

# 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 healthcare company, which was 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, MSc	• Director of Clinical Nutrition, Nutri-Med
Milagros Almonte, MD, MSc	• Nutrition and Public Health, 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
Anayanet Jaquez, MD	• Medical Doctor
Erickson Duverge	• Publisher, Diverge Creative
Cristian Jimenez	• Journalist, Adiaro (political television)

## 2021 Goals

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- 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

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- Officially established the EIM Dominican Republic National Center in December 2015
- 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 nearly 1500 healthcare providers across the Dominican Republic and Central America (Guatemala, Panama, Costa Rica, El Salvador, Honduras)
- Began integrating EIM into the local health system, in partnership with medical societies and medical specialties, into clinic care, particularly as it relates to patients with noncommunicable diseases. A big part of this effort is through the support of physicians that have already completed the EIM certification course
- Introduced exercise prescription into the nutrition program of older adults within the national health insurance program (2020)
- 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
- Have 12,800 followers on their Instagram account
- Active at community events, such as the national Wellness Day, where they provide evaluations of the health and/or physical condition of the participants
- Participate in the Great Fund of New York - Dominican Republic (GFNY) Expo GSSI Marathon of Santo Domingo giving talks and having a presence at the expo measuring the physical fitness of the participants
- Participate in the annual congress of internal medicine, organizing talks on prevention and physical activity

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