

# Programme

## 7th European Initiative for Exercise in Medicine Congress

21 september 2018  
day 1 | part I

8.15 - 8.30 **CONFERENCE WELCOME | OPENING AND GREETINGS**

prof. dr med. dr h.c. Juergen Steinacker EIEIM, Mark Stoutenberg PhD, MSPH, EIM Global, Anna Plucik-Mrozek MD, EIM Poland, Małgorzata Perl MPH, EIM Poland, prof. Mirosław Wielgoś, MD, PhD, Rector Medical University of Warsaw

**SESSION I | CHRONIC DISEASES**

Małgorzata Perl EIM Poland - Chair

8.30 - 9.00 **Keynote lecture Polish Olympic Committee**

**“Exercise and heart disease”**

Hubert Krysztofiak MD, PhD, Mossakowski Medical Research Centre, Polish Academy of Sciences National Centre for Sports Medicine

9.00 - 9.30 **“Diabetes and physical activity”**

prof. Tomasz Klupa, MD, PhD, Jagiellonian University Department of Metabolic Diseases, Cracow

9.30 - 10.00 **“Cancers genetically determined”**

prof. Krystian Jazdzewski, MD, PhD Centre of New Technologies University of Warsaw, Laboratory of Human Cancer Genetics,

10.00 - 10.30 **“Physical activity for patient with cancer”**

Sebastian Szmit MD, PhD, Assistant prof. Michał Wilk, MD, Department of Pulmonary Circulation, Thromboembolic Diseases and Cardiology, Centre of Postgraduate Medical Education at the European Health Centre in Otwock.

10.30 - 10.45 **KWIAT KOBIECOŚCI** - Ida Karpińska

10.45 - 11.00 **COFFEE BREAK**

**SESSION II | PHYSICAL ACTIVITY OF THE ELDERLY AND SEDENTARY BEHAVIOURS - THE CHALLENGE OF THE MODERN WORLD**

Bożena Walewska- Zielecka, MD, PhD - Chair

11.00 - 11.30 **Keynote Lecture**

**“Physical activity in elderly”**

prof. Wojtek Chodźko - Zajko Dean, Graduate College Interim Dean, College of Media Shahid and Ann Carlson Khan Professor in Applied Health Sciences University of Illinois at Urbana-Champaign, USA

11.30 - 12.00 **“Public health problems in Poland compared to Europe”**

Bożena Walewska – Zielecka, MD, PhD, Health Sciences Faculty Board at the Medical University of Warsaw, Board of the International Network of Health Promoting Hospitals and Health Services.

12.00 - 12.30 **“Functional health and physical activity programmes for seniors”**

prof. Ewa Kozdroń Faculty of Tourism and Recreation; Department of Recreation; Department of Methodology of Recreation Academy of Physical Education

12.30 - 13.00 **“Vegetarian diet in sport”**

Daniel Śliż, MD, PhD, III Clinic of Internal Diseases and Cardiology Medical University of Warsaw

13.15 - 13.45 **LUNCH**

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# Programme

## 7th European Initiative for Exercise in Medicine Congress

21 september 2018

day 1 | part II

### SESSION III | IMPLEMENTATION OF HEALTH POLICIES/THEORY/EVALUATION

prof. Aleksandra Łuszczynska - Chair

13.45 - 14.15 **Keynote Lecture**

“Where does change in public policy come from? Examining the forces that influence when and how governments approach problems”

prof. Anthony Perl, MA, PhD, Urban Studies & Political Science Simon Fraser University, Vancouver, Canada

14.15 - 14.45

“From government to governance: top down and bottom up approaches to policy implementation”

Marleen Bekker, PhD, Department of Health Services Research, Maastricht University

14.45 - 15.15

“The potential and challenges for policy implementation – the Policy evaluation network”

Catherine Woods, BA, PhD, Physical Activity and Health Health Research Institute Department of Physical Education and Sport Sciences Faculty of Education and Health Sciences University of Limerick

15.15 - 15.45

„Telemedicine in healthcare”

Piotr Soszyński, MD, PhD Medcover

15.45 - 16.00

**COFFEE BREAK**

### SESSION IV | MOVEMENT BIOMECHANICS

Dominik Śliwowski Technogym - Chair

16.00 - 16.30

“Anatomy trains – how does it work?”

Wojciech Cackowski, MPH, Anatomy trains

16.30 - 17.00

**TECHNOGYM TBC**

17.15 - 18.15

**Teamwork in sport and medicine – Polish Olympic Committee debate with famous athletes.**

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# Programme

## 7th European Initiative for Exercise in Medicine Congress

22 september 2018

day 2 | part I

### SESSION I | LET'S BE ACTIVE FOR HEALTH FOR ALL - PROBLEMS OF CHILDHOOD SEDENTARY BEHAVIOURS AND OBESITY

- Institute of Mother and Child

dr Alicja Karney - Chair

8.00 - 8.30 "Is it important to be active in the child's life? The physician's point of view"

Alicja Karney, MD, PhD One Day Hospitalisation Ward at the Mother and Child Institute in Warsaw

8.30 - 9.00 "Physical activity as part of physiotherapy"

Lesław Kluba, MPH, PhD and Jan Marczyński MPH, PhD Department of Therapeutic Improvement, Mother and Child Institute Warsaw

9.00 - 9.30 "Nutrition of children"

Hanna Stolińska – Fiedorowicz

9.30 - 9.45 Children Physical activity in the eyes of the child - what does sport mean for me?

9.45 - 10.00 "Physical Activity Report" - Benefit

10.00 - 10.15 **COFFEE BREAK**

### SESSION II | EXERCISE IS MEDICINE

Anna Plucik - Mrozek, MD - Chair

10.15 - 10.45 "Exercise is Medicine – Integrating Physical Activity into Global Health Systems"

Mark Stoutenberg, MSPH, PhD, Associate Professor and the Program Director of the Master in Public Health program in Chronic Disease Prevention & Control at the University of Tennessee at Chattanooga, USA

10.45 - 11.15 "European Initiative for Exercise in Medicine project"

prof. Juergen Steinacker, Dr med, Ph.D., Dr h.c, University of Ulm, Division of Sports and Rehabilitation Medicine, Germany

11.15 - 11.30 "Exercise is Medicine - Polish perspective"

Anna Plucik - Mrozek, MD, Małgorzata Perl, MPH Exercise is Medicine Poland

11.30 - 12.00 **Keynote Lecture**

"Physical activity during pregnancy as a solution for public health"

prof. Mirosław Wielgoś, MD, PhD Rector of the Medical University of Warsaw in the term 2016-2020, Head of the 1st Department and Clinic of Obstetrics and Gynecology of the Medical University of Warsaw, National Consultant in the field of perinatology

12.15 - 12.45 **WALK FOR HEALTH - INVITE YOUR DOCTOR**

12.45 - 13.30 **LUNCH**

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# Programme

## 7th European Initiative for Exercise in Medicine Congress

22 september 2018

day 2 | part II

### SESSION III | IMPLEMENTATION OF HEALTH POLICIES

prof. Anthony Perl - Chair

13.30 - 14.00 "How implementation conditions affect the DEDIPAC experience"

prof. Aleksandra Łuszczyńska, Professor of Psychology CARE-BEH Center for Applied Research on Health Behavior and Health, SWPS University of Social Sciences and Humanities, Warsaw, Poland; Trauma, Health, & Hazards Center, University of Colorado, CO, USA

14.00 - 14.30 "The differential health effects of occupational and leisure time physical activity"

dr Pieter Coenen Department of Public and Occupational Health, VU University Medical Center, Amsterdam, the Netherlands

14.30 - 15.00 "It's your life"

Krzysztof Soszyński, Intercars

15.00 - 15.45 The debate on implementation of health policies Ministry of Health, Ministry of Sport, Business, Exercise is Medicine

15.45 - 16.00 COFFEE BREAK

### SESSION IV | THE SELECTED PHYSICAL ACTIVITIES AND THEIR IMPACT ON HEALTH

Alicja Baska - Chair

16.00 - 16.30 „High altitude disease”

Patryk Krzyżak, MD, PhD MedExpedition

16.30 - 17.00 "Physical activity in osteoporosis"

Piotr Dudek, MD Department of Endocrinology at the Bielański Hospital

17.00 - 17.30 "Everybody is trainable"

Herbert Pilcher, Equal Sport, Liezen, Austria

17.30 SUMMARY - END

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