

# EIM Nicaragua



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 maintenance of diabetes. FND was established on December 12, 2001 with the purpose of educating people in Nicaragua about diabetes in order to achieve control of the disease, prevention of complications and to 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

- Professor, Nicaraguan Diabetes Foundation
- President, Nicaraguan Society of Pediatrics

Vera Amanda Solis, PhD

- Associate Professor, Universidad Centroamericana (UCA)

Ursula Ibarra, MD

- Nicaraguan Diabetes Foundation

Fatima Gaitan, MD

- Associate Professor, Nicaraguan Association of Endocrinology

Justo Lopez, MD

- Cardiologist, Nicaraguan Cardiology Association

Raymur Carcamo, Pr

- Associate Member, Nicaraguan Institute of Youth and Sports

## 2019 Goals

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- Increase the number of health care providers that receive EIM training 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 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 and healthy lifestyles in the general population.
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## Accomplishments to Date

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- 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, Bootscamp.
  - Conducted an EIM Workshop for physicians on April 7<sup>th</sup>, 2018. This activity was carried out in conjunction with EIM Dominican Republic and Abbott Laboratory with approximately 40 physicians. To date, they have trained more than 150 physicians throughout Nicaragua.
  - Broadcasting of a radio program on EIM every Tuesday from 11 am to 12 pm, where topics related to the promotion of physical activity, healthy lifestyles, education in diabetes are discussed. The program is transmitted live on Facebook at:  
<https://www.facebook.com/enrique.medina.522?ref=bookmarks>
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**Exercise  
is Medicine<sup>®</sup>  
Nicaragua**