

Barry & Linda Franklin Exercise is Medicine On Campus Microgrant

Exercise
is Medicine®
On Campus

Background

Exercise is Medicine On Campus (EIM-OC) engages universities and colleges to create programs for students, faculty and staff to learn more about exercise as a medicine and provide programming to help members of the campus community meet minimum recommended levels of physical activity (PA). It also aims to educate future exercise and health care professionals about the importance of integrating EIM and PA into clinical care. EIM-OC calls upon universities, colleges, and other campuses to activate EIM within their unique environments and to promote PA as a vital sign of health.

The Franklin Microgrant Program

To help campuses develop, execute, and evaluate EIM On Campus programs, financial support is available through the Franklin Microgrant Program. Thanks to the generosity of ACSM Past President Barry Franklin and his wife, Linda, three (3) grants are offered. These grants are meant to defray the costs of conducting EIM interventions, performing high-quality data collection and analysis of EIM programming.

There are one (1) \$500, one (1) \$750 and one (1) \$1,250 microgrant awarded annually to support EIM-OC programs and related evaluations.

- **PA Promotion Grant (\$500):** awarded to EIM-OC leadership teams aiming to provide, promote and/or evaluate PA or exercise opportunities for campus community members.
- **PA Screening and Education Grant (\$750):** awarded to EIM-OC leadership teams aiming to evaluate the effectiveness of PA screening and education initiatives.
- **PA Assessment and Referral Grant (\$1250):** awarded to EIM-OC leadership teams aiming to evaluate the effectiveness of the campus health assessment and referral process and/or exercise prescription services.

Eligibility

Investigators at EIM-OC registered campuses are encouraged to apply for the grant level that best matches the proposed project. Only one application per campus will be considered. Applicants should be full-time faculty or staff of the applicant institution. *Inclusion of students is highly recommended.* EIM-OC recognition is not required.

Grant Structure

Applications are scored and evaluated by the EIM-OC Committee according to the **Review Criteria** below. Investigators at programs that receive the microgrants are required to submit an annual report on the progress of their programs and related outcomes. Upon completion of data collection and analysis, microgrant recipients will present an overview of their program and a summary of their findings as part of the ACSM Annual Meeting (live or virtual) or in webinar format. Additionally, recipients of the Barry & Linda Franklin EIM-OC Microgrant are encouraged to submit a proposal for a poster presentation at an ACSM Regional Chapter meeting and/or at the ACSM Annual Meeting.

Timeline

- Applications will be available on January 16, 2023
- Applications are due March 3, 2023
- Awardees will be selected May 5, 2023
- Funds will be distributed in one lump sum through relevant academic research center on behalf of grantee on July 1, 2023
- Recipients will present an overview of their program and a summary of their findings at the Annual Meeting during the EIM-OC Recognition Program or webinar format (virtual or in person). Recipients of the microgrant are encouraged to submit a proposal for a poster presentation as part of the ACSM Annual Meeting (live or virtual) or webinar format.
- Funds must be utilized within one year and recipients will be required to send a Final Financial Report from their Sponsored Programs Office.

Submission Process

Applicants must submit the following via the application distributed by the EIM Global Center.

- EIM-OC program information and background
- A proposal including the following:
 - Arial, 11pt, 1-inch margins, double space
 - Promotional Grant (\$500): two page maximum
 - Screening & Education Grant (\$750): three page maximum
 - Assessment & Referral Grant (\$1250): four page maximum
 - Sections:
 - Rationale for the project
 - Program goals
 - Program description
 - Data to be collected
 - Outcome measures (e.g. how will you measure success?)
- Bibliography (following *Medicine & Science in Sports & Exercise*, guidelines), if applicable
- CV(s) or resume(s) of Lead Investigator/Advisor
- Budget proposal for how funds will be utilized

Review Criteria

Criteria	Description
Significance & Impact	<p>How will the initiative advance EIM-OC objectives on the campus?</p> <ol style="list-style-type: none"> 1. Provide, promote or evaluate PA related to EIM-OC interventions; or 2. Increase knowledge as a result of EIM educational programs; or 3. Integrate PA assessment, prescription and referral services within campus health and/or counseling services <p>Knowledge gained from EIM-OC can be translatable to other community- and hospital-based EIM programs.</p>
Investigators	<p>Are those leading the initiative qualified to do so? <i>Applicants should be full-time faculty or staff of the applicant institution.</i> Inclusion of students is highly recommended. While inclusion of students is highly recommended, a full-time faculty or staff sponsor is required.</p> <p>Is the project collaborative or multidisciplinary?</p>
Innovation	<p>High-quality data can provide documentation needed to expand programming to students, faculty and staff. Program evaluations help fill this gap in scientific knowledge regarding EIM-OC effectiveness that has broader implications. Does the initiative utilize a novel concept or approach to impact EIM-OC objectives on the campus?</p>
Approach	<p>Are the overall strategies, methodologies and analyses (if applicable) well-reasoned and appropriate to accomplish the specific aims of the project?</p> <ul style="list-style-type: none"> • PA Promotion (\$500) focuses primarily on providing PA or exercise opportunities for campus community members and garnering support from local leaders. Typically, this includes activities such as 5ks; bike-share programs; weekly exercise classes; university president, mayoral or governor proclamations; and health events during October (EIM-OC Month) • PA Education and Screening (\$750) focuses on PA education and screening. Typically, this includes lecture series, lunch & learn sessions, wellness fairs and integration of EIM into the curriculum • PA Assessment and Referral (\$1250) integrates the Physical Activity Vital Sign (PAVS) into health and counseling service visits. The PAVS response then prompts brief advice and a referral to a PA program or a health and fitness professional who can focus on improving PA habits by assisting with goal-setting and exercise prescription. Campus recreation staff and exercise physiology department students are often key recipients of referrals.

