

Established NCD Screening Health Corner at the Ministry of Finance

In collaboration with the Ministry of Finance and HEMAS Ayubo Life, a new health corner was established at the Finance Ministry, within the premises of the Treasury. This is expected to promote the NCD screening of the staff in the Finance Ministry and its affiliated institutions in the vicinity. There is a lot of enthusiasm among the Finance Ministry staff to get themselves screened, and hence, this facility is very popular and is currently functioning effectively.



Unit for Tobacco Prevention

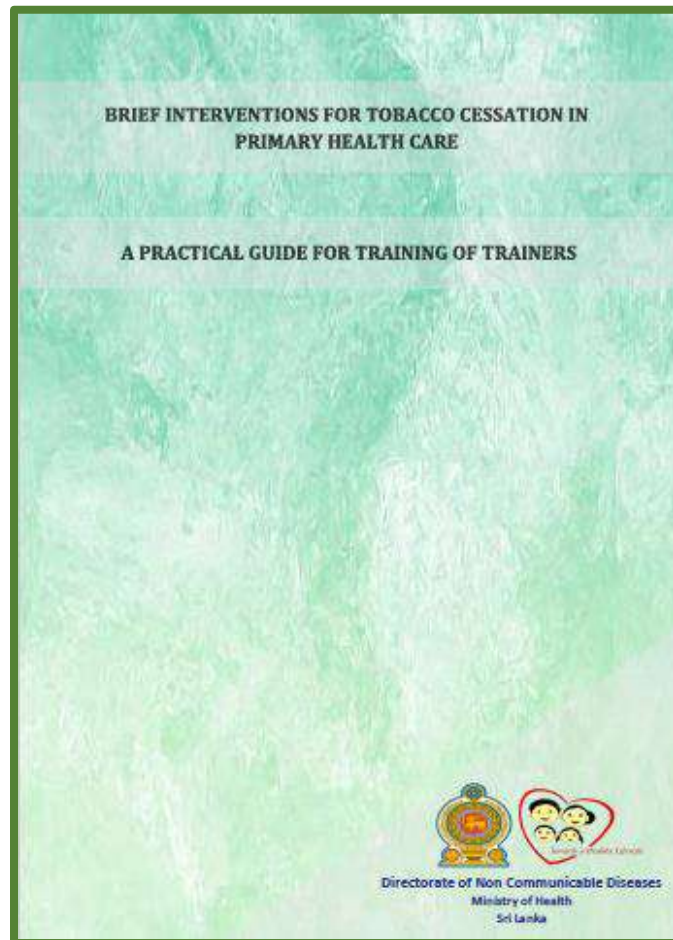
Introduction of Tobacco cessation support services

The need for tobacco cessation and prevention services at grassroot level was identified as a need of the country taking into consideration the rising incidences of tobacco related NCDs including oral and lung cancer in the country. The HLCs were identified as a suitable platform to provide support to those who need assistance to stop use of smoked and/or smokeless tobacco.

The Training of trainer's manual "Brief interventions for tobacco cessation in Primary Health Care; A practical guide for Training of trainers" was developed with relevant stakeholder concurrence for this purpose. This manual incorporates an overview of the global and national level situation with regard to tobacco, tobacco related targets, legal provisions and circulars related to tobacco and a step-by-step motivational interview guide for the healthcare worker to conduct a brief intervention to assist tobacco users who wish to quit, as well as to provide assistance to those who are not yet motivated to quit.



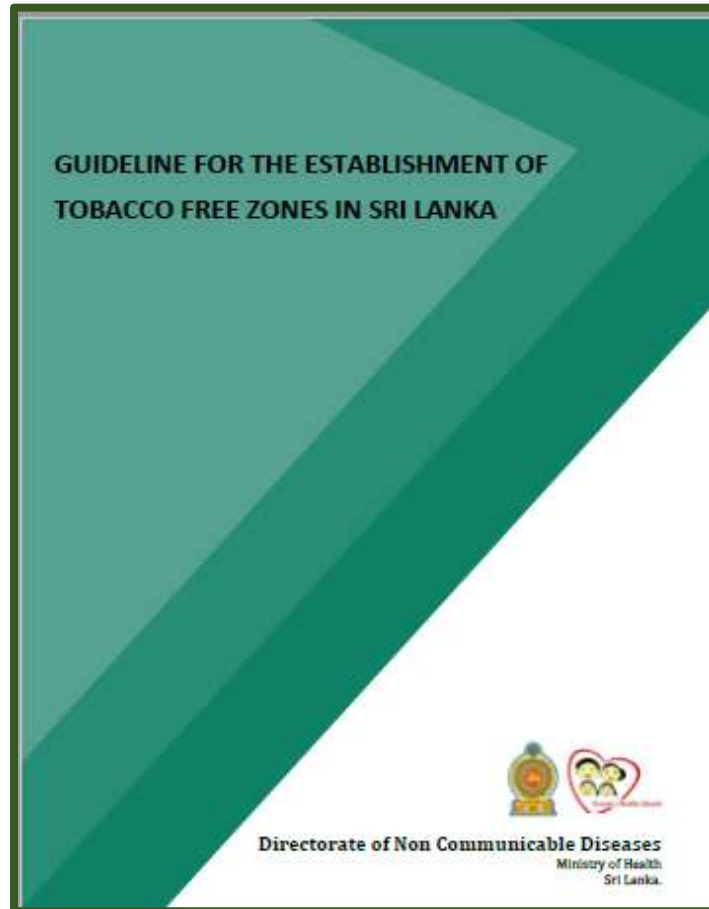
Several National level training programs were successfully conducted in March 2021 with participation of three trainers from each district. Special thank you to Dr. Kusal Weerasinghe and Dr. Indeewara Muthuarachchi for their role as resource people for the program. Establishment of tobacco cessation clinics at PMCU level was to be during the latter part of the year but had a setback due to pandemic related restrictions. These will commence from the second quarter of 2022.



Guide to establish Tobacco Free Zones

Development of 750 tobacco free zones (TFZ) island wide, with 2 per MOH Area was initiated as an evidence -based strategy to counter the rising levels of secondhand smoking in the country. The “Guideline for the Establishment of Tobacco free zones in Sri Lanka” was developed by the unit for tobacco prevention and cessation in consensus with national and district level key figures, support partners and other stakeholders. This guideline provides technical support for the development for TFZ at MOH, village and institutional level including workplaces, health and educational institutions and outlines the role of the key healthcare worker at each level as resource person/coordinator. There is emphasis on non-health involvement and community empowerment as sustainability ensuring measures.

The guideline also contains relevant supporting information on tobacco related acts, circulars and necessary formats as well as other information including specifications for a trilingual Tobacco Free Zone sign board to ensure uniformity for the initiative throughout the country. It also provides a monitoring and evaluation plan to ensure sustainability.



Commemoration of World no tobacco day

Commemoration of the World no tobacco day was done for the first time on the **31st May** in collaboration of relevant stake holders. The theme for the day was “Quitters are winners” or “අතහැර දිනමු!” in Sinhala language. Several national and regional level activities were coordinated with the technical support of the directorate of NCD. A social media campaign and several other media activities were conducted, followed by district and grass root level awareness programs. A campaign was launched in the NCD Face Book page to inspire the followers by inviting them to use the “Quitters are winners” frame for their profile picture.

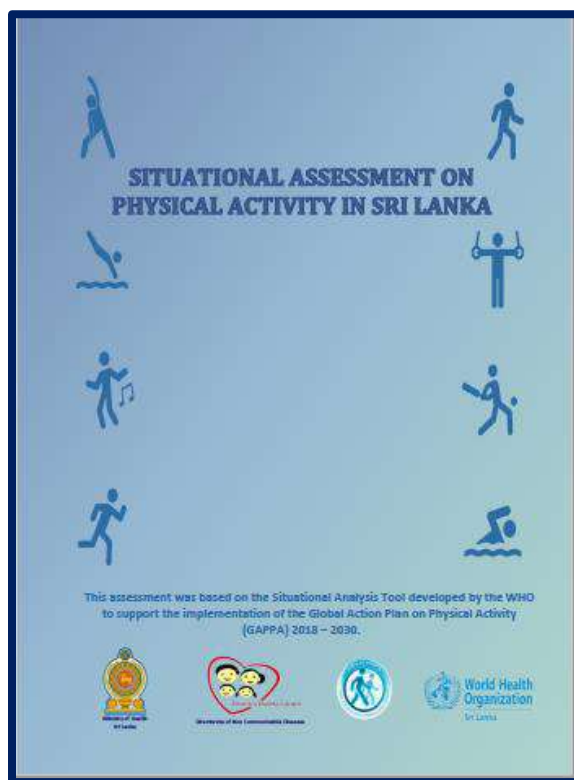


Unit for Promotion of physical activity

The unit for promotion of physical activity of the Directorate of NCD successfully achieved several important milestones in relation to physical activity promotion in Sri Lanka during the year 2021.

Situation analysis of physical activity promotion in Sri Lanka

A situation analysis on physical activity promotion in Sri Lanka was conducted in 2021 based on the Situational Analysis Tool (SAT) developed to support the implementation of the WHO Global Action Plan on Physical Activity (GAPPA) 2018-2030. The tool enabled to do a rapid assessment of Sri Lanka's current national context and progress on the promotion of physical activity in collaboration with a multitude of stakeholders. Sri Lanka was the 2nd country in the SEA region. It is expected the final report will inform and support the development of national policy frameworks and priority areas of action to promote physical activity in Sri Lanka in the coming years. The process of completing the SAT has supported strengthening stakeholder engagement in policy implementation and to identify opportunities to promote and support physical activity initiatives in Sri Lanka.



Global RECAP

Sri Lanka benefitted through the Global Regulatory and Fiscal Capacity Building Programme in promoting physical activity in three main settings.

Promotion of physical activity among working population in Sri Lanka

Opportunities to promote physical activity in government workplaces in Sri Lanka were discussed by the representatives from Ministry of Public Services, Provincial Councils and Local Governments and Ministry of Labor during a consultative in March 2021 at SLF. Planned on developing a health promoting culture at workplaces and guidelines/circular, health promotion at BOI Zones and identifying a focal point for physical activity at each organization for both private and public sector



The first one was conducted for BOI Katunayake followed by BOI Biyagama via zoom platform. The objective of the program was to make aware the higher management, the staff focal points, and key officers of BOI about the importance of physical activity promotion among their staff and how to organize such activities. Due to the prevailing COVID 19 situation and the vaccination drive it has been planned to complete the final of Seethawaka BOI Zone programme in 2022.

Promotion of physical activity among school children in Sri Lanka

Two consultative meetings were held to decide on the content of the guidelines and implementation instruments. Meetings were coordinated and held simultaneously with the relevant stakeholders for the development and finalization of physical activity guidelines for the school setting. Meetings were held with the participation of the Directorate of NCD along with World Health Organization Country representatives, Sri Lanka Medical Association, Ministry of Education and the Child Fund Sri Lanka. The compiled guideline mainly included recommendations on physical education as a core subject in school and daily morning physical activity session of 15 minutes. This was submitted to Secretary, Education.

Promotion of physical activity among the community in Sri Lanka

Physical Activity Promotion in Civil Society Organizations Global RECAP/IDLO program and SUNPF/Child Fund in collaboration with the Directorate of NCD and NIROGI Lanka project Sri Lanka Medical Association (SLMA) was conducted. Launch of a national virtual capacity building programme to promote physical activity among grass root civil society organizations was initiated in October and followed up by several virtual sessions, six sessions in total. Final Review Meeting with participants/HPO) Sustainability under the NIROGI Lanka Project, each Health Promotion Officer follow up plan with each group and to create a link between the local health sector (MOH/HLC).



In service training for primary healthcare staff

Healthcare staff who are the first point of contact for the general population, have been trained on promotion of physical activity by the Directorate of NCD in collaboration with Sri Lanka Sports Medicine Association. Registrars in Sports and Exercise Medicine are attached to the Directorate of NCD as part of their training and coordinate district level training programme organized by the Directorate. The training strategy involves training of two strata of officers involved in NCD service provision. Medical Officers NCD who are district level coordinators and the link between the Directorate of NCD and primary care staff are first trained on the TOT.

Secondly the trained Medical Officer NCD organized training for the HLC staff; Medical Officer HLC and Nursing Officer HLC, Public Health Nursing Officers and the public health staff such as Medical Officers of Health, Public Health Midwives and Public Health Inspectors who are expected to do lifestyle modification counseling for the general public, in their respective districts.



Training has been carried out in selected ten districts out of the 26 districts in Sri Lanka presently: Matale, Anuradhapura, Matara, Galle, Hambanthota, Gampaha, Kaluatar, Rathnapura, Kurunegala and Nuwara Eliya.

The HLC in each district conduct their own training program with participants within the community and this data is monitored by the Directorate of NCD which is updated by MO NCD on a google sheet. Other districts in which the MO NCD were trained also initiated exercise sessions in some of their Healthy Lifestyle Centers which is also updated on the Directorate google form.







