

EIM Nigeria



Prof Ade F. Adeniyi

National Center Director

Prof Ade F. Adeniyi

Affiliation

University of Ibadan

National Center Manager

Olaotan Fawehinmi

Affiliation

Nigerian Heart Foundation

Host Institution – The Nigerian Heart Federation

The Nigerian Heart Foundation (NHF) serves as the host institution for the EIM Nigeria National Center. The NHF is a non-profit and non-governmental organization founded in 1992 to promote heart health, scientific research in cardiovascular health, healthy lifestyles and advocacy on heart issues. The mission of the NHF is to play a leading role in the fight against heart disease and stroke with the aim of reducing the number of Nigerians suffering from premature death and disabilities. The NHF is funded by both public and private sector through cash and in-kind donations. Activities of the NHF include health educational programs for the promotion of healthy life styles and to encourage prevention of heart diseases and stroke in work places and a homegrown school feeding program promotes the introduction of school feeding and health program for school children for children 2-7 years of age in public schools in Nigeria.



National Center

Advisory Board

Affiliation

Professor Ade F. Adeniyi	<ul style="list-style-type: none"> • Director of Physical Activity, Nigerian Heart Foundation, Lagos, Nigeria • Professor of Physiotherapy, University of Ibadan, Ibadan, Nigeria
Dr. Kingsley K. Akinroye	<ul style="list-style-type: none"> • Executive Director, Nigerian Heart Foundation, Lagos, Nigeria
Chief Segun Odegbami	<ul style="list-style-type: none"> • Ex-Football International & Sports Administrator, International College and Sports Academy, Ogun State
Dr. Chris Emeruwa	<ul style="list-style-type: none"> • Integrity Officer, Nigerian Football Federation Abuja
Professor Akin Osibogun	<ul style="list-style-type: none"> • Director of Global Health, Nigerian Heart Foundation, Lagos, Nigeria • Professor of Public Health, University of Lagos, Lagos, Nigeria
Professor S.R.A. Akinbo	<ul style="list-style-type: none"> • Professor of Physiotherapy, University of Lagos, Lagos, Nigeria
Professor B.J.C. Onwubere	<ul style="list-style-type: none"> • Professor of Medicine & Consultant Cardiologist, University of Nigeria, Nsukka, Nigeria • Member, Board of Trustees, Nigerian Heart Foundation

Professor A.A. Fasanmade	<ul style="list-style-type: none"> • Professor of Medicine & Consultant Endocrinologist, University of Ibadan, Ibadan, Nigeria
Professor Andrew E. Uloko	<ul style="list-style-type: none"> • Professor of Medicine & Consultant Endocrinologist, Bayero University, Kano, Nigeria
Professor Ifeoma Okoye	<ul style="list-style-type: none"> • Professor of Radiation Medicine & Consultant Radiologist, University of Nigeria, Enugu Campus
Barr Taiwo Lambo	<ul style="list-style-type: none"> • Legal Practitioner, Nigerian Heart Foundation, Lagos, Nigeria
Chief Ademola Sadipe	<ul style="list-style-type: none"> • Director of Finance, Nigerian Heart Foundation, Lagos, Nigeria
Mr. Dele Adetiba	<ul style="list-style-type: none"> • Director of Communication, Nigerian Heart Foundation, Lagos, Nigeria
Professor Ken Anugweje	<ul style="list-style-type: none"> • Director of Sports, University of Port Harcourt Sports Institute, Rivers State • Board Member of the Athletic Federation of Nigeria
Mr. Wagbemiga Onifade	<ul style="list-style-type: none"> • Programme Officer, Nigerian Heart Foundation, Lagos, Nigeria

2020 Goals

- Increase the number of individuals in Nigeria meeting physical activity guidelines.
- Increase the number of health care professionals who are assessing, prescribing and counseling patients in physical activity by hosting EIM training workshops.
- Encourage the appropriate deployment of qualified exercise professionals in the prevention and treatment of chronic disease.
- Provide resources on safe physical activity participation to the populace via the EIM Nigeria website, leaflets, flyers, advertorials, newsletters and magazines.
- Develop EIM NG themed physical activity program to cut across all age groups and other groups of interest.
- Expand the EIM On Campus program to the University of Ibadan and then disseminate the model to other campuses around the country
- Develop an EIM Ambassador Programme – a community outreach effort aimed at expanding physical activity into the general community by targeting first class royal fathers as ambassadors.

Accomplishments to Date

- Establishment of the EIM Nigeria National Center on October 15, 2018.
- Public presentation of the EIM Nigeria National Center (Oct 2019) which received substantial media coverage.
- Established a collaborative relationship with the National Institute of Medical Research, an agency of the Ministry of Health Partnering with individuals from several academic (University of Nigeria, Bayero University, University of Ibadan, University of Lagos) and non-governmental (Nigerian Heart Foundation, Athletic Federation of Nigeria, Nigerian Football Federation) organizations across Nigeria.

**Exercise
is Medicine[®]
Nigeria**