

# EIM Ghana



Dr. Prince Pambo

## National Center Director

Dr. Prince Pambo

## Affiliation

National Sports Authority

## National Center Manager

Prof Reginald Ocansey

## Host Institution – Active Lifestyle & Wellness Association of Ghana (ALWAG)

The mission of ALWAYS is to promote active, healthy living and holistic wellness through research, education and training using best practice interventions. Our vision is to build and grow a community of holistic wellness and increase physical activity levels of children and youth through education (training of fitness practitioners, offering consulting services, evaluating PE teacher education programs), research publication, and advocacy.



## National Center Advisory Board

Dr. Prince Pambo  
Prof Reginald Ocansey

## Affiliation

Ghana Medical Association, National Sports Authority  
Active Lifestyle and Wellness Association of Ghana (ALWAG)

## 2015 Goals

- Expanding collaboration with other health and governmental organizations in Ghana
- Further goals to be determined at National Center Advisory meeting in early 2015

## Past Accomplishments

- Held the 2nd Exercise Medicine Ghana Congress at the 5th Ghana Physical Education and Sport Thinktank Annual International Conference (June 2013)
- Organized the First National Dialogue on Physical Activity, Sports & Exercise Medicine and Healthy Lifestyle Medicine (June 2013)
- Started investigations on existing evidence regarding physical activity levels of children and youth in Ghana
- Collaborated with Live Well Ghana to produce real life documentaries on non-communicable diseases for public awareness and sensitization. the series will start airing ever Saturday in the month of February 2014
- Collaborated with the Ghana Physical Activity Network to sensitize communities and organizations about the public health benefits of physical activity
- Influenced the movement to empower kids to move and subsequent development of the first Ghana PA report card