



Dr. Enrique Medina

National Center Director
 Enrique José Medina Sandino, MD

Affiliation
 President, Fundación
 Nicaraguense para la Diabetes

Host Institution – Fundación Nicaraguense para la Diabetes (FND)

The Fundación Nicaraguense para la Diabetes (FND), or Nicaragua Diabetes Foundation, is a non-profit organization dedicated to the prevention and control of diabetes. FND was established on December 12, 2001, with the purpose of educating people in Nicaragua about diabetes to achieve control of the disease, prevent complications, and promote healthy lifestyles and good nutrition in the general population to prevent diabetes and others chronic, non-communicable diseases.



National Center Advisory Board

Affiliation

Enrique José Medina Sandino, MD	President, Sociedad Nicaraguense de Pediatría
Fernando Ruiz, MD	Associate Member, Universidad Nacional Autónoma de Nicaragua
Tatiana Leiva, MD	Associate Professor, Nicaragua Association of Diabetes
Vera Amanda Solis, PhD	Associate Professor, Universidad Centroamericana UCA
Fatima Gaitan, MD	Associate Professor, Nicaraguan Association of Endocrinology
Guillermo Lopez Siero, MD	Associate Member, Nicaragua Association of Public Health
María Gabriela Jarquin, MD	Associate Member, Nicaragua Association of Diabetes
Raymur Carcamo, Pr	Associate Member, Nicaraguan Institute of Youth and Sports

2018 Goals

- Increase the number of physicians and health care providers who receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in health care systems.
- Increase the number of health and fitness professionals who receive EIM training and/or are certified by the EIM Nicaragua National Center, and are actively engaged in providing guidance to individuals based on the core EIM principles.

- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and health care systems throughout Nicaragua.
 - Increase the exposure of EIM to universities and other educational campuses through the EIM On Campus initiative.
 - Increase the promotion of physical activity, healthy lifestyles and good nutrition in the general population.
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Accomplishments to Date

- Celebration of the World Day of Physical Activity on Sunday, April 8 in Puerto Salvador Allende with the support of Channel 4 of Television of Nicaragua. Around 300 people participated in a sports morning with exhibitions of Yoga, Ritmo Latino, Bootcamp.
 - Conducted EIM Workshop directed to physicians on April 7, 2018. This activity was carried out in conjunction with EIM Dominican Republic and Abbott Laboratory with approximately 40 physicians.
 - Broadcasted a radio program on EIM every Tuesday from 11 am to 12 pm, where topics promoting physical activity, healthy lifestyles and education in diabetes were discussed. The program is transmitted live on Facebook at:
<https://www.facebook.com/enrique.medina.522?ref=bookmarks>.
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