



Dr. Terje Halvorsen

**National Center co-Director**

Terje M. Halvorsen, MD

**Affiliation**

The Norwegian First Aid Company

**Host Institution – The Norwegian Sports Medicine & Physical Activity Association**

The Norwegian Sports Medicine and Physical Organization, and The Norwegian Sports Physiotherapy Group, work together to educate physicians and physiotherapists in sports medicine, physical activity and active rehabilitation. We promote and support scientific work, and promote Physical Activity for a healthier population in Norway.



**National Center Advisory Board**

**Affiliation**

Terje M. Halvorsen, MD	<ul style="list-style-type: none"> <li>• CEO, The Norwegian Institute of Sports Medicine</li> <li>• Norwegian Sports Medicine Association</li> <li>• Aker Care</li> </ul>
Ola Rønsen, MD, PhD	<ul style="list-style-type: none"> <li>• Board Member, Norwegian Ski Federation and the Norwegian Sports Medicine Association</li> </ul>
Mona Kjeldsberg, MD	<ul style="list-style-type: none"> <li>• The Norwegian Olympic Medical Center</li> <li>• University of Oslo</li> </ul>
Sigmund A. Anderssen, PhD	<ul style="list-style-type: none"> <li>• The Norwegian School of Sports Science</li> </ul>
Kirsti Krohn Garnås, PhD	<ul style="list-style-type: none"> <li>• Physiotherapist, Norwegian Physiotherapist Association</li> </ul>
Bård Natvig, MD, PhD	<ul style="list-style-type: none"> <li>• University of Oslo</li> </ul>
Christopher Storm Larsen	<ul style="list-style-type: none"> <li>• Medical Student, University of Oslo</li> <li>• Norwegian Medical Student Association</li> </ul>
Henriette Øien	<ul style="list-style-type: none"> <li>• The Norwegian Health Directorate</li> </ul>
Inger Merete Skarpaas	<ul style="list-style-type: none"> <li>• The Norwegian Health Directorate</li> </ul>

## 2019 Goals

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- Arrange 10-15 Exercise Is Medicine courses for primary care physicians and physiotherapist in Norway
  - Implement the EIM Solution in one clinical setting
  - Teach physicians at The Oslo University Hospital – Division of Preventive Medicine to use the EIM Solution in treating lifestyle related illnesses
  - Increase the networking, marketing and promotion of EIM in Norway through social media, traditional media and conferences
  - Develop and implement an electronic device/app for physical fitness/activity, which can be implemented in patient journals
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## Accomplishments to Date

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- Since our inception in 2010, we have worked closely with the Norwegian Directorate of Health to get people more physical active, specifically those with lifestyle diseases.
  - We have worked with patients to produce information pamphlets and integrated them into the *Aktivitetshåndboken* (“The Handbook of Physical Activity”).
  - Beginning in 2013, we have taught medical students Exercise is Medicine during each year of their program.
  - In 2012-13, we completed educational courses for general practitioners (GP) in two counties in Norway. We provided information to the GPs about what lifestyle diseases will be positively impacted by physical activity, what type of physical activity to recommend, how to implement it in a clinical practice and how to follow up. We also provided the GPs with a tool to motivate patients to start exercising and structure their daily activities. The majority of the GPs integrated these tools into their daily consultations.
  - In 2013, we were given permission to deliver an annual “Exercise is Medicine” lecture as part of the medical school curriculum at the University of Oslo
  - In 2014 and 2016, we gave a 15-hour course in Exercise is Medicine at the largest Primary Care Physician Congress in Oslo.
  - In 2016, we received a grant of \$570,000 US from “Gjensidigestiftelsen” to develop: a) teaching and informational materials for health care providers, b) tools for implementing behavior change in physically inactive patients, and c) a user-friendly application for registering patient physical activity and physical fitness levels that is easily accessible and can integrate with all patient record systems in Norway.
  - In 2017, we completed an updated version of our 6-credit hour EIM course for physicians and piloted this in cooperation with GPs.
  - In 2017, we established our website and Facebook page.
  - In 2018, we established a cooperation with two strategic partners to develop a tool to record physical activity levels in a clinical setting. We are now applying for further grants to complete this project.
  - Also, in 2018, completed 5 EIM training courses reaching 154 health care providers. We have now trained more than 250 health care providers across Norway.
  - The topic “physical activity and health” is now mandatory in medical education across Norway.
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**Exercise  
is Medicine®  
Norway**