



Dr. Yutaka Kimura

**National Center Director**

Yutaka Kimura, M.D.

**Affiliation**

Kansai Medical Center

**National Center Manager**

Shinji Sato, Ph.D.

**Affiliation**

Teikyo Heisei University

## Host Institution – The Japanese Association of Exercise Therapy & Prevention

The Japanese Association of Exercise Therapy and Prevention (JAETP) will serve as the host institution for the EIM Japan National Center. The role of the JAETP is to promote and contribute to the progress of interdisciplinary research in medical and sport sciences to prevent and treat chronic diseases.



### National Center Advisory Board

### Affiliation

Yutaka Kimura, M.D.

- Professor, Kansai Medical University

Shinji Sato, Ph.D.

- Clinical Exercise Physiologist & Professor, Teikyo Heisei University
- Director, Japanese Association of Clinical Exercise Therapy and Prevention

Ryoichi Nagatomi, PhD

- Professor, Tohoku University
- Director, The Japanese Society of Physical Fitness and Sports Medicine

Yutaka Hatori, MD

- Physician & Director, Japan Medical Association

Motohiko Miyachi, PhD

- Exercise Physiologist & Professor, Waseda University

Shigeru Makita, MD

- Physician & Professor, Saitama Medical University
- President, The Japanese Association of Cardiac Rehabilitation and Prevention

Akira Torii, MD

- Physician
- Director, Tokyo Medical Association

Masaaki Miyagawa, MD

- Physician & Director, Japan Medical Association

Youko Oguma, MD

- Physician & Associate Professor, Keio University
- Director, The Japanese Association of Exercise Epidemiology

Yoshifumi Tamura, MD

- Physician & Associate Professor, Juntendo University
- Director, The Japan Diabetes Society

## 2022 Goals

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- Work with the Ministry of Economy, Trade, and Industry to develop national guidelines for integrating the EIM Solution into the healthcare system
  - Develop a patient referral workflow that bridges the clinic and the local exercise community
  - Increase the number of users of the ‘matching app’ (developed with METI) connecting doctors, patients, and exercise specialists
  - Increase the number of healthcare providers that receive the EIM training course and are actively engaged in the assessment, prescription, and counseling of physical activity in healthcare systems.
  - Increase the number of exercise professionals that receive the EIM training course and are certified by the EIM Japan National Center.
  - Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Japan.
  - Participate and spread awareness of EIM Japan at several medical and health meetings throughout Japan.
  - Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.
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## Accomplishments to Date

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- Officially established the EIM Japan National Center in July 2018
- Worked with the Japanese Ministry of Health, Labor, and Welfare to assess health promotion facilities and begin the development of exercise programs
- Project with Tokyo Metropolitan Medical Association to develop a patient referral workflow by bridging clinic with the local exercise community (2021)
- Working with the Ministry of Economy, Trade, and Industry to integrate EIM into the national health system (2021)
- Developed an app with the Ministry of Economy, Trade, and Industry to help doctors ‘match’ their patients with qualified exercise professionals (2021)
- Dr. Daichi Suzuki, General of the Japan Sports Agency, attended the 2019 EIM World Congress (Orlando, FL) and gave a presentation at the EIM National Center Directors’ Meeting focused on the sports implementation in Japan, as well as cooperation between the Ministry of Health, Labor and Welfare and Sports Agency for Health Promotion through sports
- In June 2019, the Japanese Cabinet announced, in a press release, a new policy to institutionalize physical activity assessment into the national health care system
- Created a standard exercise program to make it easier for healthcare providers to refer patients to existing community resources by developing a network of exercise professional linked to the Japanese Association of Clinical Exercise Physiologists (JCEP) (Dec 2019)
- The Tokyo Medical Association launch a pilot experiment to integrate physical activity assessment, prescription, and patient referral as a standard in patient care (2020)
- Tokyo’s Governor Koike stated that “Health promotion in Tokyo is in line with the purpose of EIM” at the Tokyo Metropolitan Assembly (March 2020)
- Generated nearly \$20,000 in fundraising from four partners (2020)
- Started an EIM On Campus program at Osaka Sangyo University

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Japan**