



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, accredited sports scientists, and 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.



EIM NC Advisory Board

Affiliation

Jeff Coombes, Ph.D.	• Professor in Clinical Exercise Physiology, The University of Queensland
John Dennehy	• Sports medicine physician • Director & Senior Exercise Physiologist, Better Move Clinic
Sonia Charles, R.N.	• Australian Primary Health Care Nurses Association (APNA)
Claire White	• Assistant Director, Healthy Living & Food Governance Section, Australia Department of Health
Chris Askew, Ph.D.	• Professor, School of Health & Sport Sciences, University of Sunshine Coast
Robert Newton, Ph.D.	• Associate Dean & Co-Director of the Exercise Medicine Research Institute, Edith Cowan University
Lynne Davies, M.D.	• General Practitioner, Tintenbar Medical Centre
Jamie Crain	• CEO, Sports Medicine Australia (SMA)
Andrea Johnson	• Australian Physiotherapy Association (APA)
Malika Boukhoubza, M.D.	• Senior Program Manager, Australasian College of Sport and Exercise Physicians (ACSEP)
Adam Castricum	• Moving Medicine Project Coordinator, ACSEP

2024 Goals

- Continue EIM Hospital project
 - Develop greater EIM Educational opportunities for nurses
 - Continue to create broad awareness of EIM and that physical activity and exercise is medicine
 - 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
 - Make level of physical activity and exercise a standard vital sign question in each patient visit (when appropriate)
 - Empower doctors, nurses, aboriginal health workers and other primary healthcare providers to become consistently effective in counselling and referring patients as to their physical activity and exercise needs.
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Accomplishments to Date

- Officially established the EIM Australia National Center in 2010
- Conducted 22 virtual trainings, impacting >550 healthcare providers, as a part of the Health Hospital project (2022-23)
- 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).
- 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
- Created several EIM Australia resources to reflect the latest evidence including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under Medicare A 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 factsheets - ranked by Medical Observer as the 2nd best physical activity resource for healthcare providers and patients behind only behind the AUS PA Guidelines
- Endorsement of the EIM education package by the Australian Association of Practice Nurses
- Social media following of 4700+ individuals on Facebook
- Produced more than 100 targeted communications via EIM newsletters, website blog and Facebook, primary healthcare publication articles featuring EIM Australia

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Australia