

3.1.2.3 Non -Governmental Organizations/other organizations/programs

A. Smile N Win

'Smile n Win' is a non-governmental organization involved with promoting health and enhancing functional ability of children with intellectual impairment. The organization gives special attention to physical activity-based therapies to promote well-being of those with special needs.



B. Paralympics

Sri Lanka first entered the Paralympic Games in 1996 Summer Paralympics in Atlanta. The country has participated in every subsequent Summer Paralympic Games. At the 2012 Summer Paralympics in London, Sri Lanka won their first Paralympic medal.

C. National Federation of Sports for the Disabled



National Federation of Sports for the Disabled, Sri Lanka was established in 1994 to promote sports among the differently abled Sri Lankans.

D. Special Olympics Serendib Sri Lanka



Special Olympics Serendib (Sri Lanka) was established in 2012 where Intellectually Disabled Athletes are involved in variety of sports

E. Sri Lanka Deaf Cricket Association

Sri Lanka National Deaf Cricket Team represents Sri Lanka for international deaf cricket championships. Players with hearing problems make up this team.

F. Sri Lanka Cricket Association for the Visually Handicapped

Sri Lanka National Blind Cricket Team represents Sri Lanka at blind cricket. The Sri Lankan team has participated in every edition of the World Cup for Blind. It is run by the Sri Lanka Cricket Association of the Visually Handicapped.

3.1.2.4 At City-level

A. Jaffna Healthy City (JHC) Programme

Led by the Mayor of Jaffna and a group of interested officials and citizens, WHO technically supported initiation of 'Jaffna Healthy City programme' in late 2019. The Primary aim was to have a functioning healthy city in line with the WHO healthy city concept, and health promotion while aligning health as an agenda for achieving sustainable development goals.

The coordinating committee of Jaffna Healthy City comprises a multidisciplinary team of experts led by the Mayor of Jaffna. Experts in the sectors of health, environment, educational, road development, public health engineering, academia, INGOs and interested public are the other members of the Coordinating committee. The Department of Community Medicine and Family health at the Faculty of Medicine, University of Jaffna functions as the Secretariat of the JHC. The WHO supported the formation and the functioning of the coordinating committee by providing technical and logistic support.

Several discussion meetings have been held since late 2019 and the Committee has prioritized the following three action areas to develop Jaffna city as a healthy city.

- Promoting healthy diet through settings of school and offices
- Promoting physical activity through settings of schools, offices and public spaces
- Creating a sustainable environment through healthy waste management practices at school, offices and at public spaces

The JHC initiative thus wishes to generate collaboration support and financial resources from varying partners and so far, have made linkages with the government officials, private sector, UNICEF, SUN People's Forum and other local CSOs to carry out priority activities. The JHC are in the process of developing the activity packages so that interested partners could fit in. Three settings have been identified namely the schools, workplaces and public spaces through which the prioritized activities are implemented.

Out of the 23 schools in Jaffna city, 10 schools have been identified for the year 2020-2021. Selection of workplaces for action has been initiated to improve the diet, physical activity and waste management. Similar public activities especially for physical activity and waste management are planned.



In addition, under the Strategic Cities Development Project (SCDP) it is expected to improve selected urban services and public open spaces in the city regions of Sri Lanka. The selected cities are Kandy city and Galle city. The Project Management Unit has been established under the Ministry of Megapolis and Western Development and is responsible for overall project implementation. The proposed additional financing would help finance the costs associated with the scale-up of the city region of Jaffna.

B. Urban Health Champions Programme (Nagara Suwa Udaana Wedasatahana)

Through the established Urban Champion groups the Directorate of Estate & Urban Health, Ministry of Health has taken the initiative to promote physical activity among re-settled communities in urban settlement flats who used to live in urban slums. First stage was training of trainers' sessions, thereafter groups of flat residents (Urban Champion groups) were trained by the coaches of Sports Ministry and Sports Department of CMC. The objective is to train two flat residents from each flat as trainers, and facilitate regular exercise sessions in these flats through those resident trainers. The initially trained officers will facilitate the sessions when those are carried out by the flat residents.

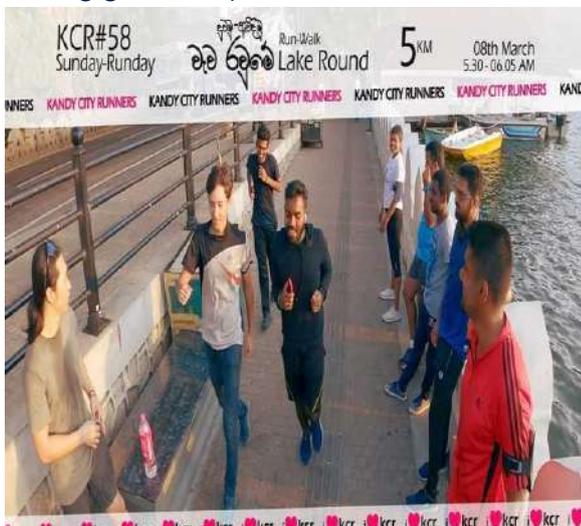
Spaces available to be physically active in urban settings;



C. Kandy City Runners (KCR)



Kandy city running commenced its running activities on 17th January 2019. This is a free and open community running group and organized weekly. A large number of runners of all age groups joined initially and gradually the event popularized. The participants engaged in walking, jogging or running. KCR organizes Sunday morning runs around Kandy Lake. The foreigners who visit Kandy Heritage city also join this programme. Runners of different ethnic groups are seen respecting each other and having good unity which enhance social cohesion.



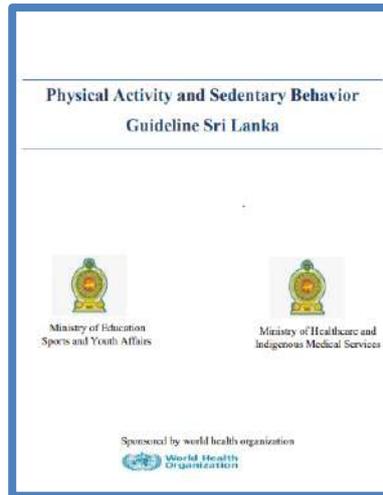
There have been subnational and city level initiatives to promote physical activity among children. Sarvodaya is one such non-governmental organization which has been involved in facilitating physical activity among pre-school children through their regional centres network

3.2 Protocols, standards and guidelines related to promote active people

3.2.1 Health sector

3.2.1.1. For all age groups

A. Physical Activity and Sedentary Behaviour Guideline Sri Lanka

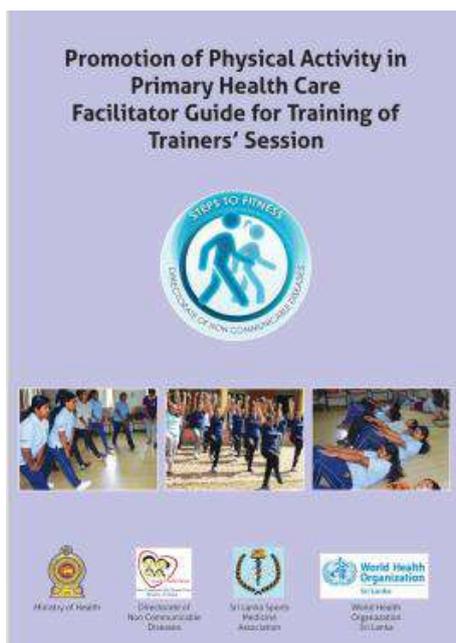


This guideline was developed by the Ministry of Sports in collaboration with the Ministry of Health, Ministry of Education and the World Health Organization. The physical activity and sedentary behaviour guideline Sri Lanka provide physical activity recommendations for following groups;

- Key Guidelines for Adolescents 11 – 19 Years
- Key Guidelines for Young Adults 20-34 Years
- Key Guidelines for Adults 35-64 Years
- Key Guidelines for Adults 65+
- Guidelines for Women During Pregnancy and the Postpartum Period
- Guidelines for Safe Physical Activity

B.Promotion of physical activity in primary healthcare; Facilitator guide for the training of trainers' session

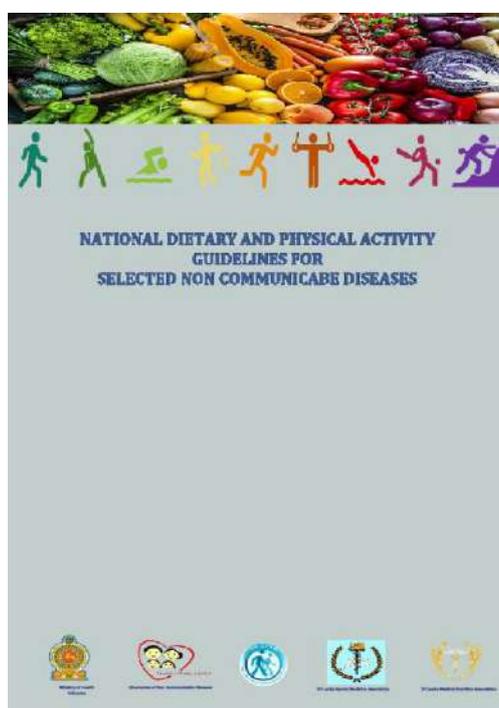
A Training of Trainers' (ToT) module on promoting physical activity for the general public at primary healthcare has been developed by the Directorate of NCD, Ministry of Health including the recommendations for Sri Lanka given by the Ministry of Sports, the recommendations from the World Health Organization and American College of Sports Medicine and adapted to the local setting. The ToT module also includes how to challenge the myths related to physical activity, stages of behaviour change, how to conduct motivational interviewing and implementation of brief interventions, which are important for the primary healthcare workers in promoting physical activity among the community.



3.2.1.2 For patients with non-communicable diseases

A. National dietary and physical activity guidelines for selected NCD

The dietary and physical activity guideline for selected non communicable diseases, was developed by the Directorate of Non-Communicable Diseases, Ministry of Health in collaboration with other professional colleges. This guideline includes dietary and physical activity recommendations for the patients diagnosed with overweight and obesity, hypertension, coronary heart disease, cerebrovascular accidents, diabetes mellitus, chronic respiratory diseases, chronic kidney disease and arthritis.



Available at: <https://docs.google.com/document/d/1X7FvqiTmkm6j5YrIVTffi03YIUcuX4K75R3v0yeY1YY/edit>

3.2.1.3 For pregnant and postpartum women

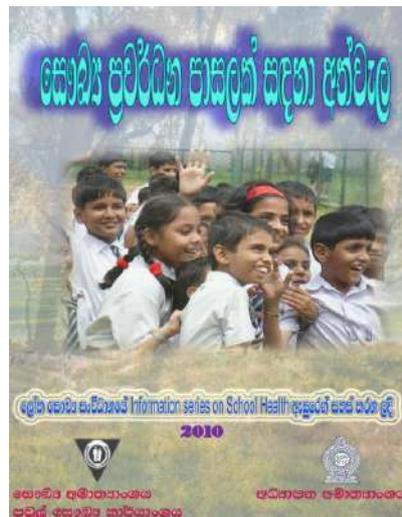
A. Exercises during pregnancy and postpartum period



A book published by the Family Health Bureau, Ministry of Health in collaboration with WHO outlines the exercise recommendations during pregnancy and postpartum periods.

3.2.1.4 For school children

The school health unit of the Family Health Bureau has compiled a guideline for teachers on health promoting schools in collaboration with the Ministry of Education. The guideline recommends that there should be a playground with adequate space and the sports equipment should be maintained properly to facilitate sports related activities of school children.



Ref: Teachers' guide to health promoting schools available at: [Health Promoting School Teacher Guide Sinhala.pdf - Google Drive](#)

3.2.1.5 For preschool children

A. The Manual for Preschool Health Promotion Setting Development, Health Promotion Bureau, 2020

This manual which identifies preschools as a setting for health promotion specifically mentions the need for a safe and healthy physical environment at preschools. It recommends allowing preschool children to play in a safe playground and to allocate at least 1/2 - 1 hour a day as outdoor active play time. Outdoor play activities need to be carried out under the supervision of preschool teacher/s or caregivers.

3.2.1.6 Child Health Development Record (CHDR)

The CHDR is issued to all new-borns on discharge from a healthcare institution. The document records the growth and development of a person from birth until 18 years of age. In addition to the instructions and knowledge the CHDR provides for parents, the CHDR has been updated with recommendations on physical activity and on the importance of physical activity for the growth and development of children.

3.2.2 Non Health Sector

3.2.2.2 Ministry of Education

Following table outlines the guidelines in place to promote physical activity among school children.

Table 3: Guidelines promoting physical activities at schools

| Document/circular/letter | Recommendation | Status of implementation |
|---------------------------------|--|---|
| Primary education 1-5 grades | | |
| School curriculum | Physical education compulsory | Well implemented |
| Secondary education 6-11 grades | | |
| School curriculum 6-9 grades | Health and Physical Education is a compulsory subject | Well implemented |
| School curriculum 10-11 grades | Health and Physical Education is an elective subject | Well implemented |
| Circular 02/2020 | 20 minutes physical fitness program | currently implemented 20 minutes 2 days per week- |
| Letter dated 19/03/2017 | Giving marks for sports in every term test | Implementation gaps and lack of monitoring |
| Circular 35/2020 | All island school games | Well implemented |
| Circular 03/2021 | Sports school programme | Well implemented |
| Circular 24/2020 | School sport associations | Well implemented – 35 associations for various sports |
| Circular 02/2019 | School Health Promotion Program | Implementation gaps and lack of monitoring |
| Instruction sheet 03/2013 | Pre-participation medical examination is mandatory for marathons and cycle races | Implemented |

Level of implementation of these recommendations is not uniform across all the educational zones and further delayed due to the COVID-19 pandemic.

3.2.2.3 Ministry of Sports

The Ministry of Sports has formulated several guidelines on returning to/engaging in sports during the COVID-19 pandemic.

- National Standard Operational Procedure for Aquatic Facilities through COVID 19
- Daily Questionnaire for athletes and supporting staff to prevent infection during training
- Sports training in the face of the spread of COVID19 disease National Guidelines for Restarts

GAPS IDENTIFIED

- Schools: Inadequate opportunities for school children to be physically active at school
- Workplaces: -Employees lack opportunities /time to be physically active at work
- Transportation: do not facilitate people to use active modes of transport
- Sports: lack of programmes for children and all older adults in community
- City level :
 - Facilities for PA e.g. walking paths, open gyms are utilized less by the urban poor.
 - Minimum opportunities for special groups e.g. elderly, disabled to be physically active

RECOMMENDATIONS

- Schools: Implement circular allowing school children to be physically active during school hours, Make Physical Education and Sports a compulsory core subject
- Workplaces : Initiate workplace based physical activity programs or Establishment of indoor/outdoor gymnasias at workplaces
- Special groups: Increase opportunities, establish programs for special groups such as elderly, disabled,
- Transport: Strengthen public transport systems and ensure road safety
- City level: opportunities for urban poor to be physically active
- Health: Strengthen Healthy Lifestyle Centre based physical activity programs networking with civil society organisations

SECTION 4

ACTIVE SYSTEMS

Summary

This section aims to describe the 'ecosystem' which governs PA in Sri Lanka. It identifies and collates available policies, strategies or actions plans, across different government departments that directly/indirectly impact on PA, guidelines govern them, and national targets set to achieve. It also encompasses available monitoring and survey mechanisms, governance and multi-stakeholder collaborations, funding mechanisms and political support. Then briefly discusses policy gaps, conflicts or opportunities within and between policy agenda and priorities.

National policies

Sri Lanka's current political mandate 'Vistas of Splendour and Prosperity' explicitly mentions promotion of physical activity and sports as contributing to happy families and building a safe and healthy physical environment. This is in line with Sustainable Development Goals (SDG). Detailed policies are available in the Health sector to promote PA to prevent NCDs and improve health with emphasis on multi-stakeholder involvement. Policies are also available for aging, people with disabilities and childcare. The Sports policy identifies to utilize sport to enrich physical wellbeing/health of all and to provide knowledge, access for everyone to participate in sports. School health policy of the state education sector focuses on improving physical education and revisions are being made to improve school build environment and active transport. Medical screening of school children before competitive sports is available. Transport policy has provisions for accessibility, safety and non-motorised transport, but does not specifically focus on promoting walking/ cycling. The infrastructure/physical planning policies focus on accessibility, safety, improved pedestrian spaces, recreation facilities and green built environments. Workplace related policies do not have PA promotion included. There is no policy in Sri Lanka at the moment concerning physical activity as a standalone health issue or specifically mentioning promotion of PA but directly or indirectly considers physical activity as an important component.

National Targets aligned with GAPPA global targets are available for reduction in physical inactivity and sedentary behaviour (not specifically for walking/cycling) in all ages and abilities, driven through the Ministry of Health. Incorporating these targets to other relevant sector policies is not identified. No national targets were identified on delivery of infrastructure (such as walking paths, bike lanes) or facilities (such as public transport, parks, playgrounds, or open spaces) to promote PA. National targets are available for road safety and prevention of air pollution. Reasons need to be identified for unavailability of targets, no synergies between the different sectors, clear action plans, monitoring and funding plans.

National PA guidelines are available for all ages and abilities including selected clinical populations through the Ministries of Health and Sport.

Collaborations: National multi-sectoral coordination mechanisms/councils that provide oversight of national actions are available at the Ministry of Health (on prevention and management of NCDs/PA promotion), Ministry of Sport (Sport promotion for all) , Ministry of Education (School health and curriculum) chaired by the respective ministers. Other relevant government sectors, non-governmental organisations, academia, and private sector involvement is available on invitation or through specific projects. A central National PA promotion Council involving all sectors is not available.

Sri Lanka's current **political mandate** supports PA promotion and a positive trend is seen in commitment on developing national plans, funding, advocacy (seen through, speeches appearances of professional/public /political fugues, celebrities and sports people) to a community-wide shift towards an active society.

National surveys to collect and report information on levels of physical activity done through STEPS and Global school-based students health surveys. No national data systems are available on walking, cycling or community sports participation. Individual and sub national research are conducted by academia and research institutes/Universities /projects.

Government **Funds** are annually (capital/recurrent) allocated to promote physical activity and sport to all Sri Lankans via ministries of Urban Development and Housing, Youth & Sports, Education, Agriculture and Health. Funding which is specifically allocated for implementation of actions or to achieve national physical activity targets is not evident

4.1 Policies/strategies/action plans related to promote active systems

4.1.1 Health sector

The national policy & strategic framework for prevention and control of chronic non-communicable diseases 2009

The government of Sri Lanka has recognized that the prevention and control of chronic NCDs is a priority issue in the national health agenda and the National Health Master Plan 2007- 2016 as these diseases lower the quality of life, impair the economic growth of the country and place a heavy and rising demand on families and national budgets. The Ministry of Healthcare & Nutrition has formulated the National Policy for Prevention and Control of Chronic Non-communicable Diseases. The emphasis of the National NCD Policy is on promoting health and wellbeing of the population by preventing chronic NCDs associated with shared modifiable risk factors, providing acute and integrated long-term care for people with NCDs, and maximizing their quality of life. The policy identifies physical inactivity as a major risk factor for burden of NCD in the country and has identified the following policy, regulatory and service delivery measures as important in promoting physical activity within the country.

- A coordinated mechanism involving the education, sports and relevant stakeholders to develop a national physical activity guide.
- National and local governments directed towards formulating policies in providing people with opportunities for safe walking, cycling, organised games and other forms of physical activities.
- Transport policies to encourage non-motorised modes of transportation.
- Policies in promoting sports and recreation facilities embodying the concept of increasing the physical activity for all

Ref: Available at: http://www.ncd.health.gov.lk/images/pdf/publication/NCD_Policy.pdf

A. The Sri Lanka National Multisectoral Action Plan for the Prevention and Control of Noncommunicable Disease (MSAP) 2016–2020

The Sri Lanka National Multisectoral Action Plan for the Prevention and Control of Noncommunicable Disease (MSAP) 2016–2020 is a blueprint for action to prevent and control NCDs through a multisectoral approach. The MSAP 2016–2020 is a high national priority, and the activities under the operational framework are implemented by relevant ministries. In keeping with global NCD targets, a national multisectoral action plan for prevention and control of NCDs, Sri Lanka aims to achieve a 10% relative reduction in the prevalence of insufficient physical activity by year 2025. The National Programme for Promotion of Physical Activity, Directorate of Non-Communicable Diseases functions according to an annual action plan prepared based on the MSAP.

Ref: Available at: http://www.ncd.health.gov.lk/images/pdf/publication/MSAP_NCD_2016-2010.pdf

Both the NCD policy and the MSAP are being revised for the period 2021 to 2030 and will be launched in 2021.



B National Health Promotion Policy of Sri Lanka 2010

National Health Promotion Policy of Sri Lanka 2010 intends to promote the health of the Sri Lankans through the settings approach based on the five action areas for health promotion; building health policy; creating supportive environments for health; strengthening community actions; developing personal skills and reorientation of health services. Although physical activity promotion is not separately mentioned, the policy identifies prevention and control of NCDs as an important strategic area.

Ref: Available at:

http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/publishpolicy/9_Health%20Promotion.pdf

C. National Nutrition Policy of Sri Lanka

The National Nutrition Policy of Sri Lanka is currently being revised and the revised action plan includes activities for promoting physical activity among school children.

Ref: Available at:

http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/publishpolicy/24_National%20Nutrition%20Policy_2010.pdf

4.1.2 Non Health Sector

A National Policy on Sports

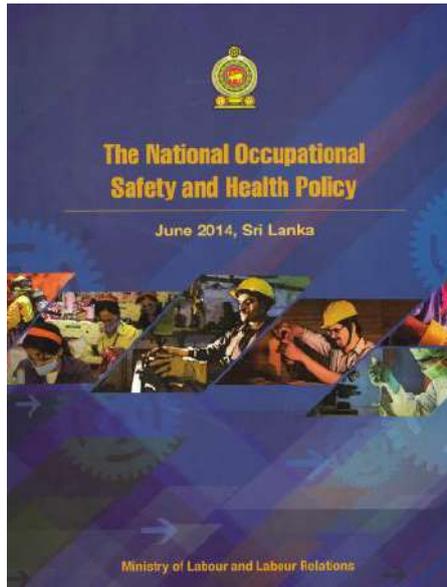
<https://www.mos.gov.lk/media/2020/4/yMFgNuQaAtJathOwyELq1wBj3DeVpalOhUPub9NQ.pdf>

Vision: “Sri Lanka to be the strongest Asian country in sports”

With the objective of developing the sports field in Sri Lanka on a systematic and a scientific footing, the Ministry of Sports has announced a national policy on sports. The policy proposes to develop many varieties of sports in Sri Lanka to make sports an active contributor to the economic development of the country. Two of the major goals of the policy are to utilize sports to enrich the quality of life, physical wellbeing and health of all Sri Lankans and to provide knowledge, access and the opportunity for everyone to participate in sports and enjoy its benefits.

A. National Occupational Safety and Health Policy 2014

National Occupational Safety and Health Policy 2014 provides the policy framework for ensuring health and safety of employees at work places. Available at: [National-occupational-safety-and-health-policy-of-Sri-Lanka.pdf](http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/publishpolicy/24_National%20Occupational%20Safety%20and%20Health%20Policy_2014.pdf)



B. National Action Plan for Children

It is included in the 'National Action Plan for Children' to develop infrastructure to facilitate the mobility of children with disabilities within school and other public premises



Ref: [National Plan of Action for Children IN Sri LANKA \(2016-2020\) \(childwomenmin.gov.lk\)](http://childwomenmin.gov.lk)

There is no policy in Sri Lanka at the moment concerning physical activity as a standalone health issue. However there are many policy frameworks that are indirectly related to physical activity.

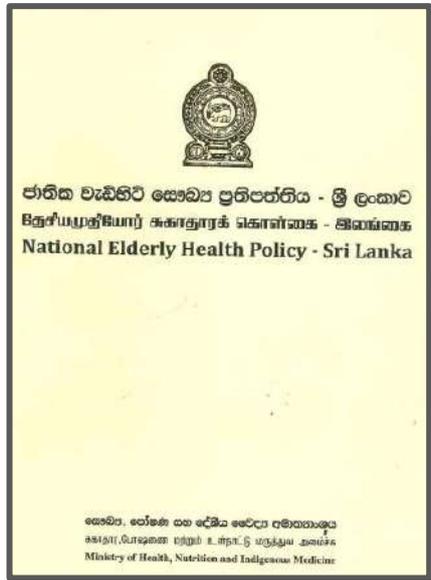
C. National policy on early childhood care and development, 2018

Available at: [National Policy on Early Childhood Care and Development](#)

Under the above policy there is a strategy to ensure an appropriate environment for recreation for children aged below 5.

D. National Elderly Health Policy

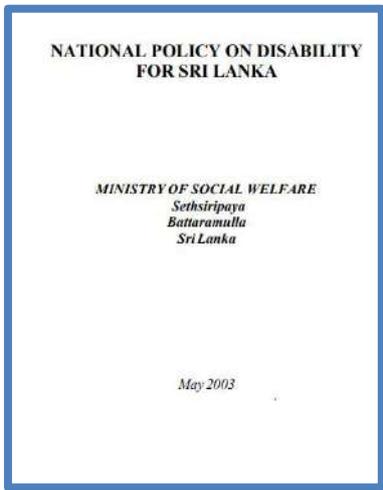
The National Elderly Health Policy recognizes prevention of diseases and health promotion as a key component for ensuring wellbeing among the elderly. Available at: [NationalElderlyHealthPolicySrilanka.pdf](#)



E. National policy on disability for Sri Lanka

This policy contains a separate section on sports. It strives to ensure that people who have disabilities, will be given opportunities to participate in sports activities of their choice Just like their peers without any disabilities. It encourages all organizations responsible for sports to recognize their abilities, include events for them in all public sports activities, make training places accessible to them and facilitate the participation in international events.

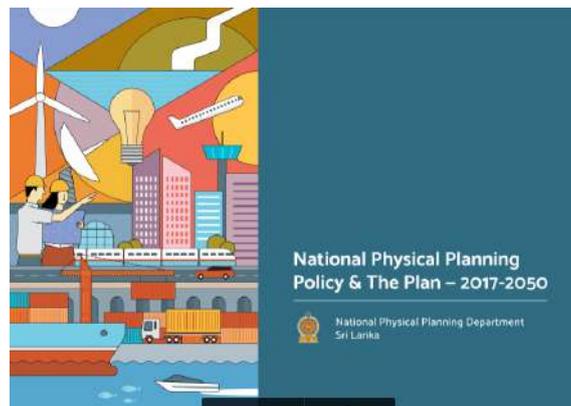
The policy also suggests to include disability as a module in the training of sports personnel including coaches, referees and trainers and employment of suitable qualified individuals with disability as coaches, referees and trainers.



Available at: [Microsoft Word - NatPolicyDisabilitySep2003srilanka1.doc \(aloka.foundation\)](#)

F. The National Physical Planning Policy 2017-2050

The National Physical Planning Policy 2017-2050 has identified improved pedestrian spaces, increased recreation facilities and green built environments as important in future urban designs. The general standard is to have one hectare of open space for 1000 persons and is not seen in present most urban developments. It is proposed to utilize areas such as river banks, marshy areas and beach fronts as spaces and places for recreation. Development of transport facilities and improving access to the public is a main strategy identified in the policy.



G. National Transport Policy of Sri Lanka

This policy focuses on easily accessible transport systems that are designed to meet the basic transport needs of citizens, safe, comfortable and reliable. Improving and expanding non-motorized transport systems to increase where appropriate and ensuring road safety are also priorities. Available at: [Revised Transport Policy document Dec 2017.pdf \(ntc.gov.lk\)](#).

In addition, The National Road Safety Council of the Ministry of Transport carries out various projects with the intention of minimizing the burden of road accidents in the country.

4.2 Pending projects; provision of indoor and/or outdoor sports and recreation facilities

4.2.1 Health sector

4.2.1.1 Global RECAP

The International Development Law Organization (IDLO), the World Health Organization and the International Development Research Centre are implementing the Global RECAP Program. The overall aim is to strengthen the capacity of countries to promote healthy diets and increase physical activity for the prevention of NCDs. Five countries have agreed to participate in the first phase of the program: Tanzania, Uganda, Kenya, Sri Lanka, and Bangladesh. Program activities will focus on capacity building for more effective regulatory and fiscal interventions, supporting the development and use of relevant research, and convening multi-stakeholder dialogues and collaboration between civil society, academia, and government stakeholders. The Global RECAP Program is funded by the Swiss Agency for Development and Cooperation and the OPEC Fund for International Development.

Under the Global RECAP project Sri Lanka has identified three sectors to be strengthened with regards physical activity promotion; school, government workplaces and community. The activities involve formulation of guidelines, creating awareness and capacity building on promoting physical activity at these three settings. The Directorate of NCD, Ministry of Health, Ministry of Education, Ministry of Public Administration and WHO are the stakeholders involved locally, further supported by Child Fund, an NGO.

4.2.1.2 Active Lanka

The Directorate of NCD has planned to implement a social media campaign 'Active Lanka' in partnership with NIROGI LANKA project with the aim of promoting physical activity. Face Book will be the social media partner for this project.

4.2.1.3 Establishment of gymnasias at healthcare institutions

The Ministry of Health has formulated specifications for indoor and outdoor gymnasiums in collaboration with the Ministry of Sports and NIROGI LANKA project. It is expected to establish gymnasiums at government healthcare institutions to promote physical activity among the employees.

4.2.1.4 Provision of basic exercise equipment to HLC

The Directorate of NCD has initiated a procurement process to provide HLC with basic exercise equipment such as gym balls, therabands, yoga mats etc. to further strengthen the exercise programs.

4.2.1.5 'Let's Be Healthy' booklet

The Directorate of NCD in collaboration with the Ministry of Education and Government Medical Officers Association is revising the book 'Let's Be Healthy' which is intended for school children. The book contains a separate chapter on physical activity.

4.2.2. Non Health sector

4.2.2.1 Ministry of Sports

The cabinet of Sri Lanka has approved a proposal to open 500 outdoor gymnasiums at a cost of Rs 625 million to "inculcate an active lifestyle" in Sri Lanka. The project aims to cater to 100,000 members and 5,000 professional athletes each year. The responsibility of running these centres will be delegated to youth and sports clubs at the local level. The project will be implemented in the period 2021-2022.

4.2.2.2 Ministry of Transport

National Strategy on Sustainable Freight Transport

Private motorized play an important role in the economy and day-to-day life-style of people in Sri Lanka. Most Sri Lankans use their private vehicles which is now a problem due to the heavy traffic congestion in urban area and also there is a lack of parking spaces within the city limits.

With the technical assistance from UNESCAP, the ministry of transport initiated formulating the National Strategy for Sustainable freight transport in Sri Lanka. The strategy provides for a guiding vision, strategic focus areas, enablers, operational priorities, and a results framework to support achieving SDGs in Sri Lanka. The guiding vision of the strategy is to have an efficient, safe, inclusive and clean freight transport system. Implementing the strategy requires developing annual action plans and a national Task Force as an inter-ministerial body will be constituted to oversee the implementation.

Under this initiative, a national road map for promoting electric mobility including increasing railway transport, improving intermodal freight transport, fleet renewal policy for trucks, instituting eco-driving and defensive driving courses and developing a master plan for sustainable freight transport for main cities will be developed. Formulating the Strategy is at the final stage now and the next step would be preparation of implementing modalities.

National Transport Policy:

<https://www.transport.gov.lk/web/images/downloads/tp.pdf>

4.3 National targets

In 2018, the World Health Assembly adopted a target to reduce global levels of physical inactivity by 15% by 2030. Sri Lanka has adopted this target along with other global NCD targets.

Road Traffic Accidents (RTA) are high in Sri Lanka (kill approximately 3000 people each year) and 70 % of road crashes involve low-income commuters and motorists. In line with United Nation's Sustainable Development Goals, by 2030, Sri Lanka aims to achieve a 20% reduction of RTA. Similarly Sri Lanka has adopted the SGD target 11.6.2 to reduce air pollution including CO2 emissions and transport related emissions.

The HLC program of the Ministry of Health aims to provide physical activity related lifestyle modification counselling to HLC clients. The target population for HLC is those who are apparently healthy and above 35 years. This is approximately 40% of the population of Sri Lanka.

Drawbacks

Walking path utilization is limited to certain groups. It would be good to increase utilization among low income categories. At present Sri Lanka has not set national targets for walking, cycling, community sports participation, access to sport and recreation facilities, physical education in schools, provision of public open space, provision of walking infrastructure, provision of cycling infrastructure and provision of public transport services.

4.4 COORDINATION, COLLABORATION AND PARTNERSHIPS

4.4.1 Health Sector

National NCD Council

The national NCD Council functions as the supreme body for promoting inter-ministerial /inter-sectoral collaboration and multi-sectoral partnerships and overseeing progress of implementation of the National NCD Policy for Sri Lanka as an integral part of the health system development. Decisions taken by the National Steering Committee for Non-Communicable Diseases regarding implementation of strategies involving multi-sectors are discussed here. The council is chaired by the Minister of Health.

The National NCD steering committee

The National NCD steering committee functions as the national monitoring body on National NCD Policy implementation. It is chaired by the Secretary of the Ministry of Healthcare and Nutrition and constitutes high level representation from all relevant government agencies and development partners including local and International NGOs. The membership is comprised of Secretaries of Ministries of Finance, Trade, Agriculture, Urban Planning, Education, Justice, Poverty Alleviation, Social Welfare, any other relevant Ministries, Provincial Secretaries of Health Ministries, Provincial Health Directors, relevant Deputy Director Generals, Directors, representatives from professional bodies and consultant community physicians from the Directorate of NCD. The National NCD Steering Committee meets every two months and is accountable to the Minister of Health for policy implementation.

National Advisory Board for NCD (NABNCD)

The NABNCD functions as the advisory body on National NCD Policy implementation. It will be chaired by the Director General of the Ministry of Healthcare and Nutrition and constitute high level technical representation from relevant professional bodies.

District Steering Committees for NCD

District level coordination of NCD prevention and control activities are carried out by the district steering committees. The Regional Director of Health Services is the Chairperson of the committee and district Medical Officer Non-Communicable Diseases acts as the secretary to the committee.



Physical inactivity being one of the main risk factors for NCDs all the above-mentioned bodies function to implement strategies for reducing physical inactivity in Sri Lanka.

4.4.2 Non Health Sector

4.4.2.1 National Sports Council

The National Sports Council is chaired by the Minister of Sports and is concerned with policy level decisions related to sports development in the country. The membership of the Sports Council is made up of experienced professionals in a variety of disciplines who have contributed with national as well as international sports achievements to Sri Lanka through their careers.

4.4.2.2 National Education Commission

The main function of the commission is to make recommendations to the President, on educational policy in all its aspects, with a view to, ensuring continuity in educational policy and enabling the education system to respond to changing needs in society, including an immediate review of educational policy and plan or plans and the making of recommendations to the President, on a comprehensive National Education Policy. The commission also reviews and analyses periodically, the National Education Policy and Plan or plans in operation and where necessary, to recommend to the President, changes in such Policy, Plan or Plans.

4.5 POLITICAL LANDSCAPE

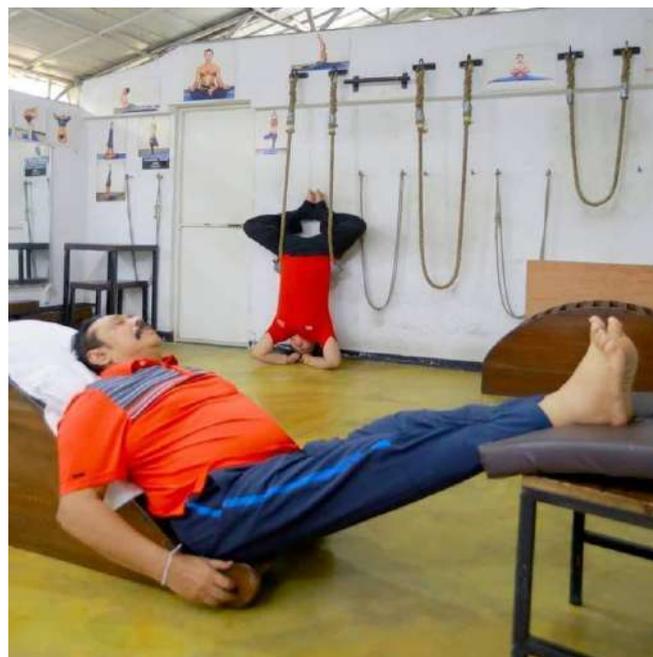
Sri Lanka's current political mandate 'Vistas of Splendour and Prosperity' explicitly mentions promotion of physical activity and sports as contributing to happy families. It also emphasizes building a safe and healthy physical environment. A programme to incorporate physical exercise as a routine life habit. Jogging tracks and fitness centres to be built in Colombo and other urban areas which will receive public appreciation, will be expanded across the country under the direct supervision of the Urban Development Authority and maintained by the relevant local government institutions is mentioned in the 'Vistas of Splendour and Prosperity'. This government policy framework is in line with Sustainable Development Goals (SDG), progress of which are monitored by the national SGD council.

In addition, during recent years a wide recognition has been given to the development of a sports culture in the country with budgetary allocations to develop infrastructure at sports schools and public gymnasiums. Sponsorship of sports events by the private sector is encouraged and the large-scale industries have taken initiatives to recruit sports champions and promote engagement in sports by the employees.

Sri Lankan past President Maithripala Sirisena performs Yoga during an event to mark the International Yoga Day at the Independence Square, Colombo, Sri Lanka on Saturday 23 June 2018.



Sri Lanka Prime minister commemorating yoga day



4.6 INFORMATION AND MONITORING SYSTEMS

4.6.1 Health Sector

STEPS survey

STEPS survey of NCD and risk factors in Sri Lanka was carried out in 2015 among 5188 adults aged 18-69 years. According to this survey 30.4 % adults (22.5% males and 38.4% females) do not engage in the recommended 150 minutes of moderate intensity physical activity per week. The next STEPS survey which was planned to be conducted in year 2020 was postponed due to the COVID-19 outbreak and is currently being carried out in year 2021.

Global School Based Student Health Survey

The Global School Based Student Health Survey was last conducted in 2016 in Sri Lanka. According to the survey, only 15.5% of students aged 13-17 years (males 19.3% and females 11.7%) are physically active at least 60 minutes per day all seven days of the week.

Healthy Lifestyle Centre surveillance

The Directorate of NCD has data on prevalence of physical inactivity among the Healthy Lifestyle Centre Clients (those who are at or above 35 years and apparently healthy). The database is updated quarterly. Recently a hybrid system with a digital monitoring platform was introduced (HIMS-HLC-Cloud) and HLC staff were trained.

Monitoring through the Multi-sectoral Action Plan (MSAP)

The MSAP outlines the monitoring and evaluation framework for NCD and risk factor control in Sri Lanka under its 4th strategic action area, Surveillance, monitoring, evaluation and research. Under this strategy following mechanisms are established.

National and district NCD Reviews

Directorate of NCD conducts a review of the NCD prevention and control programme annually at national level. The MO NCDs conduct reviews of their district level NCD prevention and control activities quarterly and annually. At these reviews activities related to physical activity promotion are monitored.

Supervision

MO NCDs supervise and monitor the NCD prevention and control activities done within their respective districts including HLC.

Availability of a mechanism to disseminate results

The NCD and risk factor data are quarterly and annually disseminated through Quarterly NCD Bulletin and Directorate of NCD annual report.

Capacity assessment survey

The Directorate of NCD conducts periodic training needs assessment of staff involved in NCD risk factor prevention and control.

Post training evaluation

A post training evaluation has been conducted on the level of implementation of recommendations among health staff trained on physical activity.

Evidence generated and used for national policy and programme development

The Directorate of NCD has identified research related to physical activity as a priority and supports and provides technical guidance for research.

Currently there are no national data systems in Sri Lanka that collect data on walking, cycling or community sports participation.

4.6.2 Non Health sector

4.6.2.1 Ministry of Education

The Department of Examination, Ministry of Education Sri Lanka collects the data of the students who took physical education as a subject in the GCE Ordinary Level examination.

4.6.2.2 Ministry of Transport

A. Study on Sustainable Public Transport for Low-carbon City Development in Sri Lanka

Through the endorsement of the Ministry of Environment, a study Sustainable Public Transport for Low-carbon City Development was initiated under the technical assistance of Global Green Growth Institute – international intergovernmental organization based in Seoul, South Korea. This study will involve the conducts of pre-feasibility study for Intelligent Transport Systems ITS and e-Buses adoption in Colombo to assess the viability options on the e-mobility and ITS transition, present recommendation on enabling environment for ITS AND e-busses adoption through institutional, regulatory and policy inventory and review. Preparation of investment proposals is also a component of the study.

B. Sri Lanka Accident Data Management System (SLADMS)

Existing data management system used at present is not digitized and has lot of limitations. The quality control system of the system (MAAP) is weak and the location referencing of road accidents are often erroneous. Further, accident data analysis is a necessary component in road design the current system does not have advanced data analysis tools to investigate causal factors of road accidents. The new system included new data management software with advanced data analyzing tools and a data entry app to allow police officers to enter the accident data on-site using tablet computers. Executing agency of the project is National Council for Road Safety and the implementation agency is Sri Lanka Police.

4.7 Funding and Financing Mechanisms

4.7.1 Government of Sri Lanka

Funds are annually being allocated for implementing actions to promote physical activity among the Sri Lankan population. The Ministry of Finance, annually provides financing (capital/recurrent) to promote physical activities, sports and healthy foods among children, young generation and adults through the Ministry of Urban Development and Housing, Ministry of Youth & Sports, Ministry of Education Ministry of Agriculture and Ministry of Health.

Sometimes funds are allocated through special budget proposals for projects related to physical activity promotion. Local governments use the funds received by them to develop walking pathways and other infrastructure necessary for people to be physically active. Fund received by the Ministry of Health is mainly utilized for capacity building of health staff to promote physical activity.

In addition special projects for promotion of physical activity are being carried out from time to time which are funded by NGOs, World Bank, WHO etc.

4.7.2. Primary Healthcare Strengthening Project (PSSP)

PSSP is a World Bank funded project that intends to strengthen and develop selected healthcare institutions in Sri Lanka. The investment made by the project for physical activity promotion during 2019-2020 are as follows.

| Activity | Rs. Million |
|--|-------------|
| Awareness and training on Exercise programme | 15 |
| Procurement of exercising machines, tools | 32 |

Further funds are committed to the PSSP to conduct island wide volleyball competition with the participation of Suwasewa Mithuro committees in order to promote physical health enhancement among risk communities with game experience.

GAPS IDENTIFIED

- Inadequate attention on PA promotion in non-health policies
- Lack of synergies between the different sectors, clear action plans, targets and monitoring related to PA promotion- e.g. infrastructure (walking paths, bike lanes) or facilities (public transport, parks, playgrounds, or open spaces)
- No national data systems on activities to promote PA
- Inadequate funds and efficient utilisation of allocated funds not evident

RECOMMENDATIONS

- Advocate to include and prioritise PA promotion in all policies/strategic frameworks across all sectors
- Set smart targets related to physical activity promotion: transport, school, workplaces
- Advocate for more fund allocation and efficient use of funds through prioritisation
- Establish a mechanism for regular monitoring of PA promotion programs in the country through a multisectoral technical working group

| | Green | Orange | Red |
|---|--|---|---|
| Policies/strategies/plans | Are comprehensive, have common agendas, synergies and potential for cross-sector collaboration | Are not very comprehensive, have no common agendas & synergies and with little or no potential for cross-sector collaboration | No policies |
| Targets | Align with WHO GAPPA or precedes the WHO target | Have target but not align with WHO GAPPA | No target |
| Political support | Is strong | Is present but not very strong | Little or no political support |
| National coordination/ collaboration | Is strong | Is present but not very strong | Little or no collaboration and partnership |
| Activities and programmes | Many activities and programmes are conducted | Some activities and programmes are conducted | Very few or no activities or programmes are conducted |
| Sustainable funding/ Sustainability | have sustainable funding | have funding but activity based and not sustained | No funding available |
| Workforce/ Capacity | Have full time staffs dedicated only for physical activity | Have staff but not 100% FTE | No staff working on physical activity |

Figure 2: Self-rating of country situation using traffic light system

References

1. WHO. NCD Country Profile - Sri Lanka: 2016 [Internet]. NCD Country profile. 2018. Available from: https://www.who.int/nmh/countries/lka_en.pdf
2. Ministry of Health Nutrition and Indigenous Medicine. Sri Lanka National Health Accounts 2013 [Internet]. 2016. Available from: http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/NHA/Sri Lanka National Health Accounts 2013.pdf
3. Ministry of Health Nutrition and Indigenous Medicine. Non Communicable Disease Risk Factor Survey Sri Lanka 2015 [Internet]. 2015. Available from: <https://www.who.int/ncds/surveillance/steps/STEPS-report-2015-Sri-Lanka.pdf>
4. Lim SS, Vos T, Flaxman AD et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*[Internet]. 2012;380(9859):2224–60. Available from: <https://pubmed.ncbi.nlm.nih.gov/23245609/>
5. Prevention and Control of Noncommunicable Diseases Think Globally-Act Locally; Lessons from Sri Lanka http://www.health.gov.lk/moh_final/english/public/elfinder/files/Downloade/NCDbook2018.pdf
6. Lee I-M, Shiroma EJ, Lobelo F, Puska P, Blair SN, Katzmarzyk PT. Impact of Physical Inactivity on the World's Major Non-Communicable Diseases. *Lancet*. 2012;380 (9838):219–29.
7. Callaghan P. Exercise: A Neglected Intervention in Mental Health Care? *J Psychiatr Ment Health Nurs* [Internet]. 2004;11 (4):476–83. Available from: <https://pubmed.ncbi.nlm.nih.gov/15255923/>
8. Medagama A GM. Lack of infrastructure, social and cultural factors limit physical activity among patients with type 2 diabetes in rural Sri Lanka, a qualitative study. *PLoS One* [Internet]. 2018;13(2):e0192679. Available from: <https://doi.org/10.1371/journal.pone.0192679>
9. Urban Development Authority. Planning & Development Regulations, 2021. Available at: <https://www.uda.gov.lk/cms/storage/acts/mcK3c2YfvS.pdf>
10. National Physical Planning Department. Town and Country Planning, Chapter 605, Available at: <http://extwprlegs1.fao.org/docs/pdf/srl37912.pdf>, (Accessed 20 May 2021)
11. Road Development Authority. Act No: 73 of 1981. Available at: ROAD DEVELOPMENT AUTHORITY Act, No. 73 of 1981 (rda.gov.lk)
12. Department of Motor Traffic. Motor Traffic Act 2012, Available at: G 016234 (E) I(I) Motor Traffic Act.pmd (rda.gov.lk)
13. Democratic Socialist Republic of Sri Lanka. Extraordinary Gazette of the, No : 1,467/15-2006 October 2017. Available at:<https://www.ilo.org/dyn/natlex/docs/ELECTRONIC/47403/96809/F888786967/LKA47403.pdf>
14. Ministry of Education. Circular 24/2016,. Available at: <https://moe.gov.lk/wp-content/uploads/2020/07/op123-02012017154720-1.pdf>
15. National Child Protection Authority. Guidelines and Standards for Childcare Institutions in Sri Lanka, 2013. Available at: guidelinesandstandardsforchildcareinstitutionsinlanka.gov.lk (childprotection.gov.lk)
16. Ministry of Sports. Physical Activity and Sedentary Behaviour Guideline Sri Lanka. 2018. Available at: <https://mos.gov.lk/media/2020/9/M3dZdo06zH2vblFocCCioaPjolLzeoe2MQYiwkHm.pdf>
17. Family Health Bureau. Teachers' guide to health promoting schools. 2010. Available at: [Health Promoting School Teacher Guide Sinhala.pdf](http://HealthPromotingSchoolTeacherGuideSinhala.pdf) - Google Drive 2010
18. Directorate of Non Communicable Diseases. The national policy & strategic framework for prevention and control of chronic non-communicable diseases 2009. Available at: http://www.ncd.health.gov.lk/images/pdf/publication/NCD_Policy.pdf

19. Directorate of Non Communicable Diseases. The Sri Lanka National Multisectoral Action Plan for the Prevention and Control of Noncommunicable Disease (MSAP) 2016–2020 Available at: http://www.ncd.health.gov.lk/images/pdf/publication/MSAP_NCD_2016-2010.pdf
20. Ministry of Health. National Health Promotion Policy of Sri Lanka 2010: Available at: http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/publishpolicy/9_Health%20Promotion.pdf
21. Ministry of Health. National Nutrition Policy of Sri Lanka. 2010. Available at: http://www.health.gov.lk/moh_final/english/public/elfinder/files/publications/publishpolicy/24_National%20Nutrition%20Policy_2010.pdf
22. Ministry of Sports. National Policy on Sports. 2020. Available at: <https://www.mos.gov.lk/media/2020/4/yMFgNuQaAtJathOwyELq1wBj3DeVpalOhUPub9NQ.pdf>
23. Ministry of Labour and labour relations National Occupational Safety and Health Policy. 2014. Available at: [National-occupational-safety-and-health-policy-of-Sri-Lanka.pdf](#)
24. Ministry women and child affairs. National Action Plan for Children 2016-2020. Available at: [National Plan of Action for Children IN Sri LANKA \(2016-2020\) \(childwomenmin.gov.lk\)](#)
25. Ministry of Education. National policy on early childhood care and development, 2018. Available at: [National Policy on Early Childhood Care and Development](#)
26. Ministry of Health. National Elderly Health Policy. 2015-2016. Available at: [NationalElderlyHealthPolicySrilanka.pdf](#)
27. Ministry of social welfare. National Policy on Disability. 2003. Available at: Microsoft Word - NatPolicyDisabilitySep2003srilanka1.doc (aloka.foundation)
28. National Physical Planning Department. .The National Physical Planning Policy 2017-2050. Available at; [NPPD-ENGweb-27_12.pdf](#) - Google Drive
29. Ministry of Transport. National Transport Policy of Sri Lanka. 2017. Available at: [Revised Transport Policy document_Dec 2017.pdf](#) (ntc.gov.lk).