

EIM Thailand



Prof Arth Nana

National Center Director
Professor Arth Nana

Affiliation

The Sports Science Society of Thailand

National Center Manager
Assist Prof Metta Pinthong

Affiliation

College of Sports Science and Technology, Mahidol University

Host Institution – Mahidol University

Mahidol University is determined to be a world class university that excels in health, sciences, arts and innovation with integrity for the betterment of Thai society and the benefit of mankind. Within Mahidol University, the College of Sport Science and Technology and the Golden Jubilee Medical Center strives towards academic and service excellence in the fields of sports science by conducting pertinent research and teaching, as well as providing facilities for the promotion of physical activities and health of the general Thai population.



National Center Advisory Board

Affiliation

Professor Arth Nana

- The Sports Science Society of Thailand
- The Royal College of Medicine of Thailand
- College of Sports Science and Technology, Mahidol University
- Faculty of Medicine, Siriraj Hospital

Assist Prof Metta Pinthong

- College of Sport Science and Technology, Mahidol University
- The Sports Science Society of Thailand

Assist Prof Weerawat Limroongruengrat

- The Sports Science Society of Thailand
- The Physical Therapy Society of Thailand

Assist Prof Monchai Chottidao

- College of Sport Science and Technology, Mahidol University
- The Sports Science Society of Thailand

Dr. Korakod Panich

- The Royal College of Orthopedics of Thailand
- College of Sport Science and Technology, Mahidol University

Assist Prof Dr. Waree Wijaja

- The Nursing Society of Thailand

Dr. Saiphon Kongkhum

- The Sports Science Society of Thailand
- The Physical Therapy Society of Thailand

Asst Prof Dr. Wipawee Laksanakorn

- The Royal College of Physical Medicine and Rehabilitation of Thailand

2019 Goals

- Focus on physical activity promotion and awareness regarding opportunities to be physically active on campus and in the surrounding community
 - Support medical schools to integrate training and experiential learning about physical activity into curriculum of medical students
 - Host a round table discussion: Updates on Exercise is Medicine and physical activity strategies in Thailand
 - Support EIM sessions in the 2019 International Conference of Sports and Exercise Science (Bangkok, Thailand)
 - Incorporate physical activity as a part of routine health care provider visits
 - Establish physical activity as a vital sign within the health care system and link health care professionals to fitness professionals for appropriate exercise prescription
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Accomplishments to Date

- Conducted training workshops for health care providers
- Integrated physical activity training into the 2nd and 3rd year of medical school at Srinakarinwirot University
- Working with the Golden Jubilee Medical Center to integrate the EIM Solution into the health system
- Created practical EIM guideline relating to how to prescribe exercise for specific groups/conditions
- Media marketing of EIM through our website, Facebook, Roll Up, Booklet and mass communication (TV, newspaper, and magazines)

**Exercise
is Medicine®
Thailand**