



Dr. Enrique Medina

## National Center Director

Enrique José Medina Sandino, M.D.

## Affiliation

President, Fundación  
Nicaraguense para la Diabetes

## Host Institution – Fundación Nicaraguense para la Diabetes (FND)

The Fundación Nicaraguense para la Diabetes (FND), or Nicaragua Diabetes Foundation, is a non-profit organization dedicated to the prevention and control of diabetes. FND was established on December 12, 2001 with the purpose of educating people in Nicaragua about diabetes in order to achieve control of the disease, prevention of complications, and to promote healthy lifestyles and good nutrition in the general population to prevent diabetes and others chronic, non-communicable diseases.



## National Center Advisory Board

## Affiliation

Enrique José Medina Sandino, M.D.	<ul style="list-style-type: none"> <li>• Professor, Nicaraguan Diabetes Foundation</li> <li>• President, Nicaraguan Society of Pediatrics</li> </ul>
Vera Amanda Solis, Ph.D.	<ul style="list-style-type: none"> <li>• Associate Professor, Universidad Centroamericana (UCA)</li> </ul>
Gabriela Fonseca Berrios, P.T.	<ul style="list-style-type: none"> <li>• Physiotherapist, Nicaraguan Physiotherapy Association</li> </ul>
Daniel Meneses Mercado, M.D.	<ul style="list-style-type: none"> <li>• Cardiologist, Nicaraguan Cardiology Association</li> </ul>
Ursula Ibarra, M.D.	<ul style="list-style-type: none"> <li>• Nicaraguan Diabetes Foundation</li> </ul>
Fatima Gaitan, M.D.	<ul style="list-style-type: none"> <li>• Associate Professor, Nicaraguan Association of Endocrinology</li> </ul>
Justo Lopez, M.D.	<ul style="list-style-type: none"> <li>• Cardiologist, Nicaraguan Cardiology Association</li> </ul>
Raymur Carcamo	<ul style="list-style-type: none"> <li>• Member, Nicaraguan Institute of Youth and Sports</li> </ul>

## 2022 Goals

- Increase the number of healthcare providers that receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in healthcare systems
- Increase the number of exercise professionals that receive training and are certified by the EIM Nicaragua National Center
- Integrate physical activity as a vital sign and principles of EIM into hospitals and healthcare systems throughout Nicaragua
- Increase the exposure of EIM to universities and other educational campuses through the EIM on Campus initiative and establish a first program at the Universidad Centroamericana
- Increase the promotion of physical activity and healthy lifestyles in the general population
- Invite exercise professional organizations to join the EIM Nicaragua Advisory Board in 2022

## **Accomplishments to Date**

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- Officially established the EIM Nicaragua National Center in May 2016
  - Celebrated of the World Day of Physical Activity (April 8, 2018) in Puerto Salvador Allende with the support of Channel 4 of Television of Nicaragua. Around 300 people participated in a sports morning with exhibitions of Yoga, Ritmo Latino, Bootscamp
  - Conducted EIM Workshop for physicians (April 7, 2018) in conjunction with EIM Dominican Republic and Abbott Laboratory with approximately 40 physicians. To date, have trained more than 150 physicians throughout Nicaragua
  - Broadcasting of a radio program on EIM every Tuesday from 11 am to 12 pm, where topics related to the promotion of physical activity, healthy lifestyles, education in diabetes are discussed. The program is transmitted live on Facebook at:  
<https://www.facebook.com/enrique.medina.522?ref=bookmarks>
  - Participated in the XIV National Congress of Cardiology (2020)
  - Promoted physical activity through Radio Maria 99.9 FM
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is Medicine®  
Nicaragua**