

# EIM Mexico



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The Pedregal Angeles Hospital’s Medical Society (SMHAP) will serve as the host institution for the EIM Mexico National Center. The SMHAP is a non-profit dedicated to providing health care providers and the community continuous medical education, medical research, training, Promotion on the prevention of diseases in community settings and how to make health care in Mexico more efficient in order to provide the population with a better quality of life. SMHAP was co-founded with the Group Angeles Health Services in 1986. It is part of one of the largest private health systems in Latin America, Angeles Hospital, an enterprise that consists of 24 hospitals around the nation. SMHAP has more than 3,000 doctors, from which 2,500 are registered at the Pedregal Angeles Hospital. There is a general agreement of interchangeable benefits between hospitals within the system, and every two years there is a meeting with all head doctors involved with the medical society from each hospital.



**National Center Advisory Board**

**Affiliation**

Alejandro Cardenas Cejudo, MD	• Hospital Ángeles del Pedregal
Carlos Lenin Pliego Reyes, MD	• General Secretary, In Exercise Nutrition Health
Luis Francisco Molina Jaimes, MD	• President, Mexican College of General Medicine
Alberto Orozco Gutiérrez, MD	• President, Medical Society of Medica Hospital Ángeles de Pedregal
Gabriel Cherebetiu Domsa, MD	• Executive Committee Member, Society of Sports Scientific Development
Joel Cervantes Tapia, MD	• Executive Committee Member, Society of Sports Scientific Development
Alfonso Ledezma Robles, MD	• Director of Partnerships, EIM Mexico

## 2019 Goals

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- Roll out the new online course for health professionals
  - Expand links with the Secretary of Health
  - Evaluate the impact of the EIM Mexico health care provider trainings
  - Continue hosting forums at the national level, involving the Ministry of Health of each state on the health benefits of physical activity and promoting EIM
  - Publish physical activity guides for Type 1, 2 and gestational diabetes with CENETEC (National Center of Technological Excellence in Health)
  - Engage in work in the area of physical activity in individuals with disabilities and develop tools for health professionals working with this population of individuals
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## Accomplishments to Date

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- Collaborated with the secretary of Health (CENAPRECE) to train and update all doctors in the Mexican republic
  - Collaborated with 11 Mexican states for the training of doctors and health professionals
  - Hosted 20+ courses and trained more than 890 health care providers
  - Have more than 140 trained exercise professionals in their EIM network
  - Established 10 EIM On Campus programs throughout Mexico
  - Working with the Secretary of Health, and the subdivision of medical care, in the area of individuals with disabilities to provide physicians the tools to work with these patients
  - Held two forums on the impact physical activity has on economy and health
  - Worked with not only physicians, but different professions and the general public, to provide education to improve the health of the country
  - Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
  - Published 52 electronic articles on Exercise is Medicine in 2017, as well as 6 radio interviews, 15 conferences and 4 workshops
  - Had a large media presence in 2018 that included:
    - 10 conferences on different topics such as oxidative stress and heart failure in athletes, that reached more than 1,500 individuals
    - Conducted 8 radio interviews on the importance of physical activity that reached up to 700,000 people
    - Published 20 articles on topics of medical interest and physical activity
  - Developed an online site to stream courses on topics related to physical activity and health
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