



Mr. Abdulla Saeed Al-Mohannadi

## National Center Director

Abdulla Saeed Al-Mohannadi,  
MPH

## Affiliation

A/ Director Exercise is Medicine  
Department, Aspetar - the Orthopedic  
and Sports Medicine Hospital, Qatar

## National Center Manager

Husam Rezeq, MD, MPH

## Affiliation

Head of EIM Clinic, Aspetar - the  
Orthopedic and Sports Medicine  
Hospital, Qatar

## Host Institution – Aspetar

Aspetar is the first specialized Orthopedic and Sports Medicine Hospital in the Gulf region. It provides the highest possible medical treatment for sports-related injuries in a state-of-the-art facility, staffed by some of the world's leading sports medicine practitioners and researchers. Through the delivery of excellence in sports medicine, physiotherapy, sports science, orthopedic surgery and rehabilitation, Aspetar serves the needs of football and sports clubs, and federations throughout the state of Qatar, and regularly services international athletes and professional sportspeople. In 2009, Aspetar was accredited as a "FIFA Medical Centre of Excellence" by F-MARC and "IOC Research Centre for Prevention of Injury and Protection of Athlete Health" in 2014.



## National Center Advisory Board Affiliation

Abdulla Saeed Al-Mohannadi, MPH	<ul style="list-style-type: none"> <li>• A/Director of Exercise is Medicine Department, Aspetar</li> <li>• EIM Qatar National Center Director</li> </ul>
Husam Rezeq, MD, MPH	<ul style="list-style-type: none"> <li>• Head of EIMQ Clinic, Aspetar</li> <li>• EIM Qatar National Center Manager</li> </ul>
Izzeldin Abdelrahman, MD	<ul style="list-style-type: none"> <li>• Head of Children Health section in Aspetar, Exercise is Medicine Department</li> </ul>
Ahmad Al Hamdani, MD	<ul style="list-style-type: none"> <li>• EIMQ physician / Aspetar</li> </ul>
Wadha Al Baker, MD	<ul style="list-style-type: none"> <li>• Manager of Wellness and Health Promotion Program, Primary Health Care Corporation</li> </ul>
Ahmad Al Emadi	<ul style="list-style-type: none"> <li>• Dean, College of Education, Qatar University</li> </ul>
Ravinder Mamtani, MD, PhD	<ul style="list-style-type: none"> <li>• Professor of Public Health Associate Dean, Weil Cornell Medical College – Qatar (WCMC-Q)</li> </ul>
Hamad Al Madhaki, MD	<ul style="list-style-type: none"> <li>• Assistant Executive Director of Service Development, Primary Health Care Corporation</li> </ul>

## 2019 Goals

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- Achieve national development strategic objectives 2030 – National Health strategy 2020
  - Increase the number of individuals meeting the National Qatar Physical Activity Guidelines
  - Increase the number of health care professionals who are assessing, prescribing and counseling patients in physical activity
  - Encourage the appropriate deployment of qualified exercise professionals in the prevention and treatment of chronic disease
  - Disseminate EIMQ concepts at a national level through developing national and community networks and partnerships of physical activity programs
  - Provide resources on safe physical activity participation to the populace via the EIM Qatar micro-page in Aspetar and Namat websites, leaflets, flyers, advertorials, newsletters and magazines
  - Establish structured wellness initiative geared towards physically active people
  - Develop EIM Qatar themed physical activity program to cut across all age groups and other groups of interest
  - Capitalize on medical research to health care practitioners through EIMQ interventional research
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## Accomplishments to Date

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- Formation of the EIM Qatar National Center (September 2014)
- Started a Department for Exercise is Medicine at Aspetar
- Introduced Physical Activity Vital Sign (PAVS) into the Aspetar EMR
- Engagement of multiple key health stakeholders across the country in the EIM Qatar initiative
- Development of EIM Qatar webpages (<http://www.aspetar.com/exercise-is-medicine.aspx?lang=en>) and (<https://namat.qa/EIMQProject.aspx>)
- Published an entire issue of the Aspetar Sports Medicine Journal dedicated to EIM activities globally (January 2017)
- Developed EIM prescription courses for both physicians and allied health practitioners. Since 2014, trained more than 300 health care providers.
- Developed “Running Step into Health Walking” program that has enrolled more than 49,000 members to date
- Assisted in the development of the 2<sup>nd</sup> Qatar National Physical Activity Guidelines with new chapters and new chronic conditions with key stakeholders (Ministry of Public Health, Primary Health Care Corporation, Qatar University, Hamad Medical Cooperation)

**Exercise  
is Medicine®  
Qatar**