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National Center Director

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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, M.D.

- CEO, The Norwegian Institute of Sports Medicine
- Norwegian Sports Medicine Association

Ola Rønsen, M.D., Ph.D.

- Aker Care
- Board Member, Norwegian Ski Federation and the Norwegian Sports Medicine Association

Mona Kjeldsberg, M.D.

- The Norwegian Olympic Medical Center
- University of Oslo

Sigmund A. Anderssen, Ph.D.

- Professor, The Norwegian School of Sports Science

Kirsti Krohn Garnås, Ph.D.

- Physiotherapist, Norwegian Physiotherapist Association

Bård Natvig, M.D., Ph.D.

- University of Oslo

Christopher Storm Larsen

- Medical Student, University of Oslo
- Norwegian Medical Student Association

Henriette Øien

- The Norwegian Health Directorate

Inger Merete Skarpaas

- The Norwegian Health Directorate

2020 Goals

- Arrange 10-15 “Exercise Is Medicine” courses for health care providers in Norway
 - Teach patients and 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
 - Seek funding to complete their project to implement an electronic tool to measure physical fitness/activity in clinical practice
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Accomplishments to Date

- Since inception in 2010, EIM Norway has worked closely with the Norwegian Directorate of Health to get people more physical active, specifically those with lifestyle diseases.
- 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 GPs in two counties in Norway. We provided information to the GPs about physical activity, what type of physical activity to recommend, and how to implement it in a clinical practice. 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 delivered 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 established our website and Facebook page.
- In 2018, we established two strategic partners to develop a tool to record physical activity levels in a clinical setting
- Between 2018 and 2019, we completed 17 EIM training courses reaching 304 health care providers. We have now trained more than 400 health care providers across Norway.
- The topic “physical activity and health” is now mandatory in medical education across Norway.
- Four ongoing pilot projects in general practice to implement the use of wearables to measure physical activity in patients as a form of motivating them to be more physically active.
- Encourage some Norwegian General Practice clinics to have in-house physical activity programs for their patients during working hours.

**Exercise
is Medicine®
Norway**