

## Commemoration of the World Stroke Day -29<sup>th</sup> October 2021

World Stroke Day 2021 was commemorated on the 29th of October 2021. This year, the theme was “Minutes can save lives” “මොහොතක පමාව දිවියක නිමාව කර නොගනිමු” and commemoration as done in collaboration with the Sri Lanka Stroke Association. Several media interviews were conducted, an in addition, a public webinar was also organized in association with the World Health Organization, Sri Lanka country office. District level community awareness activities were conducted in the hospitals and field health institutions by the District MO NCDs.



BH Kaluwanchikudy



DH Mavadiwembu



DH Thalalla

**යැමිකුටි ආහාතයක් ඇති වූ විට ගෙවී යන කැමි තත්පරයක්ම තීරණාත්මක වේ.**

ආහාතයේ රෝග ලක්ෂණ සහ ඉක්මනින් මැදිහත්වීමේ වැදගත්කම දැන ගැනීමට අපගේ webinar එක සමඟ සම්බන්ධ වන්න.

📅 2021 ඔක්තෝබර් 29  
සෙ.ව. 10.30 - 11.30

🔗 <https://who.zoom.us/j/91818181818>

📱 <https://who.zoom.us/j/91818181818>

📱 <https://who.zoom.us/j/91818181818>

**WORLD STROKE DAY**

World Health Organization

**ඉලුචුරුකුටු පරිච්ඡාදනයේ අර්ථය පිළිබඳව, කැමති සෑම අයෙකුටම සහභාගී වීමට අවස්ථාවක් ඇත.**

අපගේ වෙබ්නැරියේ පරිච්ඡාදනයේ අර්ථය පිළිබඳව පොදු සාකච්ඡා සහ ප්‍රශ්නෝත්තර සැසඳීමක් සඳහා සහභාගී වීමට අවස්ථාවක් ඇත.

📅 14 නොවැම්බර් 2021  
සා.ව. 10.30 - 11.30

🔗 <https://who.zoom.us/j/91818181818>

📱 <https://who.zoom.us/j/91818181818>

📱 <https://who.zoom.us/j/91818181818>

**WORLD STROKE DAY**

World Health Organization

## Commemoration of the World Diabetes Day -14<sup>th</sup> November 2021

World diabetes day 2021 was commemorated on the 14<sup>th</sup> of November 2021, and the theme was “Access to Diabetic Care”. Several media interviews were conducted, and newspaper articles including a special supplement were published in this regard, in collaboration with the College of Endocrinologists of Sri Lanka.

A public webinar was also organized in association with the World Health Organization, Sri Lanka country office, to educate the public on important aspects of Diabetes control.



Numerous district level awareness programs were also conducted successfully by the district MO NCDs.



At Kurunegala



DH Sainthamaruthu



AT BH Point Pedro



At Wellawaya

A competition was held, and awards were given for best practices of Public Health Nursing Officers (PHNO) in commemoration of the world Diabetic day by the Directorate of NCD with the college of Endocrinologists.

Similarly, a competition was held among Diabetic Nursing Officers (DNO) to showcase their best practices and awarded in commemoration of the world Diabetic day by the Directorate of NCD with the college of Endocrinologists.



## Commemoration of World Salt Awareness Week -March 2021

The NCD unit collaborated with many stakeholders to commemorate the salt week 2021 with the theme “ලුණු අඩුවෙන් රස වැඩියෙන් - more flavours, less salt” in the second week of March, 2021. A wide media coverage was obtained for the event following the media briefing conducted at the Health Promotion Bureau. The theme was well discussed in many printed as well as in electronic media interviews to reach a wider spectrum of target groups including commercial food producers, small scale food producers for selling purposes and also for domestic food makers (housewives).



අඩු ලුණු අඩු ලෙඩ - වැඩි ලුණු වැඩි ලෙඩ - ලුණු අඩුවෙන් රස වැඩියෙන් - Episode 803

<https://youtu.be/RSeREAjugew>

On the invitation of the NCD Directorate of the Ministry of Health, අපේ අම්මා YouTube channel dedicated an entire episode to raise awareness among its subscribers on adverse effects of high dietary salt and ways to reduce salt while cooking.



<https://youtu.be/JXS7MRdH-T4>



<https://youtu.be/KSxJHwMRT0U>



At නුග සෙවන Nugasewana, Dr Shanthi Gunawardana, Consultant Community Physician and Dr Disna Amarathunga, Consultant Cardiologist, explained relationship between salt and hypertension and how to reduce dietary salt intake. [https://youtu.be/VyMnkI\\_oidc](https://youtu.be/VyMnkI_oidc)

Several awareness activities were conducted at district and divisional level in parallel with the coordination of MO NCDs of the districts to commemorate the salt awareness week such as health education sessions and screening for high blood pressure.

**'More Flavour, Less Salt'**

**It is essential for the health of the nation to reduce salt intake and to encourage the use of low salt products.**

Dr. N. Gunawardena, Director General of Health Services, said that the health of the nation is at risk due to the high salt intake. He said that the health of the nation is at risk due to the high salt intake. He said that the health of the nation is at risk due to the high salt intake.

**Health education sessions**

Dr. N. Gunawardena said that health education sessions were conducted at the district and divisional level. He said that the health of the nation is at risk due to the high salt intake.

**Screening for high blood pressure**

Dr. N. Gunawardena said that screening for high blood pressure was conducted at the district and divisional level. He said that the health of the nation is at risk due to the high salt intake.

Brand Name	Net Weight	Colour	Code
Tablet	100mg	Red	100mg
Tablet	200mg	Yellow	200mg
Tablet	300mg	Green	300mg

**Nugasewana Doctor Segment | 2021 -03- 09|Rupavahini**

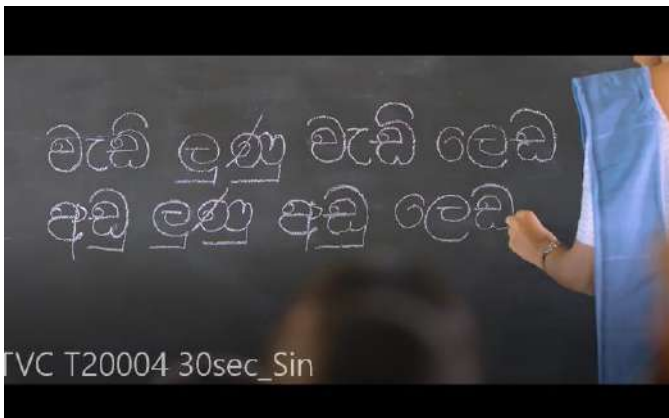
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**අධික ලෙස ලුණු ආහාරයට ගැනීමෙන් ශරීරයට වන අහිතකර බලපෑම**

**GOOD MORNING SRI LANKA | 13 - 03 - 2021**

## National Media Campaign on Salt Reduction

A successful media campaign “Lunu Suthraya” “Uppu Suthram” was conducted including all the main television stations, to promote the restriction of added salt consumption. The campaign included several clips of varying length and was broadcasted daily, over a three-month period, especially during the evening primetime news bulletin. The commercials were in Sinhala and Tamil languages, and there were lot of positive responses about it. The video clips had been developed in Collaboration with the World Health Organization. Broadcasting was funded by the Ministry of Health and the PSSP project, World Bank.



**වැඩි ලුණු  
වැඩි ලෙඩ  
අඩු ලුණු  
අඩු ලෙඩ**

**ඔබ දන්නම්ද?**

සාමාන්‍ය මිනිසුන් සඳහා සෞඛ්‍ය සහතිකයක් ලෙස සාමාන්‍ය වශයෙන් දිනකට 5 ග්‍රෑම් ලුණු පමණක් භාවිත කළ යුතුය.

ආහාරයේ ලුණු අඩු කිරීම මගින් රුධිර පීඩනය, හෘද රෝග, මධ්‍යස්‍රවන රෝග, මධ්‍යස්‍රවන පද්ධතියේ රෝග, මධ්‍යස්‍රවන පද්ධතියේ රෝග, මධ්‍යස්‍රවන පද්ධතියේ රෝග වැනි රෝග වළක්වා ගත හැක.

**ලුණු සුත්‍රය**

වැඩි ලුණු  
වැඩි ලෙඩ  
අඩු ලුණු  
අඩු ලෙඩ

**5 ග්‍රෑම්**

World Health Organization  
Ministry of Health, Sri Lanka

## National Low Salt Cooking Challenge

A national level low salt cooking challenge was conducted in 2021, in collaboration with the Sri Lanka Medical Nutritionist Association (SLMNA), the World Health Organization (WHO) and the Chef's guild of Sri Lanka. It was arranged at three levels, and due to the prevailing COVID situation, the first 2 levels were conducted as an online, virtual competition, while the final session was conducted physically as a grand competition at the Galle Face Hotel, Colombo. Each competing team consisted of 3 members, and approximately 45 teams participated from all parts of the country. The final challenge was won by a team of Nuwara Eliya.



**රජ වැඩියෙන් - ලුණු අඩුවෙන්**

**ආහාර පිසීමේ අභියෝගය**  
 මෙහි ජාතික තරඟාවලිය අදිහර 3 සිත් සමන්විත වේ.  
 ශ්‍රී ලංකා පෝෂණ ආවිද්‍යා සංගමය හා ලෝක සෞඛ්‍ය සංවිධානය විසින් මෙය සංවිධානය කරනු ලැබේ.

<b>1</b> ප්‍රථම ස්ථානය <b>රු.80000</b> <small>(රු.100 ත්‍රිත්වයකින් උපසංචාල)</small>	<b>2</b> දෙවන ස්ථානය <b>රු.60000</b> <small>(රු.100 ත්‍රිත්වයකින් උපසංචාල)</small>	<b>3</b> තෙවන ස්ථානය <b>රු.48000</b> <small>(රු.100 ත්‍රිත්වයකින් උපසංචාල)</small>
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**රු.40000 වටිනා සෞඛ්‍යසම්ප්‍රීත 02ක්**  
(වටිනා ත්‍රිත්වයකින් උපසංචාල)

**තරඟ සොස්ලේසි**

- මෙහි තරඟය සඳහා අවිධිමත් වී සා ඉස්මත් සමවිධානීන් විසිනි.
- රටේ සමවිධානීන්ට සහන සඳහන් ප්‍රදේශයන් අවිධිමත්ව අයදුම් වී සා ඉගන.

- ලුණුඅඩුවෙන් / සෞඛ්‍යවල ආරක්ෂාවෙන්
- සෞඛ්‍යයෙන්
- පෝෂණය සම්ප්‍රීත දැනුම් ඇති පුද්ගලයන් / පෝෂණවේදීන් / ආහාරවේදීන් / ආහාර සාහසාරවේදීන්

**වැඩිදුර උපදෙස් සඳහා හිමිවූ ඉහළම ඇති රෝහලේ පෝෂණ වෛද්‍ය සායනය හෝ පෝෂණ වෛද්‍යවරයාගෙන් විමසන්න.**

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 අගවෘත්තීය තාරුකන්නා අවසාන දිනය : 20/06/2021



## Social media Campaign for A front of Pack labelling

A front of Pack labelling was made mandatory as a new labelling regulation by the Ministry of Health. A social media campaign for public awareness was designed using technical inputs from all the relevant stakeholders and WHO supported the development and the launch of the campaign. It was a great success and was launched (in all three languages) through Facebook pages of Directorate of NCD, WHO and famous commercial Facebook pages using a set of pre-tested messages and videos in three phases.



## Healthy diet promotion using YouTube channels and social media

Health promotion for healthy diet was done with the voluntary involvement of famous YouTube channels among Sri Lankans for food preparation, with the technical inputs from the Consultant Community Physician from the Healthy diet promotion unit of Directorate of NCD. It created a good discussion forum for many followers of those channels for promoting healthy options while preparing foods at households.



## Collaboration with World Food Programme (WFP)

In early June 2021, the Directorate of NCD entered into a collaborative dialogue with the WFP Sri Lanka Country Office, to develop a national social behaviour change communication strategy for NCD programme, inclusive of Healthy lifestyle centers. The dialogue progressed towards a strong collaboration, which ultimately resulted in the inclusion of several important planned activities of the Directorate of NCD, in the 5-year country strategic plan (2023 to 2027) of WFP for Sri Lanka.