

EIM Philippines – “Exercise is Medicine: The Science Behind the Movement”

On Thursday, August 27th, leaders from the EIM Philippines team hosted a colloquium titled “*Exercise is Medicine: The Science Behind the Movement*” at the [Global Forum on Research and Innovation for Health](#) in Manila, Philippines. The 2015 Global Forum had as its mission identifying solutions to global health issues through research and innovation. It involved key note speakers and symposiums from global experts in across multiple health fields. The symposium was organized by the [Philippine Association for the Study of Overweight and Obesity \(PASOO\)](#) to highlight the scientific evidence supporting the benefits of exercise and physical activity for the prevention and management of non-communicable diseases, particularly diabetes, cardiac disease, hypertension, dyslipidemia, and depression. The symposium offered strategies in which exercise and physical activity could be effectively promoted by healthcare practitioners to the general population.



The symposium was moderated by Professor Nina Castillo-Carandang (Health Social Scientist, Department of Clinical Epidemiology, College of Medicine, University of Philippines Manila), who spoke on the burden of non-communicable diseases. She was followed by Dr. Rosa Allyn Sy (Section Head, Endocrinology, Diabetes, Metabolism, & Nutrition, Cardinal Santos Medical Center; *Physical Activity for Diabetes & Obesity*), Dr. Edgardo L. Tolentino (Immediate Past President, Philippine Psychiatric



Association; *The Effects of Physical Activity on the Brain & Mood*), Professor Hercules Callanta (President of Strength and Conditioning, Inc. and Professor, College of Human Kinetics, University of Philippines; *Incorporating Physical Activity & Exercise in Daily Living*), and Dr. Rodolfo F. Florentino (Vice-President, Philippine Association for the Study of Overweight and Obesity; *The EIM Solution*). The symposium also included exercise videos from the Philippine Department of Health. The event

was well-attended as there was standing room only for attendees.

A week later (September 3), the Philippine Association for the Study of Overweight and Obesity, the host institution for EIM Philippines, held their 21st Annual Convention on “Curbing Unhealthy Risky Behaviors to Erase Obesity”. The convention hosted experts from around the country who spoke on pediatric obesity, weight management, and nutrition management. Dr. NiCole Keith, a member of the EIM Advisory Board, was invited to give an afternoon key note presentation on “Addressing Health Disparities through the Exercise is Medicine Global Health Initiative”.

This flurry of public activity is paying off as EIM Philippines is beginning to expand their mission to healthcare systems throughout the country. Recently, in a round table meeting with the Philippine Department of Health the integration of the EIM Solution among the public health centers was endorsed as an additional strategy of the Department’s policy on physical activity. We are proud of the momentum being generated in the Philippines and hope they can continue to build on the successes of this summer!

