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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.	Associate Professor & Vice Chancellor, Norwegian School of Sport Sciences
Elisabeth Edvardsen, Ph.D.	Exercise Physiologist, OUS, Norwegian School of Sport Sciences
Aina Emaus, M.D.	- Sports Physician, NIMF - Specialist in Physical Medicine, NIMI Volvat
Kristi Krohn Garnaes, MSc	- University of Trondheim/NTNU - Physiotherapist, Norwegian Physiotherapy Association (Byåsen IL, FIA)
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Stian Ellingsen Lobben, M.D.	- Specialist, General Medicine and General Practitioner - Nytorget, allmennlegeforeningen
Henriette Øien	Division Director, The Norwegian Health Directorate

2025 Goals

- Promote PA as medicine through targeted initiatives and educational efforts
 - Complete the PAI project (finalizing data analysis and reporting) and advance implementation projects to ensure the integration of PAI into electronic patient records (EPRs), in collaboration with GP clinics, NOKLUS, and other relevant stakeholders
 - Continuing education for healthcare professionals focusing on the use of PAI as a measurement tool and practical methods for integrating PA into treatment
 - Offering courses and workshops based on the clinical course "Activity and Nutrition as Medicine"
 - Engaging in key national (e.g. IMHK) and organize a political debate on PA as medicine
 - Strengthen collaboration with the Norwegian Directorate of Health and other health authorities to ensure that PA as medicine becomes an integrated part of national strategies and guidelines
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Accomplishments to Date

- Established the EIM Norway National Center (2010)
 - Working with NOLUS to integrate PAI (Personal Activity Intelligence) as the measurement tool in Norwegian electronic health records (2024)
 - Launched a pilot project at five GP clinics to test PAI with patients
 - The project, now in its final phase, involves two research groups: one to explore how patients/physicians perceive integrating PA into daily routines, and the other to collect and analyze data on whether increased PA improves diabetes management
 - Met with the Norwegian State Secretary and eight representatives from the Ministry of Health and Care Services (HOD) to discuss the integration of PAI into EHRs, followed by the development of an official report, at the request of the Norwegian Directorate of Health, outlining 7 concrete measures for systematically integrating PA into health and social services (2024)
 - At the Sports Medicine Autumn Congress (IMHK) in Bergen, organized a political debate on "Exercise on Prescription", which was attended by approx 600 participants (2024)
 - 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)
 - Worked with the Norwegian Directorate of Health to revise and digitalize the national Physical Activity Handbook and promote it to GPs across Norway (2022)
 - Completed 7 virtual EIM training courses during the pandemic (2 in 2021, 5 in 2020) reaching 80+ healthcare providers. In total, have trained >400 healthcare providers across Norway
 - Helped PA become mandatory in medical education in Norway (2019)
 - Engaged four general practice clinics to implement the use of wearables to measure PA in patients as a form of motivating them to be more physically active (2019)
 - Encouraged Norwegian GP clinics to have in-house PA programs for their patients during working hours (2019)
 - Received large grant from "Gjensidigestiftelsen" to develop: a) informational materials for healthcare providers, b) tools for behavior change in physically inactive patients, and c) a user-friendly app for registering patient PA levels that is accessible and integrates with Norwegian patient record systems (2016)
 - Completed courses for GPs in two Norwegian counties on prescribing PA, integrating it in clinical practice, and motivational tools to help patients to structure their daily activities (2013)
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