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Host Institution – Sociedad Médica Hospital Ángeles Pedregal

The Pedregal Angeles Hospital’s Medical Society (SMHAP) will serve as the host institution for the EIM Mexico National Center. The SMHAP is a non-profit organization dedicated to providing medical education, medical research, training and promotion of disease prevention in community settings. It also focuses on how to make health care in Mexico more efficient in order to provide the population with a better life quality. SMHAP was co-founded with the group Angeles Health Services in 1986. It is part of one of the largest private health systems in Latin America, Angeles Hospital, an enterprise with 24 hospitals around the nation. SMHAP has more than 3,000 doctors, 2,500 are registered at the Pedregal Angeles Hospital. There is general agreement of interchangeable benefits between hospitals within the system and every two years there is a meeting with all head doctors involved with the medical society from each hospital.



National Center Advisory Board

Affiliation

Alejandro Cardenas Cejudo, MD

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Carlos Lenin Pliego Reyes, MD

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President, Mexican College of General Medicine

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Executive Committee Member, Society of Sports Scientific Development

Joel Cervantes Tapia, MD

Executive Committee Member, Society of Sports Scientific Development

Alfonso Ledezma Robles, MD

Director of Partnerships, EIM Mexico

2018 Goals

- To continue developing online courses for health professionals
 - To increase the number of participants attending in-person trainings
 - To expand links with the Secretary of Health
 - To evaluate the impact of the EIM Mexico health care provider trainings
 - To continue with forums at the national level, involving the Ministry of Health of each state
 - To publish physical activity guides for Type 1, 2 and gestational diabetes with CENETEC (National Center of Technological Excellence in Health)
 - To host a course in October 2018 in Nuevo Leon, México for health care providers
 - To host a conference in August 2019 on “Metabolic syndrome and exercise in teenagers”
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Accomplishments to Date

- Close collaboration with the Secretary of Health (CENAPRECE) on events to train and update all doctors in the Mexican republic
- Collaborated with 11 Mexican states for the training of doctors and health professionals
- Hosted 20+ courses and trained more than 500 attendees at health care provider courses
- Working with the Secretary of Health and the subdivision of medical care in the area of individuals with disabilities to provide physicians with the tools to work with these patients
- Held two forums on economy and health and the impact of physical inactivity
- Worked with physicians, different professions and the public to provide education to improve the health of the country
- Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
- Published 52 electronic articles on Exercise is Medicine in 2017-18
- Between 2017 and 2018 accomplished six radio interviews, 15 conferences and four workshops
- Developed an online site to stream courses on different topics related to physical activity and health

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