

# EIM Turkey



Prof. Dr. Demirel

## National Center Director

Prof. Dr. Haydar Demirel

## National Center Manager

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## Affiliation

University of Hacettepe, School of Medicine, Department of Sports Medicine, Deputy Dean

President of Health Promotion and Health Policy Association

## Host Institution – Health Promotion and Health Policy Association

The Association of Promotion for Healthy Life and Health Policies is serve as the host institution for the EIM Turkey National Center. The Association of Promotion For Healthy Life and Health Policies is a non-profit association that was established in 2013. The role of the Association of Promotion For Healthy Life and Health Policies is to determine society's health problems, provide productivity of health problems, produce projects, programmes, events and make researches to remove negative facts that affect society's health like active healthy living and physical activity.



Health Promotion and Health Policy Association

## National Center Advisory Board

## Affiliation

Prof. Dr. Haydar Demirel

University of Hacettepe, School of Medicine, Department of Sports Medicine, Deputy Dean

Prof. Dr. Erdem Kaşıkçioğlu

Istanbul University Istanbul Faculty of Medicine Sports Medicine Departmentt

Prof. Dr. Ali Murat Zergeroğlu

Ankara University Sports Medicine Department

Prof. Dr. Tolga Aydoğ

Acıbadem Fulya Hospital

Prof. Dr. Bülent Yıldız

University of Hacettepe, Department of Endocrinology and Metabolism

## 2016 Goals

- Increase the number of health care professionals who are assessing, prescribing, and counseling patients in physical activity
- Training Personal Trainers and Health Professionals to promote physical activity among their registered society.
- Encourage the appropriate use of qualified health fitness professionals in the prevention and treatment of chronic disease
- Create role models, leaders and celebrities for society on active healthy living and routine physical activity
- Represent and disseminate key EIM messages, to family practitioners by F2F side visits by EIM representatives
- Build a monitoring and evaluation system of EIM, and continually assess the impact of activities
- Capture public health policy on physical activity and chronic disease, try to shape the public policy as a solution partner

## 2015 Accomplishments

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- Conducted 3 Physical Activity Leadership Program (each program takes 2 days) and trained 230 family physicians on exercise prescription and counseling physical activity, each leader has been issued Physical Activity Tools kit to use in their work place which contains handouts, posters and spot videos that promote physical activity.
- Through online education system gave Base Physical Activity Training for Family Physicians and reached 19555 family physicians.
- As been selected pilot region for 2015, 3251 family physicians had been visited face to face by EIM Turkey Representatives in Istanbul with a frequency of 3. Each physician has been handled 50 EIM Prescription to deliver to his or her registered population.