Webinar on prevention and control of Non-Communicable Diseases

A Webinar on prevention and control of Non-Communicable Diseases in current financial crisis was conducted on 18.06.2022 with the participation of Dr. Thanuja Wickramarachchi (Registrar in Community Medicine) representing Directorate of Non-Communicable Diseases and Dr. Dilini Wijesekara (Consultant Community Physician) via Dialog DOC 990 platform. The target population was the elderly and patients suffering from chronic NCDs and it was a live program in Sinhala medium. This one hour webinar was initiated by defining NCDs giving examples and discussed on risk factors.

Timely strategies to control NCDs by ensuring regular follow up and optimum drug compliance were discussed during the webinar. Preventive measures were elaborated which are feasible to practice during the prevailing economic crisis of the country. Available screening facilities at Healthy Lifestyle Centers were discussed at the last session of this webinar promoting prevention over cure.

Mass Media program to promote physical activity during the economic crisis

A television program was conducted as a segment of of "Ayubowan Sri Lanka" on channel Swarnawahini regarding promotion of physical activity during the economic crisis with the participation of Dr. Thanuja Wickramarachchi (Registrar in Community Medicine) representing Directorate of Non-Communicable Diseases at Ministry of Health. It was a 20 minute live discussion in Sinhala medium.

It started with an introduction to Non-Communicable Diseases and their risk factors. Further, different types of physical activities, recommendations of the World Health Organization, risks of physical inactivity and benefits of physical activity were discussed giving practical solutions to engage in physical activities such as walking, cycling and home gardening as solutions to the current economic crisis. It also emphasized the importance of ensuring proper nutrition and engagement of physical activity among children during this period.

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