

EIM Dominican Republic



Dr. Richard Marine

National Center Director
Richard Marine, MD

Affiliation
Nutri-Med

National Center Manager
Milagros Almonte, MD

Affiliation
Nutri-Med

Host Institution – Nutri-Med: Centro de Nutrición y Medicina Deportiva

Nutri-Med is a commercial health care company, established in 2007 with the mission of offering society a center dedicated to health through the combination of three pillars: nutrition, sports medicine and esthetic medicine. The role of Nutri-Med is to represent, support and promote the goals appointed by EIM in the Dominican general population and health professional's society.



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National Center Advisory Board

Affiliation

Richard Marine, MD	• Director, Nutri-Med
Milagros Almonte, MD	• Nutri-Med
Monserrat Peña, MD	• Director of Clinical Nutrition, Nutri-Med
Anorkis Veloz	• Director of Marketing, Nutri-Med
Claudia Arias, MD	• Internal Medicine, Caribe Center University • Dominican Society of Internal Medicine
Raquel Tejada, MD	• Dominican Society of Clinical Nutrition
Jose Luciano, MD	• Vice Dean of the Medical Faculty, Iberoamerican University of Santo Domingo
Henry Molina	• Vice Minister of the President
Erickson Duverge	• Publisher, Diverge Creative
Cristian Jimenez	• Journalist, Adiaro (political television)

2019 Goals

- Incorporate exercise prescription into the duties of health professionals
 - Promote physical activity in the lifestyle of a health professional
 - Implement physical activity as part of the national health system
 - Provide educational training courses for the national health insurance doctors
 - Developing an EIM app to give the workshop via digital technology
 - Inserting courses into local universities on EIM
 - Find sponsorship of additional private companies to support our trainings and activities
 - Expand EIM training course model for all of Central America
 - Participate in the main medical conferences in the Dominican Republic
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Accomplishments to Date

- Formed partnerships with organizations across the DR (Pan American Health Association, Colegio Medico Dominicano, Instituto Nacional de Diabetes, Sociedad Dominicana de Interna Medicina, and Instituto Nacional de Cancer) to disseminate the message of the benefits of physical activity for the prevention of non-communicable diseases
- Received sponsorship from MoviSport, Amadita, Revidox, TechnoGym DR, and the CNC Center for Clinical Nutrition
- Received additional funding from Abbott Pharmaceuticals to conduct an extensive series of health professional training courses across the Caribbean and Central America
- Certified more than 2,200 health care providers across the Dominican Republic and Central America (Guatemala, Panama, Costa Rica, El Salvador, Honduras)
- In February 2018, hosted a national health event in the Dominican Republic with the aim of motivating the general public and raising awareness that physical activity is a main tool in the prevention of non-communicable diseases. Assessed the functional fitness, weight, size, hip circumference, strength and flexibility of 1,395 individuals

**Exercise
is Medicine®
Dominican Republic**