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National Center co-Director

Terje M. Halvorsen, MD

Affiliation

The Norwegian First Aid Company

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Affiliation

The Norwegian School of Sports Science

Host Institution – The Norwegian Sports Medicine & Physical Activity Association

The Norwegian Sports Medicine and Physical Activity Organization and The Norwegian Sports Physiotherapy Group work together to educate physicians and physiotherapists in sports medicine, physical activity and active rehabilitation. We promote and support scientific work and promote physical activity for a healthier population in Norway.



National Center Advisory Board Affiliation

Terje M. Halvorsen	<ul style="list-style-type: none"> • CEO, The Norwegian Institute of Sports Medicine
Ola Rønsen	<ul style="list-style-type: none"> • Aker Care • Board Member, Norwegian Ski Federation
Mona Kjeldsberg	<ul style="list-style-type: none"> • The Norwegian Olympic Medical Center
Sigmund A. Anderssen	<ul style="list-style-type: none"> • The Norwegian School of Sports Science
Inger Holm	<ul style="list-style-type: none"> • The University of Oslo, Rikshospitalet
Christopher Storm Larsen	<ul style="list-style-type: none"> • The University of Oslo
Henriette Øien	<ul style="list-style-type: none"> • The Norwegian Health Directorate
Inger Merete Skarpaas	<ul style="list-style-type: none"> • The Norwegian Health Directorate

2018 Goals

- Arrange 10 “Exercise Is Medicine” courses for primary care physicians and physiotherapist in Norway
 - Implement the “EIM Solution” in one clinical setting
 - Teach patients and physicians at The Oslo University Hospital – Division of Preventive Medicine to use the “EIM Solution” in treating lifestyle-related illnesses
 - Develop teaching and informational materials related to implementing the “EIM Solution”
 - Develop an electronic tool to measure physical activity in clinical settings
 - Increase the networking, marketing and promotion of EIM in Norway through social media, traditional media and conferences
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Accomplishments to Date

- Since our inception in 2010, we have worked closely with the Norwegian Directorate of Health to get people more physical active, specifically those with lifestyle diseases.
 - We have worked with patients to produce information pamphlets and integrated them into the *Aktivitetshåndboken* (“The Handbook of Physical Activity”).
 - Beginning in 2013, we have taught medical students “Exercise is Medicine” during each year of their program.
 - In 2012-13, we completed educational courses for GPs in two counties in Norway. We provided information to the GPs about what lifestyle diseases will be positively impacted by physical activity, what type of physical activity to recommend, how to implement it in a clinical practice and how to follow up. We also provided the GPs with a tool to motivate patients to start exercising and structure their daily activities. The majority of GPs integrated these tools into their daily consultations.
 - In 2013, we were given permission to deliver an annual “Exercise is Medicine” lecture as part of the medical school curriculum at the University of Oslo.
 - In 2014 and 2016, we gave a 15-hour course in “Exercise is Medicine” at the largest Primary Care Physician Congress in Oslo.
 - In 2016, we received a grant of \$570,000 US from “Gjensidigestiftelsen” to develop: a) teaching and informational materials for health care providers; b) tools for implementing behavior change in physically inactive patients; and c) a user-friendly application for registering patient physical activity and physical fitness levels that is easily accessible and can integrate with all patient record systems in Norway.
 - In 2017, we completed an updated version of our six-credit hour EIM course for physicians and piloted this in cooperation with GPs.
 - In 2017, we established our website and Facebook page.
 - In 2018, we established a cooperation with two strategic partners to develop a tool to record physical activity levels in a clinical setting. We are now applying for further grants to complete this project.
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Exercise
is Medicine[®]
Norway