



Dr. Jeff Coombes

**National Center Director**  
Jeff Coombes, Ph.D.

**Affiliation**

School of Human Movement & Nutritional Sciences, University of Queensland

**National Center Manager**  
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**Affiliation**

Exercise & Sport Science Australia

**Host Institution – Exercise & Sport Science Australia**

Founded in 1991, Exercise & Sports Science Australia (ESSA) is a professional organization committed to establishing, promoting and representing the career paths of tertiary-trained exercise and sports science practitioners. ESSA advocates on behalf of three exercise and sports science professional groups: accredited exercise physiologists, accredited exercise scientists, and accredited sports scientists / accredited high performance managers. The organisation’s advocacy activities are focused on supporting and progressing ESSA’s mission to lead and promote excellence in exercise and sports science for the benefit of the Australian community and its professional members.



**National Center Advisory Board Affiliation**

Jeff Coombes, Ph.D.	<ul style="list-style-type: none"> <li>• Professor &amp; Director, Centre for Research on Exercise, Physical Activity &amp; Health, The University of Queensland</li> </ul>
Anita Hobson-Powell	<ul style="list-style-type: none"> <li>• CEO, Exercise and Sports Science Australia (ESSA)</li> </ul>
Nicole McClure, R.N.	<ul style="list-style-type: none"> <li>• Australian Primary Health Care Nurses Association (APNA)</li> </ul>
Tarryn Mair	<ul style="list-style-type: none"> <li>• Australian Department of Health</li> </ul>
Chris Askew, Ph.D.	<ul style="list-style-type: none"> <li>• Associate Professor, School of Health &amp; Sport Sciences, University of Sunshine Coast</li> </ul>
Robert Newton, Ph.D.	<ul style="list-style-type: none"> <li>• Associate Dean &amp; Co-Director of the Exercise Medicine Research Institute, Edith Cowan University</li> </ul>
Lynn Davies, M.D.	<ul style="list-style-type: none"> <li>• General Practitioner, Tintenbar Medical Centre</li> </ul>
Jamie Crain	<ul style="list-style-type: none"> <li>• CEO, Sports Medicine Australia (SMA)</li> </ul>
Anja Nikolic	<ul style="list-style-type: none"> <li>• Australian Physiotherapy Association (APA)</li> </ul>
Kate Simkovic, M.D.	<ul style="list-style-type: none"> <li>• CEO, Australasian College of Sport and Exercise Physicians (ACSEP)</li> </ul>
Adam Castricum	<ul style="list-style-type: none"> <li>• Moving Medicine Project Coordinator (ACSEP)</li> </ul>
Stephen Penman	<ul style="list-style-type: none"> <li>• CEO, Australasian Society of Lifestyle Medicine</li> </ul>

## 2022 Goals

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- Continue EIM Hospital program
  - Promote EIM education to nurses
  - Review and update education content
  - Continue to create broad awareness of EIM
  - Pilot one EIM On Campus program in 2021
  - Promote EIM to 100 organizations
  - Review and update 10 EIM Australia factsheets, and create 3 new factsheets
  - Provide 300 online modules
  - Add representatives to the Advisory Board from Aboriginal and Torres Strait Islander organizations
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## Accomplishments to Date

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- Officially established the EIM Australia National Center in 2010
- Endorsement of the EIM education package by the Australian Association of Practice Nurses
- Created several EIM Australia resources to reflect the latest evidence and improve usability including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under MedicareA factsheet on Type 2 Diabetes was launched, and significant groundwork for cardiovascular disease and kidney disease factsheets was also completed (2015)
  - Created four additional factsheets on exercise and specific disease conditions (2016)
  - Developed an EIM factsheet for Aboriginal and Torres Strait Islanders
  - EIM Australia's factsheets were ranked by Medical Observer as the 2<sup>nd</sup> best physical activity resource for healthcare providers and patients behind only behind the AUS PA Guidelines
- Developed an EIM GP visit kit and held an 'EIM in Practice' initiative where staff from 7 GP practices were educated about EIM and follow up data collected regarding EIM implementation
- Received funding from the Australian Ministry of Health to train 500+ healthcare providers in 2018, for an overall total of more than 1300 providers trained over the past 5-7 years
- Started a "Hospital Program" in partnership with the Australian Physiotherapy Association that involves direct trainings of the entire medical team.
  - Trained exercise professionals (accredited exercise professionals and physiotherapists) to be facilitators in giving the trainings (n=81 trained in 2021)
  - In 2020, gave 20 hospital and 13 primary care online learning presentations to >110 doctors, nurses and healthcare workers. Recordings were viewed by an additional 165 online participants and 183 medical interns and other healthcare workers.
  - In 2021, gave an additional 34 hospital presentations and developed an online eLearning platform (>250 providers trained).
- Social media following of 4600+ individuals on Facebook and 250 on Twitter
- Produced more than 100 targeted communications via EIM newsletters, EIM Network Newsletters, website blog and Facebook, primary healthcare publication articles featuring EIM Australia
- Approached over 30 government and not for profit organisations for EIM promotion and partnering

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