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சுவசிரிபாய

SUWASIRIPAYA

මගේ අංකය }
எனது இல } NCD/70/2014
My No. }

ඔබේ අංකය }
உமது இல }
Your No. : }

දිනය } 12.11.2015
திகதி }
Date }

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சுகாதாரப் போசணை மற்றும் சுதேச வைத்திய அமைச்சு
Ministry of Health Nutrition & Indigenous Medicine

General Circular Letter-No 01 - 42 / 2015

All Provincial Directors & Regional Directors of Health Services,
All Heads of Health Institutions
All Medical officers of Health
Chief Medical officers of Health - CMC

Healthy life through minimum sugar consumption

Diabetes is a major public health problem in Sri Lanka. According to the risk factor survey done in 2004, in Western, North Western, Southern & Uva Provinces, prevalence of diabetes was 14% while another 14% were pre diabetic. Study done in Colombo city area in 2013 revealed that there were 26% adults were suffering from diabetes while another 25% showed pre diabetic status. Among school children it is a growing problem.

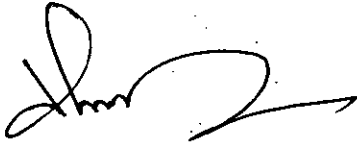
If diabetes status is not controlled properly, it is unavoidable to get complications such as chronic renal failure, blindness, amputation of legs, heart diseases, hypertension, strokes & untimely deaths. Further, it is a great burden to the national economy.

Therefore it is an urgent need to take steps to control & prevent this complicated disease. I would like to draw your attention to General Circular No:02-10/2012, dated 2012.01.13 on "Motivation of public to reduce consumption of sugar, as it is one of the main risk factors for non Communicable diseases in Sri Lanka" and General Circular no: 01-32/2011, dated 2011.11.04 on "Motivation of public to reduce consumption of sugar & salt which are the main risk factors of non communicable diseases in Sri Lanka"

Hence, I would like to draw your attention to the following activities to be implemented.

- 1 Government Institutes & Corporations when they conduct workshops, meetings and other functions, should serve tea, coffee, milk tea, without sugar. Make available sugar pot with spoons for those who need sugar. Sticker should be pasted on sugar pot as follows **"Let's consume less sugar to prevent Non Communicable Diseases like Diabetes."** Further, it is advised to select food items with less sugar, less fat & less salt as refreshments.
- 2 Hotels, restaurants, work place Canteens & eating places are also advised to serve plain tea, tea, coffee, milk tea with out sugar as instructed as the above.
- 3 Create awareness among field health staff regarding the adverse effect of consumption of sugar in order to educate the public.
- 4 School canteens should advise not to sell high sugar, high salt & high fat food items.
- 5 Take steps to create awareness among general public about the adverse effects of non communicable diseases like diabetes.

I would be glad if you could make necessary arrangements to implement the above activities from 14th November 2015, the "World Diabetic day". Please forward a report on activities carried out in your institute on or before 25th of December to the Director/ Non Communicable diseases unit.



Dr. Palitha Mahipala
Director General Health Services

Dr. P. G. Mahipala
Director General of Health Services
Ministry of Health, Nutrition & Indigenous Medicine
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CC-

- 1 Hon. Minister of Health, Nutrition & Indigenous Medicine -f.i.pl.
- 2 Hon. Deputy Minister of Health, Nutrition & Indigenous Medicine -f.i.pl.
- 3 Secretary, Ministry of Health, Nutrition & Indigenous Medicine- f.i.pl.
- 4 Additional Secretary (MS) -f.i.pl.
- 5 All DDGs -f.i. & n.a.pl
- 6 Directors - NCD, NCU, ND, FHB, HEB, YEDD, Estate and Urban Health, Environment & Occupation Health, MRI -f.i. & n.a.pl.