Sri Lanka’s experience:

Results of situation analysis tool (SAT) on Physical Activity

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Burden of NCDs in Sri Lanka

2016 TOTAL POPULATION: 20,798,000
2016 TOTAL DEATHS: 143,000

PROPORTIONAL MORTALITY*

- 34% Cardiovascular diseases
- 14% Cancers
- 8% Chronic respiratory diseases
- 9% Diabetes
- 18% Other NCDs
- 8% Communicable, maternal, perinatal and nutritional conditions
- 10% Injuries

NCDs are estimated to account for 83% of all deaths.
Physical inactivity in Sri Lanka

The National NCD risk factor survey (STEPs survey) 2015

➢ 30.4% of the Sri Lankan adult population do not engage in the recommended 150 minutes of moderate intensity PA level per week

➢ Females (38.4%)
➢ Males (22.5%)
Objectives of the Situational Analysis

1. To identify stakeholder's instrumental in promoting physical activity in Sri Lanka

2. To identify mechanisms, processes, services and legislations currently in place to promote physical activity in Sri Lanka

3. To identify strengths, gaps, and bottle necks for physical activity promotion in Sri Lanka and provide recommendations

4. To strengthen physical activity promotion in Sri Lanka through inter-sectoral coordination and partnerships
Stakeholders - Focal point: Directorate of NCD Ministry of Health

Government

1. Ministry of Health
2. Ministry of Sports, National Olympic Committee
3. Ministry of Education
4. Sri Lanka Police- Motor Traffic Division
5. Ministry of Transport
6. Ministry of Urban Development
7. Ministry of Public Services, Provincial Councils & Local Governments
8. Ministry of Labour
9. Ministry of Women and Child Development
10. Ministry of Higher Education
11. Ministry of Finance

Non-Governmental Organizations

1. SLMA-Nirogi Lanka
2. Sri Lanka Sports Medicine Association
3. Sri Lanka Diabetes and Cardiovascular initiative/SLDCI
4. Ride for Life
5. SUN People’s Forum
6. Smile N Win
7. National Federation of Sports for the Disabled
8. Special Olympics Serendib Sri Lanka
9. Sri Lanka Deaf Cricket Association
10. Sri Lanka Cricket Association for the Visually Handicapped
11. Kandy City Runners (KCR)
Situational Analysis: Method

Based on the WHO Situational Analysis Tool (SAT) and structured according to the four strategic objectives of GAPPA and its monitoring and evaluation framework:

1. Active societies
2. Active environments
3. Active people
4. Active systems
Situational Analysis: Method

**Data collection**: conducted in 2021

A multitude of data collection methods were utilized to collect data only the on-going work and the activities that have been conducted during the period of 2010-2021

1. **Desk review**: policies, strategic frameworks, action plans, reports, laws and legislations relevant to physical activity promotion in Sri Lanka
Situational Analysis: Method

Qualitative data collection - mostly

A. Key informant interviews
Head of the institution, or the relevant focal point of each stakeholder institution interviewed taking SAT as a guide

B. Group consultative meetings:
Focal point from each organization invited - several meetings held

The KII and meetings were instrumental in collation of documents relevant promotion of PA in Sri Lanka

Conducted virtually due to COVID-19 outbreak
Data analysis
The Directorate of NCD compiled a summary report

Data analysis helped to identify existing gaps and provide recommendations to promote physical activity.

Draft report
Final report was presented to the stakeholders and finalised with consensus.
Active societies - Strengths

National level communication campaigns, mass participation events/promotions, workforce education/Training

National Sports Day

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

Regional Meeting on Physical Activity
22-23 November 2021
GAPS IDENTIFIED

- **Lack of a national communication strategy/package** to promote PA targeting all age groups/settings

- **Not enough mass participation events/PA promotions e.g.**
  - No car free days, bike to school/work days at national or sub national level
  - Events promoting use of public park/open spaces for PA is not commonly seen

- **Inadequate workforce education & training:**
  - Training of non-health staff on promotion of PA is inadequate
  - Transport planners/town planners receive minimum education on promotion of PA
Active societies

RECOMMENDATIONS

• Develop a national communication strategy/package to promote PA targeting all age groups and settings
• Strengthen existing national/subnational level events, promotions
• Train master trainers at workplaces (state/private) to promote PA
• Education of Transport planners/town planners on how to incorporate facilities to be PA into future road and building designs

Active Lanka

Entry Point to Wellbeing..
Active Environments - *Strengths*

Regulatory frameworks, Design guidelines and standards, Infrastructure and facilities

**A. Broad provisions** are available by different acts/laws to allow promotion of PA to the public in:

- Urban planning
- Transport & road safety
- Ministries of Health, Education, Sports

**B. Specific laws and actions** directed at improving PA were limited:

- Town and Country Planning Ordinance
- Road Development Authority (RDA) Act
- Motor Traffic Act
- Urban Health Guidance Framework, Ministry of Health
- The Rights of Persons with Disabilities Act (No. 28 of 1996)
- Circular 24/2016, School Sports Promotion, Ministry of Education
- Guidelines and Standards for Childcare Institutions in Sri Lanka, 2013, National Child Protection Authority
GAPS IDENTIFIED

A. Inadequate legal provisions to promote PA across all settings:

➢ Urban planning – for walking/cycling lanes in road design, land allocation/use of facilities for PA

➢ Transport & road safety – car-free streets or zones, Safety helmets for cyclists, congestion charges, low vehicle emission zones, driving under influence of drugs

➢ Health, Education, Sports
  ▪ employees to use facilities or paid work time to be physically active
  ▪ school building design/facilities does not apply to private and international schools

B. Lack of a monitoring mechanism - Implementation gaps of available legal frameworks/institutional guidelines
RECOMMENDATIONS

A. Revise existing legal provisions/formulate new regulations;
   ➢ Urban planning
     ▪ Separate cycling/walking lanes, parks or sports/recreation facilities accessible to public;
     ▪ Local governments have initiated individual projects to make active cities
   ➢ Transport & road safety - make public transport more available, accessible and user friendly,
     Limit entry of private vehicles to cities
   ➢ Schools - improve design environment to support PA
   ➢ Workplaces - employees to use paid work time for PA

B. Strengthen law enforcement with regards to;
   ➢ Introduction of a demerit system to road safety offenders,
   ➢ Reduce vehicle emissions, sound pollution,
Active people *Strengths*

Programmes and services within and across multiple settings:
Health sector, Workplaces, Education, Sports, Transport, city level
GAPS IDENTIFIED

➢ **Schools:** Inadequate opportunities for school children to be physically active at school
➢ **Workplaces:** Employees lack opportunities /time to be physically active at work
➢ **Transportation:** do not facilitate people to use active modes of transport
➢ **Sports:** lack of programmes for children and all older adults in community

➢ **City level:**
  - Facilities for PA e.g. walking paths, open gyms are utilized less by the urban poor.
  - Minimum opportunities for special groups e.g. elderly, disabled to be physically active
Recommendations

➢ **Schools**: Implement circular allowing school children to be physically active during school hours, Make Physical Education and Sports a compulsory core subject

➢ **Workplaces**: Initiate workplace based physical activity programs or Establishment of indoor/outdoor gymnasia at workplaces

➢ **Special groups**: Increase opportunities, establish programs for special groups such as elderly, disabled,

➢ **Transport**: Strengthen public transport systems and ensure road safety

➢ **City level**: opportunities for urban poor to be physically active

➢ **Health**: Strengthen Healthy Lifestyle Centre based physical activity programs networking with civil society organizations
Active Systems Strengths

Regulatory frameworks, Targets, guidelines/standards, Infrastructure & facilities, Coordination, engagement and partnerships, Strategic priorities and the political landscape, National information systems, Funding
Active Systems

GAPS IDENTIFIED

➢ Inadequate attention on PA promotion in non-health policies

➢ Lack of synergies between the different sectors, clear action plans, targets and monitoring related to PA promotion - e.g. infrastructure (walking paths, bike lanes) or facilities (public transport, parks, playgrounds, or open spaces)

➢ No national data systems on activities to promote PA

➢ Inadequate funds and efficient utilization of allocated funds no evident
Active Systems

RECOMMENDATIONS

- **Advocate** to include and prioritize PA promotion in all policies/strategic frameworks across all sectors
- Set smart **targets** related to physical activity promotion: transport, school, workplaces
- Advocate for more **fund allocation and efficient use of funds** through prioritization
- Establish a mechanism for **regular monitoring** of PA promotion programs in the country through a multisectoral technical working group
## Self-rating of country situation using traffic light system

<table>
<thead>
<tr>
<th>Policies/strategies/plans</th>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Are comprehensive, have common agendas, synergies and potential for cross-sector collaboration</td>
<td>Are not very comprehensive, have no common agendas &amp; synergies and with little or no potential for cross-sector collaboration</td>
<td>No policies</td>
</tr>
<tr>
<td>Targets</td>
<td>Align with WHO GAPPA or precedes the WHO target</td>
<td>Have target but not align with WHO GAPPA</td>
<td>No target</td>
</tr>
<tr>
<td>Political support</td>
<td>Is strong</td>
<td>Is present but not very strong</td>
<td>Little or no political support</td>
</tr>
<tr>
<td>National coordination/ collaboration</td>
<td>Is strong</td>
<td>Is present but not very strong</td>
<td>Little or no collaboration and partnership</td>
</tr>
<tr>
<td>Activities and programmes</td>
<td>Many activities and programmes are conducted</td>
<td>Some activities and programmes are conducted</td>
<td>Very few or no activities or programmes are conducted</td>
</tr>
<tr>
<td>Sustainable funding/ Sustainability</td>
<td>Have sustainable funding</td>
<td>Have funding but activity based and not sustained</td>
<td>No funding available</td>
</tr>
<tr>
<td>Workforce/ Capacity</td>
<td>Have full time staff dedicated only for physical activity</td>
<td>Have staff but not 100% FTE</td>
<td>No staff working on physical activity</td>
</tr>
</tbody>
</table>
Experience with SAT

• Was instrumental in identifying stakeholders and forming a Technical Working Group for physical Activity in Sri Lanka

• Recommendations would support the development of priority areas of action to promote PA in Sri Lanka.

• The process of completing the SAT has supported strengthening stakeholder engagement in policy implementation and to identify opportunities to promote and support PA initiatives in Sri Lanka
If SAT is to be further improved

- Repetition of questions, lengthy
- Questions aimed at a particular stakeholder is scattered throughout the tool
- How to convert table format into a more readable and user friendly report in order to standardize the final report
- Include summary, gaps and recommendations at the end of each section
- Template for an executive summary for the final report
THANK YOU