



Dr. Elin Kolle

National Center Director

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Affiliation

Norwegian School of Sport Sciences

National Center Coordinator

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Norwegian Institute of Public Health

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"> • Associate Professor & Vice Chancellor, Norwegian School of Sport Sciences
Anne Marit Bredalen	<ul style="list-style-type: none"> • Physiotherapy Student,
Kristi Krohn Garnaes, Ms.C.	<ul style="list-style-type: none"> • University of Trondheim/NTNU • Physiotherapist, Norwegian Physiotherapy Association
Sine Grude	<ul style="list-style-type: none"> • Medical Student, Norwegian Medical Student Association
Terje M. Halvorsen, M.D.	<ul style="list-style-type: none"> • CEO, The Norwegian Institute of Sports Medicine • Norwegian Sports Medicine Association
Fredrik Aeng Kristiansen	<ul style="list-style-type: none"> • Project coordinator/advisor, Norwegian Institute of Public Health
Stian Ellingsen Lobben, M.D.	<ul style="list-style-type: none"> • Sports Medicine Physician, Viking klinikken, Norsk forening for idrettsmedisin og fysisk aktivitet (NIMF)
Henriette Øien	<ul style="list-style-type: none"> • Division Director, The Norwegian Health Directorate
Erlend Saebu	<ul style="list-style-type: none"> • Sports Medicine Student
Inger Merete Skarpaas, Ms.C.	<ul style="list-style-type: none"> • Senior Advisor, The Norwegian Health Directorate

2023 Goals

- Increase interdisciplinary collaboration between current health professionals (e.g., physicians, physiotherapists, trainers) and those in training (students). More interdisciplinary collaboration between professionals for the common goal of promoting physical activity in the general population
 - Increase use of electronic tools to measure physical fitness in the health care system. The use of an electronic device to measure physical fitness to increase focus on the importance of physical fitness in patient consultations, will contribute to increased motivation for more physical activity
 - Increase general funding for EIM Norway to free up time for operations for the members of the advisory board
 - Continue providing “Exercise Is Medicine” courses for healthcare providers in Norway
 - Increase the networking, marketing, and promotion of EIM in Norway through social media, traditional media and conferences
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Accomplishments to Date

- Established the EIM Norway National Center (2010)
- Produce information pamphlets and integrated them into the *Aktivitetshåndboken* (“The Handbook of Physical Activity”)
- Received funding from the DAM Foundation to use electronic devices to measure physical fitness during visits with patients with type 2 diabetes and their GPs (2022)
- Working with the Norwegian Directorate of Health to revise and digitalize the national Physical Activity Handbook and promote it to GPs across Norway (2022)
- 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
- Helped “physical activity” become mandatory in medical education in Norway (2019)
- Engaged four general practice clinics 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 large grant from “Gjensidigestiftelsen” to develop: a) teaching and informational materials for healthcare providers, b) tools for behavior change in physically inactive patients, and c) a user-friendly app for registering patient physical activity and physical fitness levels that is accessible and can integrate with Norwegian patient record systems (2016)
- 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), providing information on what type of physical activity to recommend, how to integrate it in clinical practice, and shared motivation tools to help patients to start exercising and structure their daily activities

