



The American College of Sports Medicine® (ACSM) is pleased to honor Elizabeth A. Joy, M.D., M.P.H., FACSM, with a 2019 ACSM Citation Award for her significant contributions to the fields of sports medicine and exercise science.

Dr. Joy is Senior Medical Director of Wellness and Nutrition, at Intermountain Healthcare. She is also adjunct faculty in the University of Utah's Department of Family and Preventive Medicine and College of Health's Department of Nutrition and Integrative Physiology.

Dr. Joy earned a B.S. in biochemistry from the University of Minnesota and an M.D. from the same. She completed her residency in Family Medicine at Hennepin County Medical Center in Minneapolis from 1988 to 1991 and completed a fellowship in Sports Medicine there from 1991 to 1992. She also earned a Master of Public Health degree from the University of Utah in 2007.

Dr. Joy has served on a number of ACSM committees and initiatives, including the Strategic Health Care Initiatives for Women, Team Physician Course, Medicine Task Force, and Continuing Education Committee. She also served on the ACSM Board of Trustees from 2000 to 2003. She was subsequently elected ACSM Vice President in 2010 and later ACSM President, serving from 2016 to 2017.

Dr. Joy's work focuses on the Female Athlete Triad, physical activity promotion, and diabetes prevention. According to nominator Kathryn H. Schmitz, Ph.D., MPH, "Dr. Joy understands the exercise professionals to whom she refers her patients better than anyone. During her medical training and early in her career, she was an exercise professional herself. This likely explains her unique ability to communicate across what others experience as boundaries and barriers between clinicians and exercise professionals. It also likely explains her tireless clinical, administrative, and scholarly leadership for Physical Activity as a Vital Sign and Exercise is Medicine."

She continues: "Liz has been a leader in ACSM's Exercise is Medicine initiative since its inception. She's given talks around the world, including England, Russia, China, and every part of the USA. She's widely published on the topic, including the recent Call to Action on Making Physical Activity Assessment Standard of Care published in the prestigious Journal Circulation. Dr. Joy managed to institute a Physical Activity Vital Sign for both pediatric and adult populations within the Intermountain Healthcare System ensuring that a million people are counselled about physical activity at medical encounters."

ACSM is honored to present Dr. Joy with a 2019 Citation Award.