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National Center Director

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Affiliation

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Host Institution – Dutch Association for Sports Medicine

The Dutch Association for Sports Medicine (VSG) will serve as the host institution for the EIM Netherlands National Center. The Dutch Association for Sports Medicine is a non-profit organization established in Bilthoven with almost 400 members. The Dutch Association for Sports Medicine is the scientific association for sports and exercise medicine in the Netherlands with the goal to promote sports and exercise medicine in the broadest sense; including the positioning and protection of the sports and exercise physician, and sports and exercise medicine, as well as the promotion of the quality and expertise of the sports physicians and the services provided to our members. Our members are both sports physicians, sports physicians in training and affiliated (medical) professionals with an interest in sports medicine.



National Center Advisory Board Affiliation

J. (Hans) Zwerver, professor M.D., Ph.D.	<ul style="list-style-type: none"> • Representative, Dutch Association for Sports Medicine (VSG)
Karin Heijblom	<ul style="list-style-type: none"> • Representative, Royal Dutch Society for Physiotherapy (KNGF)
Gijsbert van Oostveen	<ul style="list-style-type: none"> • CEO, Knowledge Center for Sport & Physical Activity (KCS&B)
Rienk Dekker, professor M.D., Ph.D.	<ul style="list-style-type: none"> • Professor, University Medical Center Groningen (UMCG), Department of Physical Medicine and Rehabilitation • Representative, Netherlands Society of Rehabilitation Medicine (VRA)
Willem van Mechelen, professor M.D., Ph.D.	<ul style="list-style-type: none"> • Professor, Amsterdam University Medical Center (AUMC), Department of Public and Occupational Health
Chris van der Togt	<ul style="list-style-type: none"> • Managing Director, Netherlands Orthopaedic Association (NOV)
Patrick Rijnbeek	<ul style="list-style-type: none"> • Managing Director, Active Netherlands (NL Actief)
Tinus Jongert	<ul style="list-style-type: none"> • Managing Director, Dutch Institute of Allied Health Professionals (NPi) • Representative, Society for Human Movement Sciences Netherland (VvBN)

2022 Goals

1. Make an inventory of existing initiatives relevant to Exercise is Medicine*.
2. Encourage that exercise is discussed during every health and medical care consultation and that transfer to sport and/or exercise professionals is made possible when relevant and necessary
3. Encourages that Exercise is Medicine is included as standard in all health and medical care guidelines in the Netherlands.
4. Lobby to get/keep Exercise is Medicine on the political, healthcare, and medical care agendas in the Netherlands.
5. Advocate for health insurers, government, healthcare institutions, and other relevant parties to make Exercise is Medicine financially possible.
6. Stimulate research evaluating the effectiveness of Exercise is Medicine.
7. Advance all necessary effort for the EIM Netherlands National Center to function properly.

* We define Exercise is Medicine as: the proactive and tailor-made prescription of exercise by (care) professionals to promote health and to prevent and treat (chronic) conditions, including a targeted referral and transfer to sport & exercise professionals for appropriate exercise activities.

Accomplishments to Date

- Established the EIM Netherlands National Center in 2022, bringing together multiple health and professional societies as part of the initial advisory board
- Developed four main themes for the EIM National Center:
 - 1) prevention and healthcare, 2) dissemination of knowledge, 3) optimizing networks, and 4) advocacy
- Within these four main themes, identified 15 core activities/principles

Exercise
is Medicine[®]
Netherlands