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**Host Institution – The Norwegian Sports Medicine & Physical Activity Association**

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**

Elin Kolle, Ph.D.	<ul style="list-style-type: none"> <li>• Associate Professor, Norwegian School of Sport Sciences</li> </ul>
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Terje M. Halvorsen, M.D.	<ul style="list-style-type: none"> <li>• Chair, EIM Norway Advisory Board</li> <li>• CEO, The Norwegian Institute of Sports Medicine</li> <li>• Norwegian Sports Medicine Association</li> </ul>
Stian Lobben, M.D.	<ul style="list-style-type: none"> <li>• Vikingklubben</li> </ul>
Henriette Øien	<ul style="list-style-type: none"> <li>• Division Director, The Norwegian Health Directorate</li> </ul>
Ola Rønsen, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Norwegian Sports Medicine Association</li> <li>• Board Member, Norwegian Ski Federation</li> </ul>
Inger Merete Skarpaas, Ms.C.	<ul style="list-style-type: none"> <li>• Division Manager, The Norwegian Health Directorate</li> </ul>
Sandra Stadheim	<ul style="list-style-type: none"> <li>• Medical student, University of Oslo</li> </ul>

## 2022 Goals

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- Continue providing “Exercise Is Medicine” courses for healthcare providers in Norway
  - Collaborate with the Norwegian Medical Association and the University of Trondheim on developing a 16 hour e-learning course on physical activity and nutrition
  - 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 medical records / patient journals
  - Expand EIM On Campus 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”)
- Since 2013, taught medical students “Exercise is Medicine” during each year of 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.
- Collaborating with four general practice centers to integrate EIM starting with the assessment of physical activity through PAI system wearable devices (2020)
- Completed 7 virtual EIM training courses during the pandemic (2 in 2021, 5 in 2020) reaching 80+ healthcare providers. In total, trained >400 healthcare providers across Norway
- 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)
- Established two strategic partners to develop a tool to record physical activity levels in a clinical setting (2018)
- Established EIM Norway website and Facebook page (2017)
- 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)
- Gave a 15-hour course in “Exercise is Medicine” at the largest Primary Care Physician Congress in Oslo (2014 & 2016)
- Delivered “Exercise is Medicine” lecture as part of the medical school curriculum at the University of Oslo (2013)
  - Helped “physical activity” become mandatory in medical education in Norway (2019)

