspectives are valued.



## Stewardship

Ensure the lasting impact and influence of ACSM through financial stewardship, social responsibility, and scientific integrity.



## Science/Research

Promote, support and disseminate transformative research. Train, mentor and nurture new and diverse group of investigators to shape the direction of sports medicine and exercise science.



## Medicine

Provide an indispensable community of learning, practice, and discovery for all healthcare providers to improve individual and population health.



## Advocacy

Provide innovative and diverse opportunities to engage, promote, and advocate for the professional interests of our members and certified professionals, as well as for individual and public health.

# ACSM Foundation Contributors

The ACSM Foundation receives, administers and disburses funds to support the college's educational, scientific and charitable purposes. Each year, the ACSM Foundation awards more than \$100,000 in research grants, travel awards and scholarships. To sustain and build these funds, the foundation conducts ongoing fundraising efforts.

More than 50 ACSM members have generously donated at least \$200.00 to the ACSM Foundation since January 2018. The following members have graciously agreed to be recognized:

Joanne B. Allen, M.D., FACSM  
Lawrence E. Armstrong, Ph.D., FACSM  
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Steven N. Blair, P.E.D., FACSM  
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Craig E. Broeder, Ph.D., FACSM  
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FACSM, FTOS  
Janet M. Shaw, Ph.D., FACSM  
Elizabeth A. Smaha  
Angela D. Smith, M.D., FACSM  
Walter R. Thompson, Ph.D., FACSM  
The Wadler family in memory of  
Gary Wadler  
Sara Wilcox, Ph.D., FACSM



**Watch for new developments coming soon!**

401 West Michigan Street  
Indianapolis, Indiana  
46202-3233  
(317) 637-9200  
publicinfo@acsm.org  
www.acsm.org



**Working together to create a better life for all**