



Dr. Jeff Coombes

**National Center Director**  
Jeff Coombes, PhD

**Affiliation**

School of Human Movement & Nutritional Sciences, University of Queensland

**National Center Manager**  
Juliana Mahon

**Affiliation**

Exercise & Sport Science Australia

**Host Institution – Exercise & Sport Science Australia**

Founded in 1991, Exercise & Sports Science Australia (ESSA) is a professional organization committed to establishing, promoting and representing the career paths of tertiary-trained exercise and sports science practitioners. ESSA advocates on behalf of three exercise and sports science professional groups: accredited exercise physiologists, accredited exercise scientists, and accredited sports scientists / accredited high performance managers. The organisation’s advocacy activities are focused on supporting and progressing ESSA’s mission to lead and promote excellence in exercise and sports science for the benefit of the Australian community and its professional members.



**National Center Advisory Board Affiliation**

Jeff Coombes, PhD	<ul style="list-style-type: none"> <li>• Professor &amp; Director, Centre for Research on Exercise, Physical Activity &amp; Health, The University of Queensland</li> </ul>
Anita Hobson-Powell	<ul style="list-style-type: none"> <li>• CEO, Exercise and Sports Science Australia (ESSA)</li> </ul>
Nicole McClure, RN	<ul style="list-style-type: none"> <li>• Australian Primary Health Care Nurses Association (APNA)</li> </ul>
Tiali Goodchild	<ul style="list-style-type: none"> <li>• Australian Department of Health</li> </ul>
Chris Askew, PhD	<ul style="list-style-type: none"> <li>• Associate Professor, School of Health &amp; Sport Sciences, University of Sunshine Coast</li> </ul>
Robert Newton, PhD	<ul style="list-style-type: none"> <li>• Associate Dean &amp; Co-Director of the Exercise Medicine Research Institute, Edith Cowan University</li> </ul>
Lynn Davies, MD	<ul style="list-style-type: none"> <li>• General Practitioner, Tintenbar Medical Centre</li> </ul>
TBD	<ul style="list-style-type: none"> <li>• Sports Medicine Australia (SMA)</li> </ul>
Julie Dwyer	<ul style="list-style-type: none"> <li>• Australian Physiotherapy Association (APA)</li> </ul>
Kate Simkovic, MD	<ul style="list-style-type: none"> <li>• Australasian College of Sport and Exercise Physicians (ACSEP)</li> </ul>
Hamish Osborne, MD	<ul style="list-style-type: none"> <li>• Senior Lecturer, Sport &amp; Exercise Medicine, University of Otago</li> <li>• Vice President, Australasian College of Sport and Exercise Physicians (ACSEP)</li> </ul>

## 2021 Goals

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- Expand EIM Hospital program
  - Continue to create broad awareness of EIM
  - Pilot one EIM On Campus program in 2021
  - Grow EIM database to 3500 individuals
  - Promote EIM to 100 organisations
  - Review and update 10 EIM Australia factsheets, and create 3 new factsheets
  - Provide 40 primary care workshops and 300 online modules
  - Investigate new revenue streams
  - Investigate EIM certification short course
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## Accomplishments to Date

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- Officially established the EIM Australia National Center in 2010
  - Tailored the EIM Solution to the Australian healthcare environment
  - Created several EIM Australia resources to reflect the latest evidence and improve usability including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under MedicareA factsheet on Type 2 Diabetes was launched, and significant groundwork for cardiovascular disease and kidney disease factsheets was also completed (2015)
  - Created four additional factsheets on exercise and specific disease conditions (2016)
  - Developed an EIM factsheets for Aboriginal and Torres Strait Islanders
  - EIM Australia's factsheets were ranked by Medical Observer as the 2<sup>nd</sup> best physical activity resource for healthcare providers and patients behind only behind the AUS PA Guidelines
  - Endorsement of the EIM education package by the Australian Association of Practice Nurses
  - Developed an EIM GP visit kit and held an 'EIM in Practice' initiative where staff from 7 GP practices were educated about EIM and follow up data collected regarding EIM implementation
  - Started a "Hospital Program" in partnership with the Australian Physiotherapy Association that involves direct trainings of the entire medical team. In 2020, gave 20 hospital and 13 primary care online learning presentations to >110 doctors, nurses and healthcare workers. Recordings were viewed by an additional 165 online participants and 183 medical interns and other healthcare workers
  - Trained exercise professionals (accredited exercise professionals and physiotherapists) to be facilitators in giving the above mentioned trainings
  - Received funding from the Australian Ministry of Health to train 500+ healthcare providers in 2018, for an overall total of more than 1300 providers trained over the past 5-7 years
  - Social media following of 4000+ individuals on Facebook and 4500+ individuals on Twitter
  - Produced more than 100 targeted communications via EIM newsletters, EIM Network Newsletters, website blog and Facebook, primary healthcare publication articles featuring EIM Australia
  - Approached over 30 government and not for profit organisations for EIM promotion and partnering
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