



April 17, 2023

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

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

Dr. Tripathi:

On behalf of IHRSA – The Global Health & Fitness Association, I write to share our support for the Physical Activity Alliance submission of the Physical Activity Status data element to standardize the assessment of physical activity (PA) into the U.S. Core Data for Interoperability (USCDI), including all four applicable standards addressing the components of aerobic and muscle strengthening PA:

1. Average frequency of moderate to strenuous exercise each week;
2. Average duration of moderate to strenuous exercise;
3. Total minutes of moderate-vigorous physical activity/week; and
4. Average frequency of muscle-strengthening exercise each week.

These standards are validated in the peer-reviewed literature, align with the 2018 U.S. Physical Activity Guidelines for Americans, and correlate with the appropriate LOINC codes in HL7 FHIR Implementation Guide development.

IHRSA is the leading trade association dedicated to enhancing mental and physical health in the United States and globally by increasing access to physical activity. From health and fitness clubs, gyms, studios, sports and aquatic facilities, and industry partners, IHRSA represents facilities as diverse as the communities they serve, offering physical activity options serving consumers at every price point.

Study after study demonstrates that regardless of age, ability or experience, physical activity immediately and sustainably benefits mental health. Regularly active individuals have been proven to take 27% fewer sick days and between 14-25% fewer disability days. It is estimated

the U.S. could save \$116 billion a year simply by making modest changes in healthy behavior, including increasing physical activity.

The addition of this data will help bridge the divide between healthcare and physical activity and promote increased referrals for exercise programming and its indisputable benefits on mental and physical health. IHRSA, and the health & fitness industry fully support Physical Activity Alliance's submission and stand ready and willing to assist in data assessment and implementation.

Should you have any questions, please feel free to contact IHRSA's Vice President of Government Affairs, Mike Goscinski (mike.goscinski@ihrsa.org).

Sincerely,

A handwritten signature in black ink that reads "Liz Clark". The signature is written in a cursive, flowing style.

Liz Clark
President and CEO
IHRSA