



Dr. Juan
Santamaría Almeida

National Center Director
Juan Santamaría, M.D.

Affiliation

Pontificia Universidad Católica del Ecuador & Ecuador Ministry of Sports

Host Institution – Ecuadorian Society of Cardiology

The Ecuadorian Society of Cardiology is a non-profit organization dedicated to promoting the continuous medical education of professionals in the research, prevention and therapeutics of cardiovascular pathophysiology, prevention and treatment of cardiovascular diseases. The Ecuadorian Society of Cardiology was established in 1957 for the purpose of medical science, aimed at promoting research, prevention and therapy of cardiovascular pathophysiology, prevention and treatment of cardiovascular diseases. The role of the Ecuadorian Society of Cardiology is to fulfill its objectives and social purposes in organizing and disseminating activities, training and updating of medical-scientific knowledge, and collaborating with training programs directed at medical and paramedical personnel.



NC Advisory Board

Affiliation

Juan Santamaría, M.D.	<ul style="list-style-type: none"> • Sports Medicine specialist, Pontificia Universidad Católica del Ecuador • Medical Specialist, Ecuador Ministry of Sports
Santiago García, M.D.	<ul style="list-style-type: none"> • Medical specialist (cardiology), Faculty, University of the Americas • Member, Ecuadorian Society of Cardiology
Gaibor Juan Carlos, M.D.	<ul style="list-style-type: none"> • Medical specialist (cardiology), Hospital Eugenio Espejo • Member, Ministry of Public Health
Margarita Pico, M.D.	<ul style="list-style-type: none"> • Sports Medicine specialist • Member, Ecuadorian Society of Sports Medicine
Daniela Guevara, M.D.	<ul style="list-style-type: none"> • Family and Sports Medicine specialist • Member, Ecuadorian Society of Family Medicine
Jiron Diego, M.D.	<ul style="list-style-type: none"> • Sports Medicine and Physical Activity specialist • Member, Ecuadorian Society of Sports Medicine
Gaby Vasquez, M.Sc.	<ul style="list-style-type: none"> • Physical Therapy and Rehabilitation • Member, Ecuadorian Society of Physiotherapy
Quintana Ximena	<ul style="list-style-type: none"> • Public Administration and Accounting, Ecuador Ministry of Health
Mayra Ger, M.D.	<ul style="list-style-type: none"> • Medical specialist (diabetes, obesity, nutrition), Ministry of Public Health • Coordinator, Ecuadorian Society of Diabetes

2023 Goals

- Form partnerships with the Ministry of Public Health to train their medical professionals.
 - Make partnerships with provincial sports federations to carry out physical activity campaigns.
 - Disseminate the work of EIM Ecuador through national social media networks.
 - Develop strategic partnerships with private health systems and providers.
 - Increase the number of health professionals who are assessing, prescribing, and advising their patients on physical activity.
 - Work with medical societies to provide them with the knowledge and tools to carry out physical activity campaigns with their members.
 - Host a hybrid (in-person and virtual) sports medicine congress featuring EIM.
 - Integrate an exercise prescription course quarterly as part of the university curriculum in the Faculty of Medical Sciences at the Central University of Ecuador.
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Accomplishments to Date

- In 2020, participated with the Ministry of Health and the Ministry of Sports to create a national protocol for the reactivation of physical activity, sport, and recreation across Ecuador during and after the coronavirus pandemic
- Conducted EIM training course for 70 cardiologists (2022)
- Conducted EIM training course for 40 sports and exercise professionals (2022) at the International Congress of Sports Medicine
- Formed a strategic alliance with private health system MEDACTIVA (2022)
- Conducted a project in Picaihua and Atahualpa prescribing PA for older adults (2022)
- Conducted a workshop for the elderly on physical activity in partnership with REPERMAE (2022)
- Trained the doctors, nurses, and administrative staff at the Hospital IESS Latacunga on physical activity for health and how to prescribe exercise to their outpatients (2022)
- Collaborated with the Ministry of Health and Sports in developing guidelines on PA during the COVID-19 pandemic (2021)
- Provided consultation to the government on: 1) incorporating PA in worksites, 2) examining PA across the life cycle, and 3) national public policy meeting on the physical culture of Quito (2019)
- Hosted workshops in the medical schools of all state universities on physical activity and trained >800 healthcare providers across Ecuador since the reactivation of the National Center in 2017
- Through a strategic alliance with the Ecuadorian Ministry of Sport and the Ministry of Health, hosted 12 workshops in various cities throughout Ecuador that trained 450 family specialists in the "Strategies of the Neighborhood Doctor" program (2018)
- Hosted a joint scientific workshop with the Society of Cardiology on exercise and arterial hypertension with 120 medical assistants (May 2018)
- Introduced protocols on "physical activity" as a national strategy to improve health throughout the country to the Ministry of Health and the Ministry of Sports
- Began work with the Ministry of Health to have exercise prescription recognized as a part of patients' comprehensive care plans.
- Formed strategic alliances with the Ecuadorian Society of Cardiology, the Universidad de Las Américas, the Ministry of Health, the Secretary of Sports, and the municipality of Quito to host EIM-related events
- Hosted a symposium on "The Benefits of Physical Activity" with the Catholic University of Ecuador (2016)

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