



National Center Director
Juan Santamaría, M.D.

Affiliation
Pontificia Universidad Católica del Ecuador & Ecuador Ministry of Sports

Dr. Juan Santamaría Almeida

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.



EIM NC Advisory Board

Affiliation

Juan Santamaría, M.D.	- Sports Medicine specialist, Pontificia Universidad Católica del Ecuador - Medical Specialist, Ecuador Ministry of Sports
Jiron Diego, M.D.	- Sports Medicine & Physical Activity specialist, Ministry of Sports - Universidad de las Americas - Member, Ecuadorian Society of Sports Medicine
Santiago García, M.D.	- Medical specialist (cardiology), Faculty at University of the Americas - Member, Ecuadorian Society of Cardiology
Mayra Ger, M.D.	- Medical specialist (diabetes, obesity, nutrition), Ministry of Health - Coordinator, Ecuadorian Society of Diabetes
Eduardo Pico, M.D.	- Sport Trainer - Ecuadorian Society of Trainers
Margarita Pico, M.D.	- Sports Medicine specialist - Member, Ecuadorian Society of Sports Medicine

2025 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.
 - Promote physical activity in oncology units at the IESS Hospital in partnership with the Central University of Ecuador and the Catholic University of Ecuador
 - 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.
 - Integrate an exercise prescription course quarterly as part of the university curriculum in the Faculty of Medical Sciences at the Central University of Ecuador.
 - Development of ongoing medical education in physical activity/exercise with medical professionals from Quito and other provinces
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Accomplishments to Date

- Established EIM Ecuador National Center (2018)
 - 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
 - Participated in developing the exercise prescription guidelines with the sports federation in the provinces of Tungurahua and Loja (2024)
 - Conducted EIM training course for 37 medical nutritionists at the Int'l Conference of Nutrition and Exercise (2024) and 70 cardiologists (2022)
 - Conducted EIM training of 37 allied health professionals at the Int'l Conference of Nutrition and Exercise (2024) and 40 exercise professionals at the Int'l Congress of Sports Medicine (2022)
 - Established a chair (university faculty position) in exercise prescription at the Pontificia Universidad Catolica del Ecuador (2024)
 - Formed a strategic alliance with private health system MEDACTIVA (2022)
 - Conducted projects 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
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Accomplishments to Date (Continued)

- 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
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