

### EIM Singapore (EIMS) Holds Training Course in Doha

This past month, two EIMS courses (one for 15 doctors and one for 15 allied health professionals) were organized by Aspetar, the leading healthcare provider in Qatar, at the Aspire Academy in Qatar, Doha. The event was run by Drs. Husam Rezeq and Ahmed Al Hamdani with Dr. Mohamed Ghaith providing the resources and management of the courses.

Using the same high educational standards as used in Singapore and throughout the world, the course was a great success with 10 out of the 15 allied health professionals, and all doctors, passing the course. Our congratulations go out to the Qatar team, along with Dr. Khalifa Al Kuwari, another prominent physician who is championing EIM within Qatar!



With the resources, commitment, and expertise of our partners at Aspetar, we have every confidence that EIM will be a great success in Qatar!



## EIM Individual Highlight - Dr. Kingsley Akinroye

Dr. Kingsley Akinroye, one of our global leaders in bringing EIM to Nigeria, is a cardiovascular health physician and the vice president-elect of the World Heart Federation. He has been actively involved in the development of the Nigerian Physical Activity Report Card on Physical Activity for Children and Youth. He was previously the president of the African Heart Network and the regional counselor for Africa at the International Epidemiological Association. His work and his role in combating the rising obesity rates of Nigeria's youth are critical to ensuring the health of future generations as chronic disease continues to rise amongst the world's peoples. Dr. Akinrove recently gave a keynote talk titled "Physical Activity and Dietary Transition Among Children and Youth in Sub-Saharan Africa.

We are fortunate to have Dr. Akinroye as part of the EIM team and look forward to the development of EIM in Nigeria!

# EIM at the 3rd Annual Let's Go! 5210 National Childhood Obesity Conference



Dr. Liz Joy of Intermountain Healthcare recently presented at the 3<sup>rd</sup> Annual Let's Go! 5210 National Childhood Obesity Conference in Portland, Maine. Let's Go is a nationally recognized childhood obesity prevention program, with a goal to "increase"

physical activity and healthy eating for children from birth to 18 through policy and environmental change." Dr. Joy provided an overview of EIM and the LiVe Well program and discussed how these initiatives should be targeted to children, adolescents, and families. She also highlighted the link between adult and child wellness along with determining strategies to improve diet and physical activity behaviors of children and adolescents.



Dr. Joy is the Medical Director for Clinical Outcomes Research at Intermountain Healthcare in Salt Lake City, Utah and practice Family Medicine and Sports Medicine at the Salt Lake City Clinic LiVe Well Center. She is a member of the EIM Advisory Board and also chairs the EIM Clinical Practice Committee. Dr. Joy is a leader in the field of sports and exercise medicine and continues to make major contributions in the areas of education and research.

### Finding a Cure for the Plague of the 21st Century

Dr. Bob Sallis of Kaiser Permanente represented EIM and the Every Body Walk21 (Every Body Walk! is "an award-winning campaign aimed at getting Americans up and moving.") at the 15<sup>th</sup> Annual Conference on Walking and Walkable Communities at the Luna Park Conference Facility in Sydney Australia (October 21-23, 2014). The meeting brought together a wide variety of stakeholders interested in the development of healthy and sustainable communities where people choose to walk. Among



"I came away from this meeting with an enhanced appreciation for the importance of walking and how we might best get citizens of the world to do it," stated Dr. Sallis. "It became clear to me [that] we in healthcare need to partner with urban planners to improve the health of our cities' populations."

Urban planners and public health workers have come together in the past to prevent and cure disease; for example, city planning to improve sanitation within a city has eliminated outbreaks such as like cholera. At this meeting, the fields of healthcare and urban

the large number of passionate attendees was the Premier of New South Wales and the Lord Mayor of Sydney.

planners came together to combat a new class of disease: non-communicable disease. "Stamping out disease is a role that our urban planners have played before and must play again," Dr. Sallis emphasized. "While the plague of NCD's is much more indolent that the Bubonic Plague of centuries past, it is just as deadly and must be taken just as seriously. We all need to work together to ensure this happens."



### **Tell Us Your Story**

Exercise is Medicine® is reaching out to individuals, groups, and organizations all over. The impact is global and while we share our story, we want to hear yours as well! E-mail us at <a href="mailto:eim@acsm.org">eim@acsm.org</a> about how EIM has impacted you or how you plan on making EIM a part of your local community, organization, or life! Keep an eye out; you may see your story appear in next month's newsletter!



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