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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, MD

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

Ola Rønsen, MD, PhD

- Norwegian Sports Medicine Association
- Board Member, Norwegian Ski Federation

Mona Kjeldsberg, MD, PhD

- Family Medicine, University of Oslo
- The Norwegian Olympic Medical Center

Sigmund A. Anderssen, PhD

- Professor, The Norwegian School of Sports Science

Kirsti Krohn, PhD, PT

- Physiotherapist, Norwegian Physiotherapist Association

Henriette Øyen

- Division Director, The Norwegian Health Directorate

Inger Merete Skarpaas, MSc

- Division Manager, The Norwegian Health Directorate

## 2021 Goals

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- Continue providing “Exercise Is Medicine” courses for healthcare 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 (PAI), which can be implemented in patient journals
  - Getting the PAI system of objectively measuring physical activity levels into medical records in Norway
  - Formalize partnerships with nurses and exercise professionals in Norway
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## Accomplishments to Date

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- Established the EIM Norway National Center in 2010
  - 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
  - Completed educational courses for GPs in two counties in Norway (2012-13) and provided information to the GPs about physical activity, what type of physical activity to recommend, and how to implement it in a clinical practice. Also provided, 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.
  - Delivered “Exercise is Medicine” lecture as part of the medical school curriculum at the University of Oslo (2013)
  - Gave a 15-hour course in “Exercise is Medicine” at the largest Primary Care Physician Congress in Oslo (2014 & 2016)
  - Received a grant of \$570,000 US from “Gjensidigestiftelsen” to develop: a) teaching and informational materials for healthcare 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 (2016)
  - Established EIM Norway website and Facebook page (2017)
  - Established two strategic partners to develop a tool to record physical activity levels in a clinical setting (2018)
  - Helped “physical activity and health” become mandatory in medical education in Norway (2019)
  - 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 (2019)
  - Encouraged some Norwegian General Practice clinics to have in-house physical activity programs for their patients during working hours (2019)
  - Completed 5 virtual EIM training courses during the pandemic reaching 50-60 healthcare providers (2020), totaling more than 400 healthcare providers trained across Norway
  - Collaborating with four general practice centers to integrate EIM starting with the assessment of physical activity through PAI system wearable devices (2020)
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**Exercise  
is Medicine®  
Norway**