

Screening and management of physical inactivity in Healthy Lifestyle Centres in Sri Lanka

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Ministry of Health
Sri Lanka



Regional Meeting on Physical Activity
22-23 November 2021



Healthy Lifestyle Centres (HLC)



Healthy Life style Centers (HLC)
established at the primary healthcare
institutions across the country

990

<http://ncd.health.gov.lk>

Staff and supervision

- Staff: Medical Officer, Nursing Officer/Public Health Nursing Officer, Health Assistant
- Supervision: District Medical Officer, Non Communicable Diseases



Eligible Population

Category A:

All apparently healthy persons aged 35 years and above who are not diagnosed and not on routine follow up for a NCD

Category B:

Those between 20-34 years with any risk factors for NCDs

Services Offered

- Behavioral Risk factors
- Overweight and Obesity-BMI, W:H
- BP
- Visual acuity
- Premalignancies-Breast, Oral examination
- Fasting/random capillary blood sugar, total cholesterol



2. Blood Pressure Measurement



2. Height and Weight Measurement



4. Blood Glucose, Cholesterol

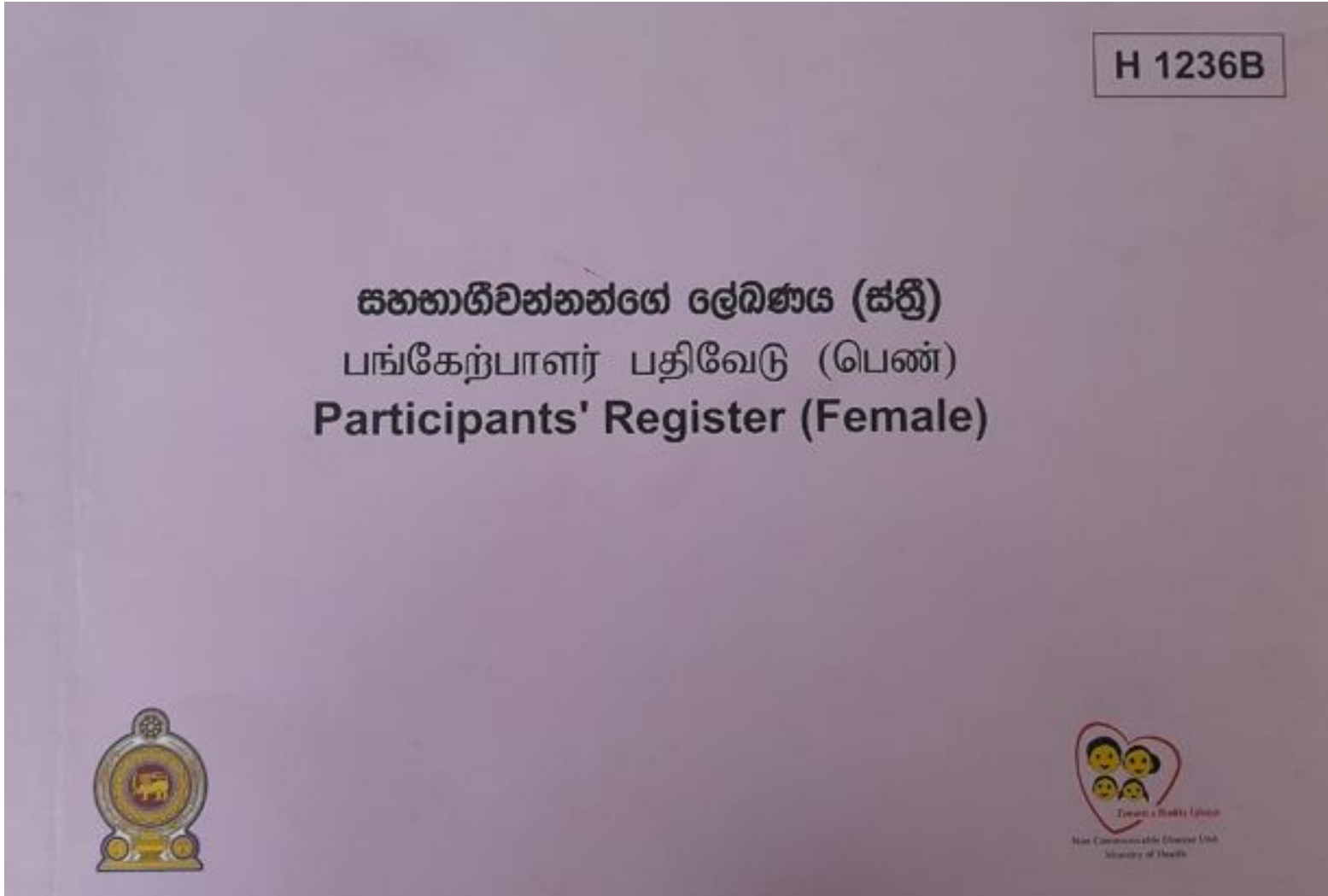


5. CVD Risk Assessment



6. Lifestyle Modification

HLC Participant Register

[illegible]

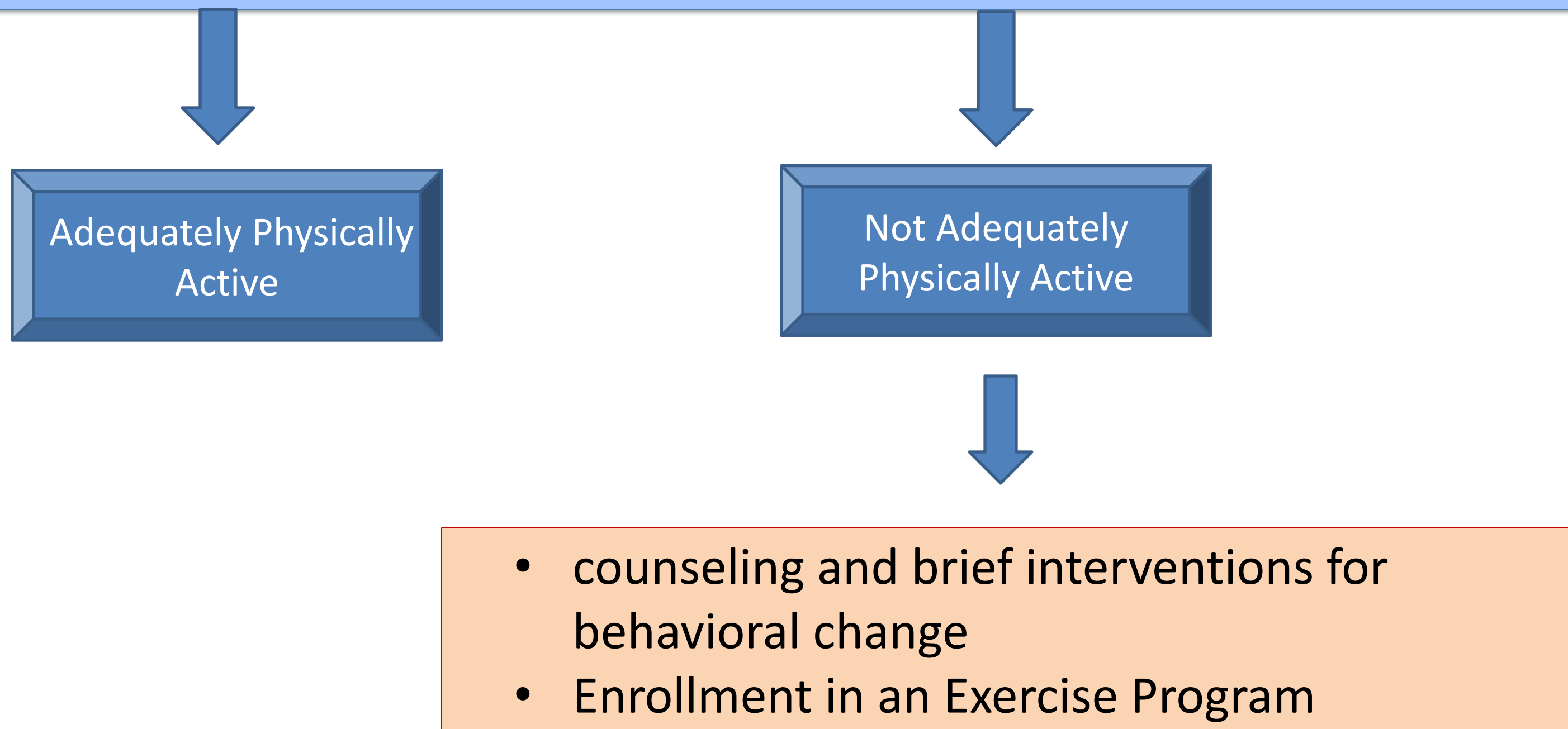
Participant register:
Physically Active/Not

Mark as "A" if Physically Active and as "N" if Not Physically Active.

Physically Active(A)-At least 150 minutes of moderate intensity activities (e.g. Brisk walking, dancing, gardening, household and domestic chores, cycling, etc.) throughout the week or at least 75 minutes of vigorous physical activities (e.g. running, fast cycling, Aerobics, fast swimming, etc.) throughout the week. (atleast 3 days per week)

Not Physically active (N)-Not involved in moderate or vigorous intensity activities throughout the week.

NCD behavioural risk factor assessment: Physical Inactivity



Personal Medical Record



ஆரோக்கிய
புள்ளி எண்
Blood Group

புதிதாக சேர்ந்தவர்களுக்கான - ஆண் மருத்துவ தனிப்பட்ட கண்காணிப்பு பதிவு - ஆண்கள் Personal Medical Record - Males

பெயர்
Name

பி.சி. எண்/பி.என்.எம்.என்.என்.என்.
P.C. No.

புதிதாக சேர்ந்தவர்களுக்கான
Personal Health Number (PHN)

உணர்வுகள் Allergies			
உணர்வு என்ன? உணர்வு என்ன? Food Allergies		உணர்வு என்ன? உணர்வு என்ன? Drug Allergies	
ஆம்/Yes	இல்லை/No	ஆம்/Yes	இல்லை/No
உணர்வு என்ன? உணர்வு, உணர்வு என்ன? Allergy to,		உணர்வு என்ன? உணர்வு, உணர்வு என்ன? Allergy to,	



உயிர் குழுவை
இதழில் காண்க
Blood Group

மூட்டுதல் மருத்துவ பதிவேடு - பெண் மருத்துவமனை உட்காத்தா பதிவேடு - பெண்கள் Personal Medical Record - Female

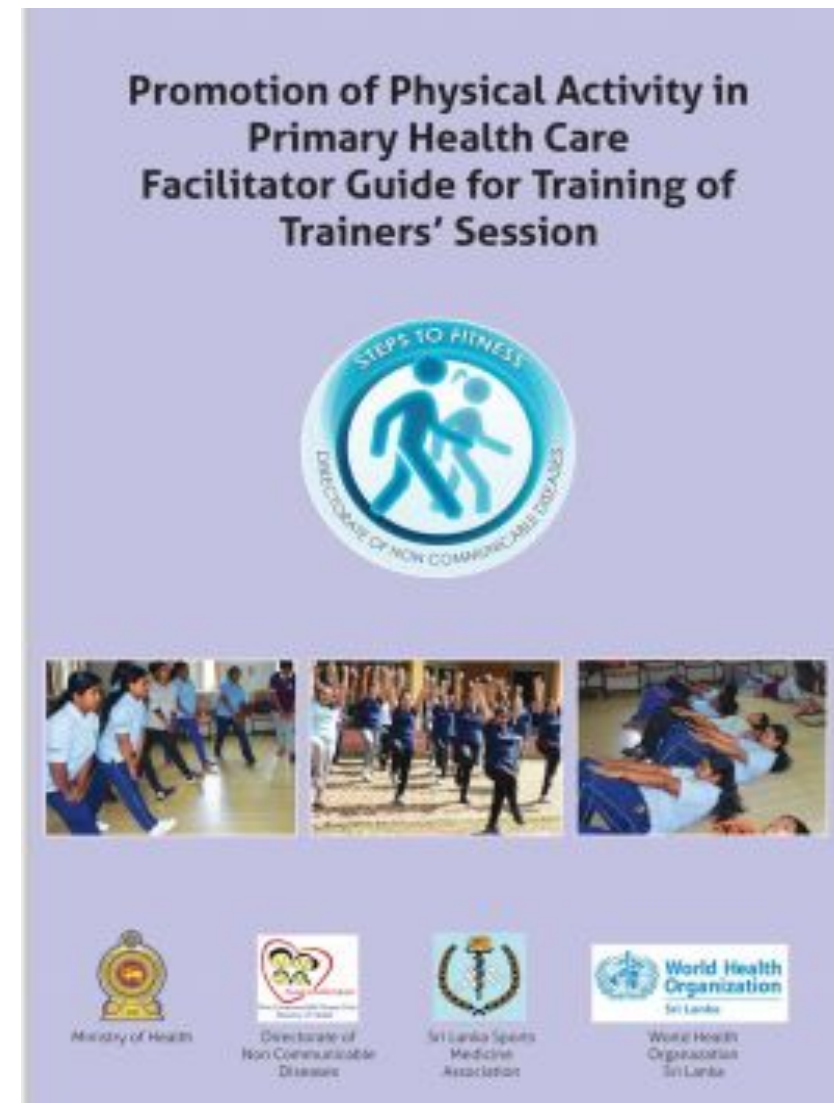
பெண்
Name

மருத்துவமனை
கode
Bar code

மருத்துவ பதிவேடு எண்
Personal Health Number (PHN):

மருத்துவ குழுவை Allergies			
உணவு மருந்து மருத்துவ குழுவை Food Allergies		மருந்து மருந்து மருத்துவ குழுவை Drug Allergies	
ஆம் Yes	இல்லை No	ஆம் Yes	இல்லை No
மருத்துவம்: அல்ல, மருத்துவமனை குழுவை, Allergic to,		மருத்துவம்: அல்ல, மருத்துவமனை குழுவை, Allergic to,	

Capacity Building of HLC Staff



Master trainers trained by Sports and Exercise Medicine Physicians of Sri Lanka Sports Medicine Association



Master Trainers: MO NCD

Trainers: HLC staff

Initiation of an Exercise Program at HLC

Promotion of Physical Activity in
Primary Health Care
Facilitator Guide for Training of
Trainers' Session



10 districts



HLC based exercise programs



Monitoring and Evaluation

Monitoring and Evaluation



Surveillance: HIMS – HLC module

District/National, Quarterly/Annual Reviews



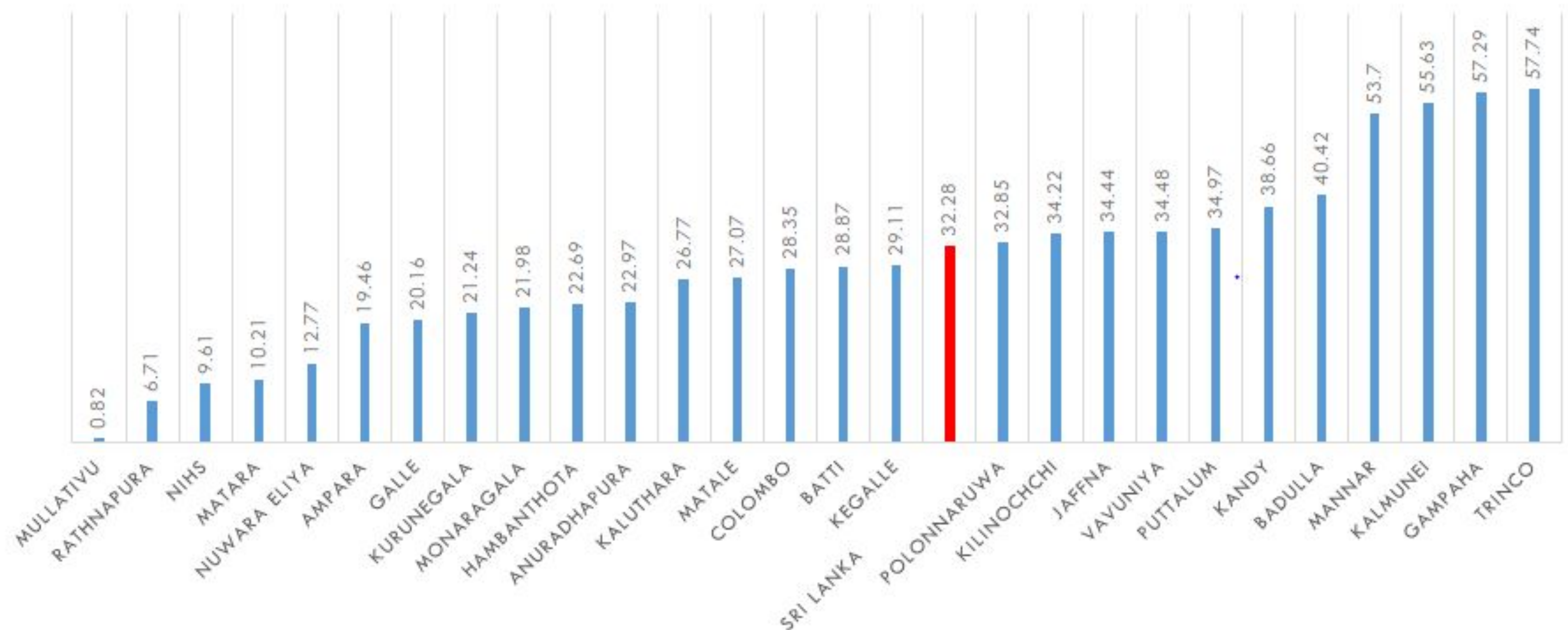
Coverage

Cumulative number of eligible participants screened from the year 2011 to 2020

Year	Eligible participants screened (%)	Cumulative number of eligible participants screened	Cumulative % of eligible participants screened from the target population ¹
2011	131,144 (2.6 %)	131,144	2.6 %
2012	203,939 (4.0%)	335,083	6.6%
2013	336,446 (6.6%)	671,529	13.2%
2014	383,161 (7.5%)	1,054,690	20.7%
2015	391,260 (7.7%)	1,445,950	28.4%
2016	540,535 (10.6%)	1,986,485	39.0%
2017	493,965 (9.7%)	2,480,450	48.7%
2018	511,438 (10.0%)	2,991,888	58.8%
2019	605,148 (6.9%)	3,597,036	40.6%
2020	321,055(3.7%) ²	3,918,091	44.2%

Prevalence of physical inactivity –by district

2nd Quarter
2021



Post training evaluation

- Ref:



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Exercise Based In-Service Training To Primary Healthcare Staff For Physical Activity Promotion Among The Public In Sri Lanka

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Improvement in competency

Table 2: Overall self-perceived competency in physical activity promotion among the public

	Competent n (%)	Incompetent n (%)	Significance
Before the training	77 (55.7%)	61 (44.3%)	$X^2=44.6$
After the training	126 (91.3%)	12 (8.7%)	Df=1 $P<0.05$

Utilization

How did you use the learning from this training in your service provision?

I started an exercise program at my institution and it is still functioning	22	16.0%
I started an exercise program at my institution but it is not functioning now	55	39.8%
I used the knowledge/skills to counsel HLC clients	34	24.7%
I used the knowledge/skills during public awareness programs to the community	12	8.7%
I could not use the knowledge/skills gained from this training	15	10.8%

Way Forward

- Provision of basic exercise equipment
- Refresher trainings
- Establishment of indoor and outdoor gyms
- Liaise with multiple stakeholders : Sports Officer at Divisional Secretary Office, Civil Society Organizations etc.

Thank You

