



Dr. Yutaka Kimura

National Center Director

Yutaka Kimura, MD

Affiliation

Kansai Medical Center

National Center Manager

Shinji Sato, PhD

Affiliation

Teikyo Heisei University

Host Institution – The Japanese Association of Exercise Therapy & Prevention

The Japanese Association of Exercise Therapy and Prevention (JAETP) will serve 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, MD	• Professor, Kansai Medical University
Shinji Sato, PhD	• Professor, Teikyo Heisei University
Ryoichi Nagatomi, PhD	• Professor, Tohoku University
Yutaka Hatori, MD	• Executive Director, Japan Medical Association
Motohiko Miyachi, PhD	• Division Chief, National Institute of Biomedical Innovation, Health & Nutrition
Shigeru Makita, MD	• President, Japanese Association of Cardiac Rehabilitation • Saitama Medical University
Akira Torii, MD	• Tokyo Medical Association
KimiYuki Nagashima, MD	• Director, Japan Medical Association
Yuko Oguma, MD	• Associate Professor, Keio University
Yoshifumi Tamura, MD	• Professor, Juntendo University

2021 Goals

- Increase the number of healthcare providers that receive the EIM training course and are actively engaged in the assessment, prescription and counseling of physical activity in healthcare 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 healthcare systems throughout Japan.

- Evaluating 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.
 - Launching an EIM Japan website.
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Accomplishments to Date

- Officially established the EIM Japan National Center in July 2018
 - Worked 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)
 - The Tokyo Medical Association launch a pilot experiment to integrate physical activity assessment, prescription, and patient referral as a standard in patient care (2020)
 - In the process of developing collaborations between the Community Comprehensive Care System and the Council of Social Welfare in Tokyo (2020)
 - Tokyo's Governor Koike stated that "Health promotion in Tokyo is in line with the purpose of EIM" at the Tokyo Metropolitan Assembly (March 2020)
 - Generated nearly \$20,000 in fundraising from four partners (2020)
 - Started an EIM On Campus program at Osaka Sangyo University
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