



Dr. Yutaka Kimura

**National Center Director**

Yutaka Kimura, M.D.

**Affiliation**

Kansai Medical Center

**National Center Manager**

Shinji Sato, Ph.D.

**Affiliation**

Teikyo Heisei University

**Host Institution – The Japanese Association of Exercise Therapy & Prevention**

The Japanese Association of Exercise Therapy and Prevention (JAETP) serves as the host institution for the EIM Japan National Center. The role of the JAETP is to promote and contribute to the progress of interdisciplinary research in medical and sport sciences to prevent and treat chronic diseases.

**National Center Advisory Board**

**Affiliation**

Yutaka Kimura, M.D.

- Professor, Kansai Medical University

Shinji Sato, Ph.D.

- Professor, Teikyo Heisei University

Ryoichi Nagatomi, Ph.D.

- Professor, Tohoku University

Yutaka Hatori, M.D.

- Executive Director, Japan Medical Association

Motohiko Miyachi, Ph.D.

- Division Chief, National Institute of Biomedical Innovation, Health & Nutrition

Shigeru Makita, M.D.

- President, Japanese Association of Cardiac Rehabilitation
- Saitama Medical University

Akira Torii, M.D.

- Tokyo Medical Association

KimiYuki Nagashima, M.D.

- Director, Japan Medical Association

Yuko Oguma, M.D.

- Associate Professor, Keio University

Yoshifumi Tamura, M.D.

- Professor, Juntendo University

**2020 Goals**

- Increase the number of health care providers that receive the EIM training course and are actively engaged in the assessment, prescription and counseling of physical activity in health care systems.
- Increase the number of exercise professionals that receive the EIM training course and are certified by the EIM Japan National Center.
- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and health care systems throughout Japan.

- Evaluate the implementation of physical activity as a standard of care in health systems in Tokyo
  - Participate and spread awareness of EIM Japan at several medical and health meetings throughout Japan.
  - Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.
  - Launch an EIM Japan website.
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## **Accomplishments to Date**

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- Officially signed an MOU with the American College of Sports Medicine in July 2018
  - Working with the Japanese Ministry of Health, Labor, and Welfare to assess health promotion facilities and begin the development of exercise programs
  - Dr. Daichi Suzuki, General of the Japan Sports Agency, attended the 2019 EIM World Congress (Orlando, FL) and gave a presentation at the EIM National Center Directors' Meeting. His presentation focused on the current situation of sports implementation in Japan, as well as cooperation between the Ministry of Health, Labor and Welfare and Sports Agency for Health Promotion through Sports
  - In June 2019, the Japanese Cabinet announced, in a press release, a new policy to institutionalize physical activity assessment into the national health care system
  - In December 2019, following this government policy, a standard exercise program was created to make it easier for healthcare providers to refer patients to existing community resources. Several of EIM Japan's directors have contributed to this enormous success in developing a network of exercise professional linked to the Japanese Association of Clinical Exercise Physiologists (JCEP)
  - In April 2020, the Tokyo Medical Association will launch a pilot experiment to integrate physical activity assessment, prescription, and patient referral as a standard in patient care in several parts of Japan
  - Started EIM On Campus program at Osaka Sangyo University
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