

Quarter one and two reviews for the year 2021 were conducted virtually due to the outbreak of the Covid 19 with the participation of stakeholders on 22nd and 23rd of June 2021 and 22nd of September 2021 respectively. The quarter three NCD review was conducted on the 16th and 17th of December 2021 at the auditorium of Hector Kobbekaduwa Agrarian Research and Training Institute with the participation of MO NCDs, Consultant Community Physicians, staff of Directorate of NCD, and guest experts.



## District Reviews

Each districts conducted their quarterly and national reviews to assess their performance with regard to prevention and control of NCDs. Director-NCD, Consultants from NCD unit and medical staff attended these reviews either virtually or physically. Directorate of NCD medical staff attended reviews organized by Puttalam, Kegalle, Anuradhapura, Ampara, Nuwara Eliya, Polonnaruwa

## Supervision of Healthy Lifestyle Centre

Medical staff of Directorate of NCD conducted supervisions of randomly selected HLCs in different districts in the year 2021 and feedbacks were given to MONCDs on gaps identified in view of implementation of corrective actions.

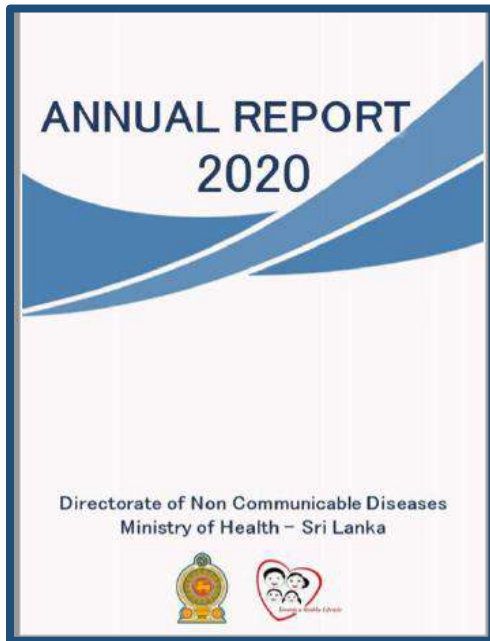
Ratnapura District	DH Dumbara PMCU Keeragala BH Eheliyagoda PMCU Dodampe PMCU Thunkama DH Chandrikaweva GH Embilipitya TH Ratnapura
Colombo District	DH Thalangama PMCU Angampathana
Kalutara District	GH Kalutara BH Panadura DH Bandaragama
Polonnaruwa District	DGH Polonnaruwa
Hambantota District	DH Ambalantota PMCU Ridiyagama
Galle District	DH Thalapitiya DH Habaraduwa





# Quarterly Bulletin and Annual Report

Annual report for the year 2020 and NCD bulletins for quarters 1-3 of the year 2021 were disseminated to all the stakeholders as a strategy of data dissemination for action.



## STEPS Survey

The WHO Stepwise Approach to NCD Risk Factor Surveillance (STEPS) is a simple, standardized method for collecting, analyzing and disseminating data on key NCD risk factors in countries. The methodology prescribes three steps—questionnaire, physical measurements, and biochemical measurements. STEPS survey instrument covers key behavioral risk factors: tobacco use, alcohol use, physical inactivity, unhealthy diet, as well as key biological risk factors: overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids.

Sri Lanka has successfully completed the data collection for STEPS survey 2020/21 in the year 2021 amidst the existence of the Covid-19 pandemic. A sample of nearly 7500 households were obtained in view of obtaining a nationally representative sample. This was conducted in collaboration of Directorate of NCD, Ministry of Health and Department of Census and Statistics (DCS) with the technical guidance of World Health Organization. The STEPS survey report will be launched in due course.





**National Surveys Country-wide surveys ensure the NCD services during the period of pandemic of Covid-19.**

Two countrywide surveys were conducted to assess the preparedness of NCD/Medical clinics to provide services amidst the COVID-19 pandemic and to assess the services provided by medical/NCD clinics during a nationwide lock down period: Covid-19 preparedness of medical clinics of the government sector health care institutions and Out-patient NCD related services during an island-wide lock-down period (Full article can be accessed at <http://dx.doi.org/10.29322/IJSRP.11.06.2021.p11487>) and Out-patient NCD related services during an island-wide lock-down period (Details can be accessed at <https://jpgim.sljol.info/articles/abstract/10.4038/jpgim.8378/> ).

**Mobile phone survey with collaboration of Centre for Disease Control (CDC)**

This was a community-based, cross-sectional study covering entire Sri Lanka. The target population for this study were all Sri Lankans with access to a mobile phone and are 18 years of age or older. This population were sampled using a two-phase sampling of mobile phone users (MPN) from an implicit frame of all mobile phone numbers in Sri Lanka, with stratified sampling in the second phase. The list of mobile phone numbers was random and anonymous.



## Chronic NCD surveillance system

### Screening for NCD and risk factors

Screening for chronic NCDs is conducted in healthy lifestyle centers. During the year 2021, up to the third quarter, the participants screened included 35 years and above apparently healthy or diagnosed with one NCD and 20 -34 years with risk factors. However, from the third quarter onwards participants who are apparently healthy were only screened out of the 35 years and above age category based on a national level policy decision.

When calculating the percentage of eligible participants screened, only the above 35 years age category was considered.

Eligible participants screened from the year 2011 to 2021

<b>Year</b>	<b>Eligible participants screened (%)</b>	<b>Cumulative number of eligible participants screened</b>	<b>Cumulative % of eligible participants screened from the target population<sup>1</sup></b>
<b>2011</b>	131,144 (2.6 %)	131,144	2.6 %
<b>2012</b>	203,939 (4.0%)	335,083	6.6%
<b>2013</b>	336,446 (6.6%)	671,529	13.2%
<b>2014</b>	383,161 (7.5%)	1,054,690	20.7%
<b>2015</b>	391,260 (7.7%)	1,445,950	28.4%
<b>2016</b>	540,535 (10.6%)	1,986,485	39.0%
<b>2017</b>	493,965 (9.7%)	2,480,450	48.7%
<b>2018</b>	511,438 (10.0%)	2,991,888	58.8%
<b>2019</b>	605,148 (6.9%)	3,597,036	41.2%
<b>2020</b>	321,055 (3.7%)	3,918,091	44.9%
<b>2021</b>	255,333 (2.9%)	4,173,424	47.8%

This percentage is calculated from the cumulative number of all eligible participants screened from the year 2011 to 2019. Target population of 40 to 65 age group is calculated from the mid-year population as indicated by 2012 Census (5,089,860) up to 2018. From 2019, target population of 35 years and above group is calculated from the total estimated mid-year population for 2019 calculated based on the Census of Population and Housing 2012 (8,721,200). For 2020, target population of 35 years and above group is calculated from the total estimated mid-year population for 2021 calculated based on the Census of Population and Housing 2012 (8,767,600).

The target population for the above 35 was considered 40% of the mid-year population. The estimated mid-year population for the year 2020 is used for the calculation of the target population. A total of 272,605 participants were screened during the year 2021 (255,333 were 35 years or above) and the estimated mid-year population for the year 2021 was used for the calculations.

Of the target population, only 2.91 % (255,333) was screened this included 66.02% (168,671) females and 33.98% (86,662) of males. Mannar, Kalutara, and Badulla were the districts with the best coverage.

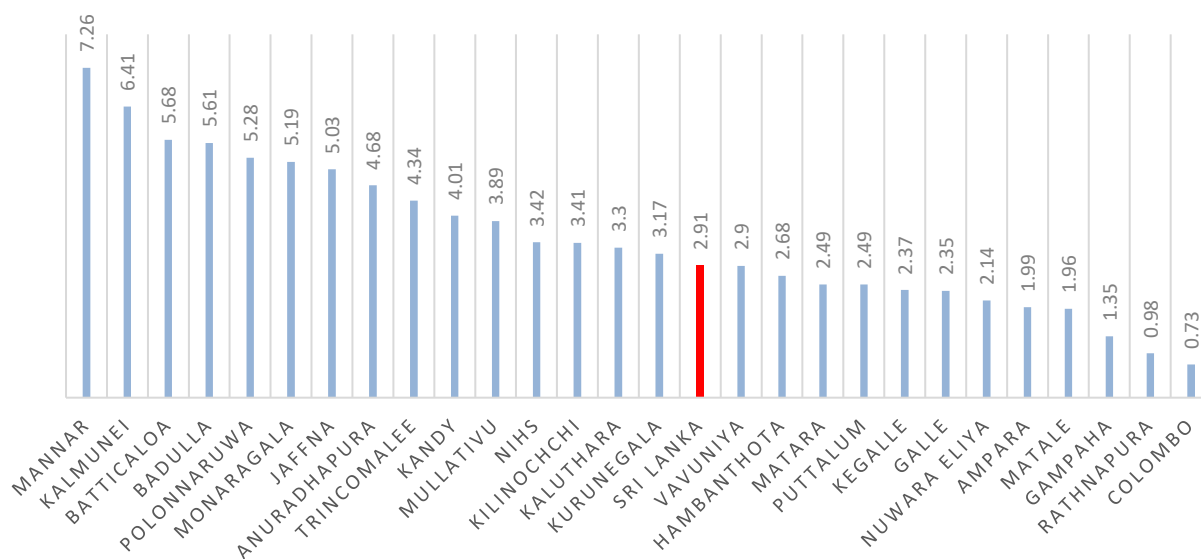


Figure 1: Distribution of percentage of eligible participants screened by the district in the year 2021.