



LAKESHORE

April 28, 2023

Micky Tripathi, PhD, MPP
National Coordinator
Office of the National Coordinator for Health Information Technology (ONC)
Department of Health and Human Services
Hubert Humphrey Building, Suite 729
200 Independence Avenue SW
Washington, DC 20201

***Re: ONC's Draft United States Core Data for Interoperability (USCDI)
Version 4 – Physical Activity***

Dear Dr. Tripathi,

This letter is to provide additional supporting information for the Physical Activity Alliance's submission of the Physical Activity Status data element to standardize physical activity assessment into the U.S. Core Data for Interoperability (USCDI).

Lakeshore Foundation serves approximately 4,000 members with chronic conditions and disability annually through its activity, research, advocacy and health promotion programs and services. For more than 30 years we have provided services locally, nationally, and internationally in partnership with the disability community. At Lakeshore, we use our time, energy, expertise, and resources to be a leader in advancing our mission to encourage and provide opportunities for people with disability to live a healthy lifestyle. Our facility in Birmingham, Alabama is equipped to be a central location to provide training and technical assistance services to community sites and national partners. Lakeshore is also home to staff and resources of the National Center on Health, Physical Activity and Disability (NCHPAD), a CDC-funded center providing training, resources, and tools to support access to physical activity and health among people with disability. We actively engage in activities that promote health equity for people with disabilities.

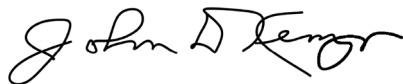
The Physical Activity Status data element standards proposed are aligned with the 2018 U.S. Physical Activity Guidelines for Americans, which includes people with disabilities and chronic health conditions. These Key Guidelines are imperative as a foundation of exercise prescription for all Americans. Adding physical activity assessment in the USCDI will further drive implementation and adherence of these guidelines for all Americans, reducing secondary health conditions, improving quality of life, and reducing unnecessary healthcare costs due to preventable health conditions.

Physical activity plays an important role in maintaining health, well-being, and quality of life. For people with disabilities, physical activity can help support daily living activities and independence. There are 62 million people in the US with a disability, which is 1 in 4 US adults. Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities. Aerobic physical activity can help reduce the impact of these chronic diseases, yet data shows that nearly half of all adults with disabilities get no leisure time aerobic physical activity. A 2014, CDC VitalSigns report (https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6318a5.htm?s_cid=mm6318a5_w) stated that adults with disabilities were 82% more likely to be physically active if their doctor recommended it. However, only 44% of adults with disabilities who visited a doctor in the past year received a physical activity recommendation from their doctor. The inclusion of physical activity assessment standards will further support this data in addition to assisting healthcare providers in communicating the need for and importance of physical activity for all people.

Lakeshore urges ONC to include PA assessment in the final version 4 of USCDI.

Thank you for your consideration and support.

Sincerely,



John D. Kemp
President & CEO
Lakeshore Foundation