

- **Commemoration of the world heart day**

Commemoration of the world heart day was conducted using the theme “Use heart to beat cardiovascular diseases/ හදවතින්ම හදවන රකිමු” in collaboration with the College of Cardiologists of Sri Lanka in September. The objective of the year 2020’s World Heart Day was to increase awareness on the risk of cardiovascular diseases and hypertension whilst promoting early detection. A poster/banner was designed by the directorate which was projected in public places and at points where blood pressure measurement was carried out.



The aim was to facilitate screening of the adult population for hypertension and CVD risk, focusing mainly on adults above 35 years of age and also to take this opportunity to promote utilization of Healthy Lifestyle Centers (HLC). Several activities were conducted including a media conference and community and work place screening for high blood pressure in public places around the country. A circular was published regarding activities that should be conducted during this week by health institutions and MO NCD.



A screening program for high blood pressure was conducted in the premises of Fort Railway Station over three days in collaboration with the National hospital of Sri Lanka and Railway Department. A total of over 1500 individuals were screened and referral and advise was given as appropriate.



All heads of health care institutions were asked to take measures to check blood pressure of staff during the week allocated for World Heart Day through NCD/ Public Health unit or other relevant unit and MO NCDs in each district were asked to conduct

Hypertension screening programmes in workplaces during the week allocated for World Heart Day. Additionally, the “Health corner of the Ministry of Health” was declared open on World Heart Day under the patronage of Dr. Sanjeewa Munasinghe, Secretary, Ministry of Health and other dignitaries.

- **Commemoration of the World Diabetes Day**

Commemoration of World diabetes day was conducted in collaboration with the Sri Lanka College of Endocrinologists and Sri Lanka Diabetes Federation to increase the awareness among the communities on diabetes and its complications.

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Sri Lanka College of Endocrinologists  
SRI LANKA DIABETES FEDERATION  
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14 NOV WORLD DIABETES DAY

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**PUBLIC WEBINAR TO RAISE AWARENESS ON Diabetes & Covid-19**

JOIN US TO IMPROVE YOUR KNOWLEDGE & SAVE LIVES

15TH SUNDAY NOVEMBER 2020  
09:00 AM ONWARDS

Sri Lanka College of Endocrinologists  
SRI LANKA DIABETES FEDERATION  
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A competition was conducted among public health nursing officers on activities related to control of Diabetes Mellitus titled 'Innovative Best Practices for Diabetic patients'. Each PHNOs were asked to submit an abstract of their best practice that has been carried out during the period of 2019/2020. The winners were as follows: 1<sup>st</sup> place: Ms. V. Wimalasiri, 2<sup>nd</sup> Place: Ms. W H R Priyadharshani, 3<sup>rd</sup> place: Ms. M L D S P Gunathilaka. The "Workshop on podiatry care" which was conducted online for Public Health Nursing Officers was also conducted in conjunction with the World Diabetes Day.

## **2.2 Health promotion and risk reduction**

### **2.2.1 Promoting physical activity**

Physical activity is one of the major four risk factors of NCDs. Therefore, improving physical activity was a felt essential need to combat the NCD burden in Sri Lanka. Following activities were conducted in order to promote physical activity.

#### **2.2.1.1 Development of the medium-term action plan (2021-2025) of the National Programme for Physical Activity Promotion – Directorate NCD**

The medium-term action plan for the years 2021-2025 of the National Programme for Physical Activity Promotion was developed over several consultation meetings with the representation from the relevant stakeholders including different units of the Ministry of Health – School Health Unit, Adolescent Health Unit of the Family Health Bureau, Health Promotion Bureau; National Institute of Sports and Exercise Medicine of Ministry of Sports and Youth Affairs; Education Ministry; Ministry of Higher Education; National Youth Council; Sri Lanka Sports Medicine Association; regional Consultant Community Physicians and regional MO-NCDs.

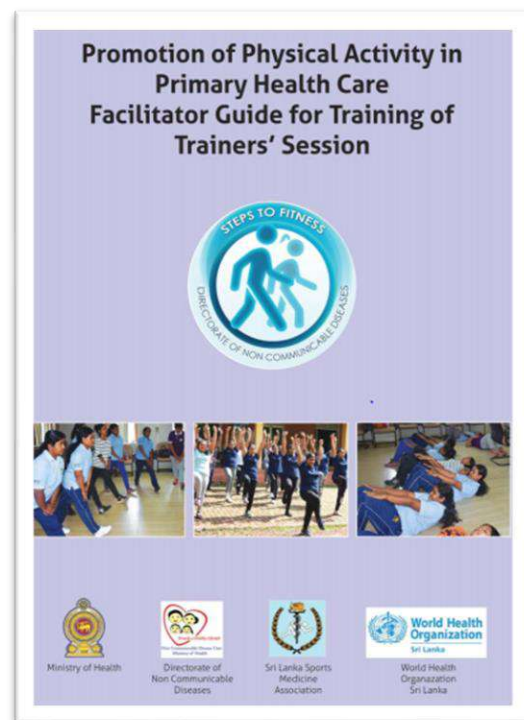
##### **2.2.1.1.1 Development of national guidelines:**

- Promotion of Physical activity in primary health care**

Improving the physical activity level of the Sri Lankan population was a felt requirement in order to combat the NCDs in the country. Primary health care staff being the first point of contact for the general population, it is essential that they are knowledgeable and competent enough to advise on improving physical activity, and demonstrate and train the people on different types of exercises. Hence, developing a training module for them and making them knowledgeable was essential. Thus, a Training of Trainers module and its facilitator guide was developed and published by

the Directorate of NCD in collaboration with the Sri Lanka Sports Medicine Association and the World Health Organization. This TOT module and the facilitator guide were developed for the master trainers including MO-NCD, MOIC-PMCI, MOOH, MO-HLC, MOIC-PMCI, and GPs, to be utilized during their training of the primary healthcare staff

The module includes the NCD burden of the country including the burden of physical inactivity among Sri Lankan adults and children; the benefits of improving physical activity; the difference between physical activity and exercise; the national recommendations of physical activity across the life cycle; how to overcome sedentary behavior during day-to-day life; different types of exercises and how to perform an exercise; how to address the myths related to physical activity; stages of behavior change; motivational interviewing and brief interventions for improving physical activity levels.



Once the primary healthcare staff is trained in this module, they would be able to advise on improving physical activity, address the related myths, motivate the individuals and the population to improve their physical activity levels and demonstrate different types of exercises. In addition, the primary care physicians would be competent enough to prescribe an exercise schedule for an individual, based on his/her exercise tolerance level. Thus, each and every apparently healthy individual visiting the HLC/PMCI will be motivated for improving their physical activity level and would receive a suitable exercise schedule, and would be trained on how to do it as well, by the primary healthcare staff.

- **Consultative meetings for the development of the National Physical Activity and Dietary Guidelines for Selected Chronic NCDs**

Lifestyle modification including physical activity and dietary modification are essential components of the management of chronic NCDs. Thus, the development of national physical activity and dietary guidelines for the major chronic NCDs was an essential requirement. Considering this fact, it was planned to develop the national physical activity and dietary guidelines for selected NCDs including hypertension, overweight, and obesity, coronary heart diseases, cerebrovascular diseases diabetes mellitus, chronic kidney disease, chronic respiratory diseases, and arthritis, for the primary care physicians.

Thus, several consultative meetings were conducted with the representation from the relevant units of the Ministry of Health including the Nutrition Division, Health Promotion Bureau, Department of Nutrition – Medical Research Institute; National Institute of Sports and Exercise Medicine of Ministry of Sports and Youth Affairs; and the professional colleges including, Sri Lanka College of Cardiologists, Endocrinologists, Internal Medicine, Ceylon College of Physicians, College of Pulmonologists of Sri Lanka, College of Community Physicians of Sri Lanka, College of Specialists in Rheumatology and Rehabilitation – Sri Lanka, Sri Lanka Medical Nutrition Association, Sri Lanka Sports Medicine Association, Sri Lanka Society of Nephrology, Association of Sri Lankan Neurologists; and the World Health Organization.

#### **2.2.1.1.2 Capacity building on physical activity**

- **Training on Promoting physical activity in the primary health care setting**

The training of the TOT module for promoting physical activity in the primary health care setting was conducted for all Public Health Nursing Officers (PHNOs) currently in service. In addition, this training was conducted in six districts including Kalutara, Anuradhapura, Gampaha, Kurunegala, Matale, and Nuwara-Eliya, with the support of Post Graduate Trainees in Sports and Exercises Medicine. The Trainees included regional CCPs; regional MO-NCDs; Primary care Physicians including MOIC-PMCI, MO-OPD, MO-HLC, and institutional MO-NCD; MOOH; GPs, NO-HLC, PHNS, PHMM, and PHII. Thus, nearly 400 primary healthcare staff have been trained on this module,

within these 6 districts. The main objective of this training was to improve their own physical activity levels and to educate, train, and make them competent in promoting physical activity among the community.

The training was based on the components of the TOT module and different types of exercises were introduced and demonstrated. During the training, each and every participant performed the different exercise types and their positions were corrected.



**PHNO training**



**RDHS Gampaha**



**RDHS Kurunegala**



**RDHS Anuradhapura**



**RDHS Nuwara-Eliya**