

**EIM Turkey** - Provided by Nilay Yüce, EIM Turkey National Center Manager

Beginning in 2014, leaders from academia, the government, and health promotion associations came together to explore the possibility of bringing EIM to Turkey and engage the healthcare sector in taking responsibility for getting their patients to become more physically active. An MOU between the EIM Global Center and the [Promotion of Health & Health Policy Association](#) was officially signed at the 2015 Annual Meeting in San Diego, CA. Since that time, EIM Turkey, under the leadership of Dr. Haydar Demirel, has been undergoing a flurry of activity.



A first initiative overseen as part of the work done by EIM Turkey was the development and pilot testing of a School Report Card in the capital city of Ankara. The report card measures, among other variables, the current activity and fitness levels of the students. The success of the piloting of the report card led the Turkish Ministry of Education to partner with EIM to train more than 12,000 physical education teachers on the benefits of physical activity and how to complete the report card. Plans are in place to implement the Report Card across all schools in the country, touching more than 1.7 million students, beginning in 2017.



At the same time, the EIM Turkey team was also providing prescription pads and other physical activity-related tools to more than 3,000 family medicine physicians in Istanbul in 2015. Given a very positive reaction and numerous requests for more information, the Turkish Ministry of Health is partnering with EIM Turkey in 2016 to provide every physician in Turkey with a specialized walking prescription tool.

Also supported by the Ministry of Health, EIM Turkey is in the middle of an initiative to train more than 8,000 family medicine physicians on EIM (i.e., benefits of physical activity, providing physical activity assessments and writing exercise prescriptions) in 2016.

Finally, the EIM Turkey team has begun setting up health kiosks in 40 family medicine health centers throughout the country. These kiosks are being used to assess patient physical activity levels, using the International Physical Activity Questionnaire, to assess the current physical activity levels of patients to serve as a baseline and provide a point of comparison to identify the impact of their work over the coming years. More than 7,800 surveys have already been completed by patients across Turkey in 2016!

We are extremely proud of all the hard work and success that our EIM partners in Turkey have experienced over their first year and a half as an EIM National Center. We are even more excited to see how their efforts expand to impact even more individuals in the coming years!!