

EIM Dominican Republic



Dr. Richard Marine

National Center Director

Richard Marine, M.D.

Affiliation

Nu-Med

National Center Manager

Milagros Almonte, M.D.

Affiliation

Nu-Med

Host Institution – Nu-Med: Nutrición y Medicina Funcional

Nu-Med is a health center with the goal of providing services in nutrition, functional medicine, and aesthetic medicine to improve the lives of their patients and the general population. We provide guidance to our clients in forming healthy eating habits through education, supplementation, and educational awareness. Additionally, we evaluate the physical fitness levels of our clients to determine appropriate exercise programming in achieving a comprehensive, balanced lifestyle.



National Center Advisory Board

Affiliation

Richard Marine, M.D.

- President of Clinical Nutrition, Nu-Med

Milagros Almonte, M.D.

- CEO of Clinical Nutrition, Nu-Med

Monserrat Peña, M.D.

- Coordinator of Clinical Nutrition, Nu-Med

Angela Peña

- Commercial Manager of Clinical Nutrition, Nu-Med

Griselle Suero

- Social Media Coordinator of Clinical Nutrition, Nu-Med

Cristian Jimenez

- Journalist, A Diario (political television)

Yohanna Hilario

- Journalist and Speaker (en Sobre Mesa)

Adelys De La Rosa, M.D.

- Manager, Non-Communicable Diseases, Ministry of Public Health

Daniel Mola

- Health Programs Coordinator, Non-Communicable Diseases, Ministry of Public Health

Martin Gavirondo

- Ministry of the Presidency Dominican Republic

2022 Goals

- Incorporate exercise prescription into the duties of health professionals
 - Promote physical activity in the lifestyle of a health professional
 - Implement physical activity as part of the national health system
 - Provide educational training courses for the national health insurance doctors
 - Developing an EIM app to give the workshop via digital technology
 - Inserting courses into local universities on EIM
 - Find sponsorship of additional private companies to support our trainings and activities
 - Expand EIM training course model for all of Central America
 - Participate in the main medical conferences in the Dominican Republic
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Accomplishments to Date

- Officially established the EIM Dominican Republic National Center in December 2015
- Formed partnerships with organizations across the DR (Pan American Health Association, Colegio Medico Dominicano, Instituto Nacional de Diabetes, Sociedad Dominicana de Interna Medicina, and Instituto Nacional de Cancer) to disseminate the message of the benefits of physical activity for the prevention of non-communicable diseases
- Received sponsorship from MoviSport, Amadita, Revidox, TechnoGym DR, and the CNC Center for Clinical Nutrition, as well as additional funding from Abbott Pharmaceuticals to conduct a series of health professional training courses across the Caribbean and Central America
- Certified nearly 1500 healthcare providers across the Dominican Republic and Central America (Guatemala, Panama, Costa Rica, El Salvador, Honduras)
- Integrated EIM into clinical care in the local health system, in partnership with medical societies and medical specialties, for patients with non-communicable diseases. A big part of this effort is through the support of physicians that have already completed the EIM certification course
- In February 2018, hosted a national health event in the Dominican Republic to motivate the general public and raise awareness about physical activity as a main tool in the prevention of non-communicable diseases. Assessed the functional fitness, weight, size, hip circumference, strength and flexibility of 1,395 individuals
- In 2020, further expanded exercise prescription into the nutrition program of older adults within the national health insurance program
- In 2021, created the Elder Program, evaluating the functional condition of approximately 75,000 older adults in the Dominican Republic. Used the Senior Fitness Test to detect risk factors and then provide physical activity guidance based on their health conditions and age
- In 2021, selected by the Ministry of Health to take part in creating the first National Physical Activity Plan for the Dominican Republic
- Organize talks on prevention and physical activity at the Annual Congress of Internal Medicine
- Participate in the Great Fund of New York - Dominican Republic (GFNY) Expo GSSI Marathon of Santo Domingo giving talks and measuring the physical fitness of the participants
- 12,800 followers on their Instagram account

Exercise
is Medicine[®]
Dominican Republic