


EIM Ireland

	<p>National Center Director Mathew P. Herring, Ph.D.</p>	<p>Affiliation University of Limerick</p>
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Prof Matthew Herring

Host Institution – University of Limerick

The University of Limerick (UL) is a non-profit organization, established in 1972, that is located in Castletroy, Limerick, Ireland. UL is an independent, internationally-focused university with ~16,000 students and 1,600 staff that is an energetic and enterprising academic institution with a proud record of innovation in education and excellence in research. UL is dedicated to: developing a community of scholars with a global reputation for excellence, creativity, innovation, entrepreneurship and engagement; building on the expertise of these scholars to create, harness and impart knowledge for the benefit of our students and community; and, fostering curiosity, creativity and academic excellence in an inclusive community committed to social good. UL offers programs across a wide range of disciplines, including arts, business, engineering, health and medicine. UL currently supports multiple campus- and community-based exercise programs among healthy and patient groups, the Exercise is Medicine On Campus program and extensive physical activity and exercise research conducted by members of the Health Research Institute, Physical Activity for Health Research Cluster, Department of Physical Education and Sport Sciences, and the School of Allied Health.



NC Advisory Board	Affiliation
<p>Matthew P. Herring, Ph.D., FACSM</p>	<ul style="list-style-type: none"> Lecturer, University of Limerick
<p>Brian Carson, Ph.D.</p>	<ul style="list-style-type: none"> Lecturer, University of Limerick
<p>Liam Glynn, M.D.</p>	<ul style="list-style-type: none"> Executive Board, Health Research Board Primary Care Clinical Trials Network Ireland (CTNI) and Association of University Departments of General Practice of Ireland (AUDGPI) Professor of General Practice, Graduate Entry Medical School, University of Limerick
<p>Niall Moyna, Ph.D., FACSM</p>	<ul style="list-style-type: none"> Professor, Faculty of Sport and Exercise Medicine; Department of Health and Human Performance, Dublin City University

Michael Harrison, Ph.D., FACSM	<ul style="list-style-type: none"> • Head of Department, Sport and Exercise Science, Waterford Institute of Technology • Chair, Standards Council of the Register of Exercise Professionals in Ireland
Noel McCaffrey, M.D.	<ul style="list-style-type: none"> • Sports and Exercise Medicine Specialist Physician • Founder and Medical Director of Exwell Medical • Foundation Fellow of Faculty of Sports and Exercise Medicine
Grainne O'Donoghue, Ph.D.	<ul style="list-style-type: none"> • Lecturer/Assistant Professor of Physiotherapy, School of Public Health, Physiotherapy & Sports Science, University College Dublin
Suzanne McDonough, Ph.D.	<ul style="list-style-type: none"> • Head of Physiotherapy, Royal College of Surgeons Ireland
Farah Mydin, M.D.	<ul style="list-style-type: none"> • Exercise and Sport Medicine Physician • Chair of 2018 World Congress on Sport and Exercise Medicine
Catherine Woods, Ph.D.	<ul style="list-style-type: none"> • Director of MedEx@UL, Professor and Chair in Physical Activity & Health, University of Limerick
Sarah O'Brien	<ul style="list-style-type: none"> • Health Services Executive, Lead on Healthy Eating and Active Living (HEAL)
Peter Smyth, Ph.D.	<ul style="list-style-type: none"> • Lecturer, Athlone Institute of Technology
David Kelly, Ph.D.	<ul style="list-style-type: none"> • Lecturer, Athlone Institute of Technology

2020 Goals

1. Increase the number of physicians and allied health professionals that have received EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in health care systems by increasing EIM training opportunities and embedding EIM into medical and allied health curriculum
2. Following assessment and prescription, increase referral to community-based exercise programs (i.e., NERF high support or medium support centres; <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/heal-docs/national-exercise-referral-framework.pdf>) and qualified exercise professionals
3. Establish a national registry of EIM credentialed practitioners for exercise referral to encourage the appropriate use of qualified exercise professionals in the prevention and treatment of chronic disease
4. Increase the exposure of EIM to university and other educational campuses through the expansion of the EIM On Campus initiative, striving to establish the EIM On Campus initiative at all major Irish higher education institutions
5. Increase the number of individuals meeting the guidelines set forth in the Irish National Physical Activity Plan, documented through longitudinal surveillance
6. Establish an annual EIM Ireland National Conference to increase national and regional dissemination of advances in EIM-related research and practice

**Exercise
is Medicine[®]
Ireland**