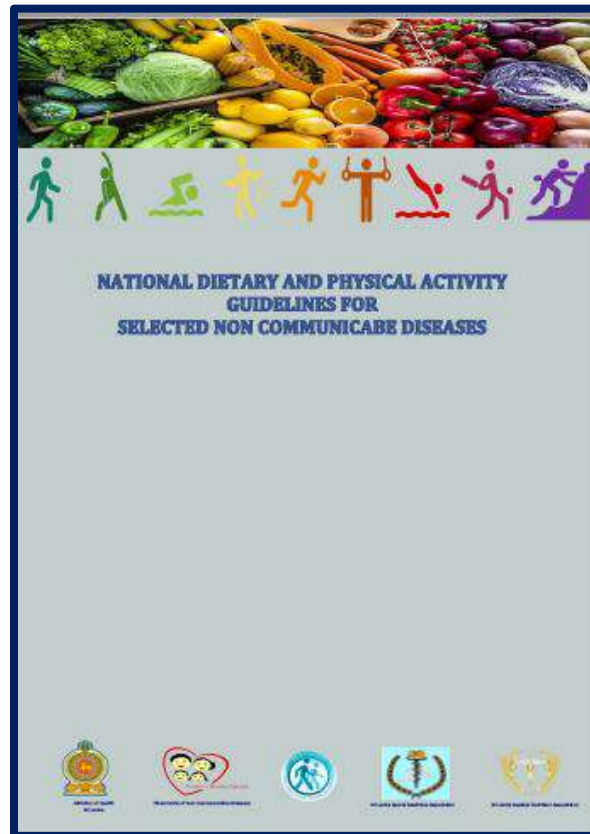


Physical activity and dietary guidelines for selected NCD

Disease specific recommendations on physical activity for 8 identified NCDs were developed by the Directorate of NCD in collaboration with other professional colleges. It is planned to train doctors involved in NCD care at all levels on these recommendations



Commemoration of “National Move More Month”.

The Directorate of NCD commemorated the International Day for Sports Development and Peace on the 6th of April 2021. The month of April was declared the “National Move More Month ”. A national media briefing with a social media campaign was launched by the Directorate of NCD with the objective of creating awareness among the public on health benefits of physical activity during this month. Specialists in Sports and Exercise Medicine contributed to the media briefing which included practical demonstrations. Public awareness was created through newspaper articles, radio programs and television programs as well. The social media campaign was carried out through the official Facebook page of the Directorate. A circular was issued by the Director General of Health Services (DGHS) instructing district level Medical Officer Non-Communicable Diseases (MO NCD) to conduct local level awareness and promotion events during the “National Move More Month”.

**“Move more, Every step counts”
National Move More Month
April 2021**

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GOOD MORNING SRI LANKA

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GOOD MORNING SRI LANKA | 04 - 04 - 2021

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Media briefing to commemorate April 2021 – at the Health Promotion Bureau



https://youtu.be/SDBCeP7sq_c



<https://youtu.be/ceQpPKmsdAc>



<https://youtu.be/7N6lMxRMQ7>

Active Lanka social media campaign

With the evolving changes in the health care delivery and social life with the pandemic, we believe creating an online platform for health promotion which includes capacity building is a need an “Online Health Promotion Settings”. In addition, with the current requirements prescribed internationally with the global action plan on physical activity (GAPPA) 2018-2030, World health Organization and the National Multi sectorial action plan on prevention of NCDs, Directorate of NCDs Ministry of Health, NIROGI Lanka has collaborated with FACEBOOK to launch a Physical Activity Promotion Campaign to initiate this process. The Active Lanka project will be delivered as a social media campaign created through Facebook, Instagram and Ogilvy (social media marketing company). The first phase will include physical activity promotion campaign to promote and identify active individuals and Groups Island wide. The Second phase will include incorporating them into societies and clubs at district level to have active communities. They will be facilitated and followed up to create events and physical activity and a health promotion trend. Connecting them to the Healthy Lifestyle Centers is a long term expected outcome.

Training for Health Assistants on gym equipment maintenance

A training for Health Assistants (Saukya Karya Sahayaka) of health care institutions with already established gymnasias on gym equipment and their general maintenance was conducted in collaboration with National Institute of Sports Sciences. Due to the prevailing COVID 19 situation only the first phase of the workshop was conducted, and we are planning to complete the programme in 2022.



Outdoor gymnasiums

Directorate of NCD along with other stakeholders compiled specifications for equipment required to establish outdoor gymnasiums. Outdoor gymnasiums have been widely recognized as a means of promoting physical activity and exercises among the general public. Specifications were disseminated to relevant heads of institutions to facilitate establishment of outdoor gymnasiums at institutions with the aim of promoting physical activity among the staff.

Regional Meeting on Physical Activity WHO SEARO 22-23 November 2021 (Virtual). Sri Lanka being the second country in the region to conduct the SAT, was invited to share the country experience: result of Situation Assessment Tool (SAT) on Physical Activity (One of the milestones of the regional roadmap) and screening and management of physical inactivity in Healthy Lifestyle Centers in Sri Lanka



Due to the success of conducting the GAPPA SAT assessment, Sri Lanka was invited to share the experience at the 10th Global conference on health promotion

10th Global Conference on Health Promotion

National experience using SAT policy tools in planning and implementation- policy to action

Dr. Vindya Kumarapeli MBBS, MSc, MD
Director Non-Communicable Diseases, Ministry of Health, Sri Lanka

December 2021 | 10:00 - 11:00 CET

Today's Moderators and Speakers

Fiona Bull
Physical Activity Unit,
WHO HQ
(Moderator)

Vindya Kumarapeli
Ministry of Health,
Sri Lanka

Wei Young Foo
Singapore Health
Promotion Board,
Singapore

Justin Varney
Birmingham City
Council, UK

Active Lanka Entry Point to Wellbeing...

Thank you

Email:
vindyalk@yahoo.com
ncdunit@gmail.com

For more information visit:
www.ncd.health.gov.lk

Public Health Nursing Officer

The Public Health Nursing Officers (PHNO) are a relatively new cadre of nurses with roles in NCD prevention and control, Geriatric care, palliative care as well as other activities in the community. A review was conducted for the PHNOs in 2021 and several important points were brought to light. Accordingly, development of a format for the monthly return of the PHNO's was done with inputs from doctors and PHNOs. Coordination and follow up of activities related to provision of scooters for the PHNO's is being done, although impeded by financial constraints.

The contents of a toolbox for the PHNOs as well as the design for a toolbox/carrier were developed. Several PHNOs were given the opportunity to present their activities at grassroot level to the Secretary of Health, in order to showcase the importance of their work.

The NCD module of the examination of the PHNOs second batch was conducted in the relevant districts with the involvement of the MONCD and district CCP as examiners and was coordinated by the Directorate of NCD.

A 5day Diabetic foot care (podiatry care) workshop was conducted virtually by the Directorate of NCD in collaboration with the College of Endocrinologists and College of Surgeons. The aim of the workshop was to ensure that PHNOs and other PHC staff were made aware about the importance of footcare, its management, education and long term follow up.



SIM Unit and Healthy Lifestyle Centers

Healthy Lifestyle Centers

Healthy Lifestyle Centers (HLC) were established in 2011, complying with the strategic guidance on establishing cost-effective screening programs for NCDs. The focus of HLCs was proactive identification of behavioral and other intermediate risk factors, thereby preventing the endpoint of cardiovascular disease (CVD), through timely interventions. Currently, there are around 1000 functioning HLCs mostly at primary care Institutions providing services to communities.

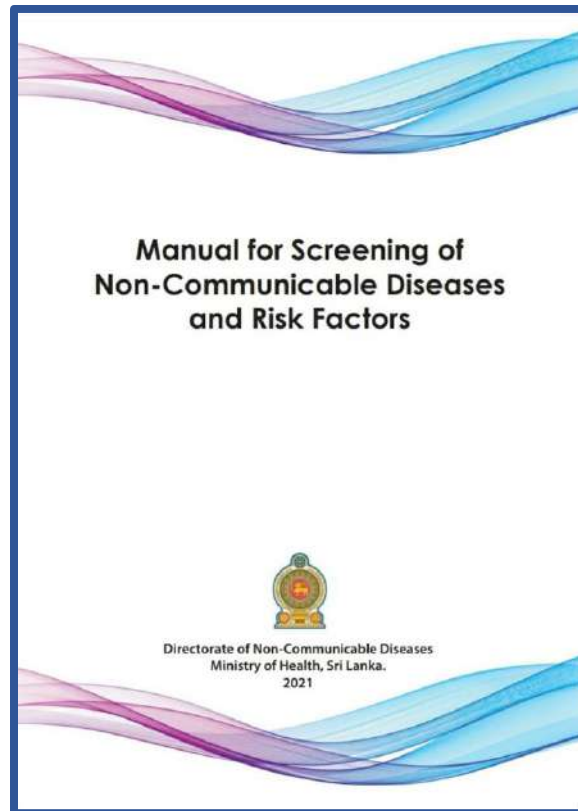
Eligible persons for screening at HLC fall under two categories which include all persons aged 35 and above and persons between the age 20-34 years having risk factors. Recruitment to clinics is mainly by self-referral following community empowerment and through appointment by public health staff and health volunteers or opportunistic screening.

Clinic sessions are conducted at least once a week with the participation of at least 20 clients per session. Depending on the resources available, some HLCs are conducted with increased frequency. To improve male participation and to capture the working population, the duration of screening activities of some HLCs are extended up to 6 pm and opened on public holidays with the permission and approval of the relevant authorities. Outreach clinics in the community and workplace are also conducted by the HLC team. A medical officer or Registered Medical Officer conducts the HLC clinic with the assistance of a Public Health Nursing Officer or a Nursing Officer and minor staff members.

Services offered at HLC

1. Screening for main Risk factors (Smoking, Alcohol use, Physical Activity, Unhealthy Diet)
2. Screening for Major NCDs (Cardiovascular Disease, Hypertension, Dyslipidemia, Diabetes, Chronic respiratory disease, Breast cancer, Oral cancer, Cervical Cancer*) *by referral for a pap smear to the MOH office
3. Clinical assessments (BMI assessment, Waist circumference, Waist to height ratio, Blood Pressure, Oral Examination, Breast Examination, Cardiovascular disease (CVD) risk assessment)
4. Investigations (Fasting blood sugar or random blood sugar, Total cholesterol, Serum creatinine when available)
5. Referral to appropriate clinic/institution according to the health condition
6. Lifestyle modifications

A manual for screening of Non-Communicable Diseases and Risk factors has been developed and printing is in progress.



Health Information Management System

Cloud-based HIMS system

Online cloud based HIMS system was established in Primary Medical Care institutions and HLC staff was trained by conducting a series of training sessions with the collaboration of the Directorate of Health Information and PSSP. With the introduction of this system, individual-level data are available enabling cohort monitoring of the clients. This system helps increase the data quality and minimize the data loss that occurs when aggregated data are being used.

Add Client Details			
Save			
Title:	Mr	Name: *	
Sex: *	Male	PHN No.: *	<input type="text"/> Generate
Mobile No.:	<input type="text"/>	Resident Phone No.:	<input type="text"/>
Address:	<input type="text"/>	Passport Number:	<input type="text"/>
Email:	<input type="text"/>	Driving License Number:	<input type="text"/>
Local Reference No:	<input type="text"/>	Senior Citizen Number:	<input type="text"/>
NIC No.:	<input type="text"/>	Citizenship:	Local
Ethnic Group:	Sinhalese	Religion:	Buddhist
Marital Status:	Married		
Age:	Years Months Days	Date of Birth:	Birthday
GN Area:	Not Known	DS Divisional Area:	<input type="text"/>
PHM Area:	<input type="text"/>	MOH Area:	<input type="text"/>
District:	<input type="text"/>	Province:	<input type="text"/>

Cloud based HIMS system – opening page

Transitional Hybrid data management system

Online health information management system is available in less than 50% of HLCs in the country. So many obstacles were faced by the HLC staff as well as the district staff when they analyze their data, which were recorded in a paper-based system. MO NCD Polonnaruwa has developed an excel sheet-based system that facilitates data analysis. This system has been successfully piloted in the Polonnaruwa district, was further improved by the national team and introduced to the other districts with a user manual in view of optimizing data analysis and utilization. A series of training were conducted in view ensuring the smooth functioning of the system.

NCD Reviews

All the national-level NCD reviews were conducted as planned despite the challenges of the existing pandemic while strictly adhering to the health guidelines.

NCD review for the year 2020 was conducted on March 29th and 30th of the year 2021 at the SLFI with the participation of MO NCDs physically and Consultant Community Physicians and Regional Directors of Health Services virtually.



Annual NCD review for the year 2020