

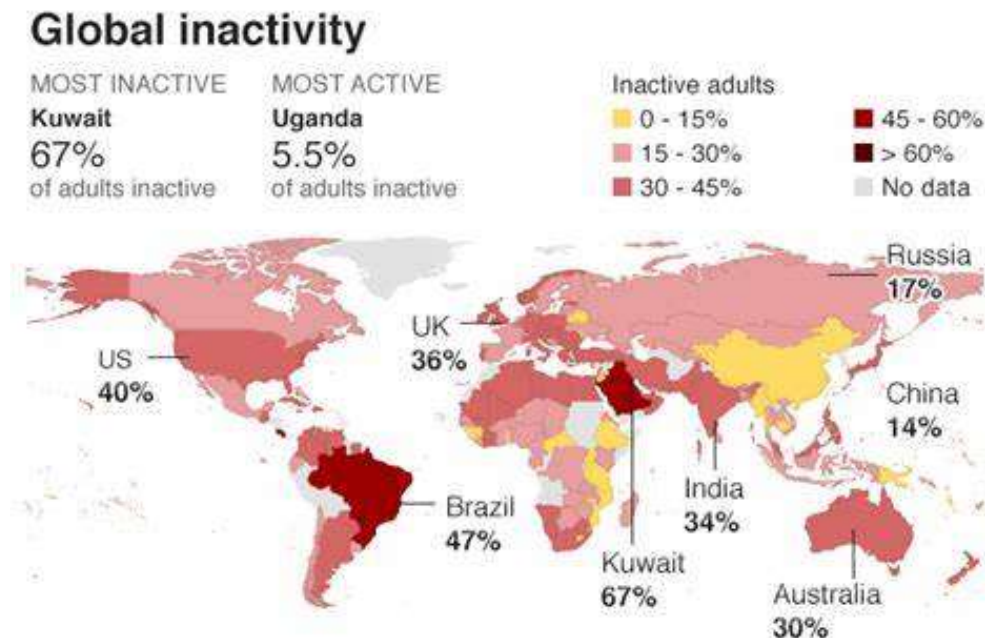


National Program for Promotion of physical activity Directorate of NCD Ministry of Health

Dr. Chithramali Rodrigo
MBBS, MSc, MD (Community Medicine)

Physical Inactivity

- Physical inactivity is the 4th leading behavioural risk factor for global burden of diseases



Improving physical activity would prevent 6% - 10% of the major NCDs around the globe

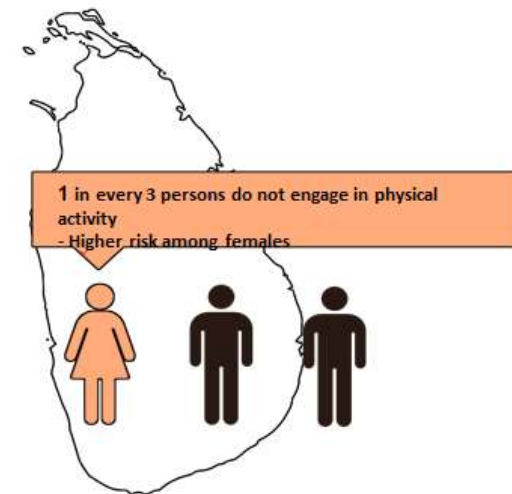
- coronary heart disease (CHD) (aRR = 1.16; 95% CI: 1.04-1.30),
- diabetes (aRR = 1.2; 95% CI: 1.10- 1.33),
- breast cancer (aRR = 1.33; 95% CI: 1.26-1.42)
- colon cancer (aRR = 1.32; 95% CI: 1.23-1.39)

improve the life expectancy

Sri Lankan Situation

STEPS survey, 2015

- 30.4% of the Sri Lankan adult population do not engage in the recommended 150 minutes of moderate intensity physical activity level per week
 - Females (38.4%)
 - males (22.5%)



STEPS Survey, 2015

Sri Lankan Situation



National School Health Survey, 2016

What is Physical activity

Any bodily movement produced by contraction of skeletal muscles that increases energy expenditure above resting levels

- commuting
- occupational tasks
- household activities
- purposeful health enhancing activities (Exercise/Dancing)



What is exercise

planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness

- Sub category of PA



Sedentary Behavior



Activities that do not increase energy expenditure above the resting level

It has been defined as activities with low energy expenditure (≤ 1.5 METs) while in a sitting or reclined posture for **4 or more hours** at a stretch per day

e.g. day – reclining, watching television, video gaming, and seated and using the computer)



Benefits of physical activity

- Reduces the risk of cardiovascular diseases, diabetes and stroke
- Raises HDL cholesterol
- Reduces blood pressure
- Improves psychological well-being, including gaining more self-confidence and higher self-esteem
- Prevents or reduces osteoporosis
- Reduce deaths from cancers such as Colon cancer and breast cancer



**How much of
physical activity is
recommended?**

Children and adolescents aged 5-17years



- Should do **at least 60 minutes** of moderate to vigorous-intensity physical activity **daily**.
- Physical activity of amounts greater than 60 minutes daily will provide additional health benefits.
- Should include activities that strengthen muscle and bone, at least 3 times per week

Adults aged 18–64 years

- Should do at least **150 minutes** of moderate-intensity physical activity **throughout the week**, or do at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
- For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week



Adults aged 65 years and above

- Should do at least **150 minutes** of moderate-intensity physical activity **throughout the week**, or at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
- For additional health benefits, they should increase moderate-intensity physical activity to 300 minutes per week, or equivalent.
- Those with poor mobility should perform physical activity to enhance balance and prevent falls, 3 or more days per week.
- Muscle-strengthening activities should be done involving major muscle groups, 2 or more days a week.



HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

FOR ADULTS AND OLDER ADULTS

MINUTES PER WEEK

75 OR **150**

Vigorous
Intensity

Moderate
Intensity

OR
a combination of both

*Something
is better
than nothing*

*More is better
and provides
additional
health benefits*

FOR CHILDREN

AIM FOR AT LEAST

60

Minutes
everyday

FOR OLDER ADULTS with poor mobility

PERFORM PHYSICAL ACTIVITY

to enhance balance and
prevent falls on

3 or more
days per week

EVERYONE

PERFORM MUSCLE-STRENGTHENING ACTIVITIES

Involving major muscle groups, on

2 or more
days a week

*Start small
and increase
gradually*




Environmental factors for physical inactivity

- fear of violence and crime in outdoor areas
- high-density traffic
- low air quality, pollution
- lack of parks, sidewalks and sports/recreation facilities



**How to increase
physical activity?**

- 
- Promote through activities of daily living
 - walking, cycling and other forms of active transportation are accessible and safe for all
 - labour and workplace policies encourage physical activity



Global Response

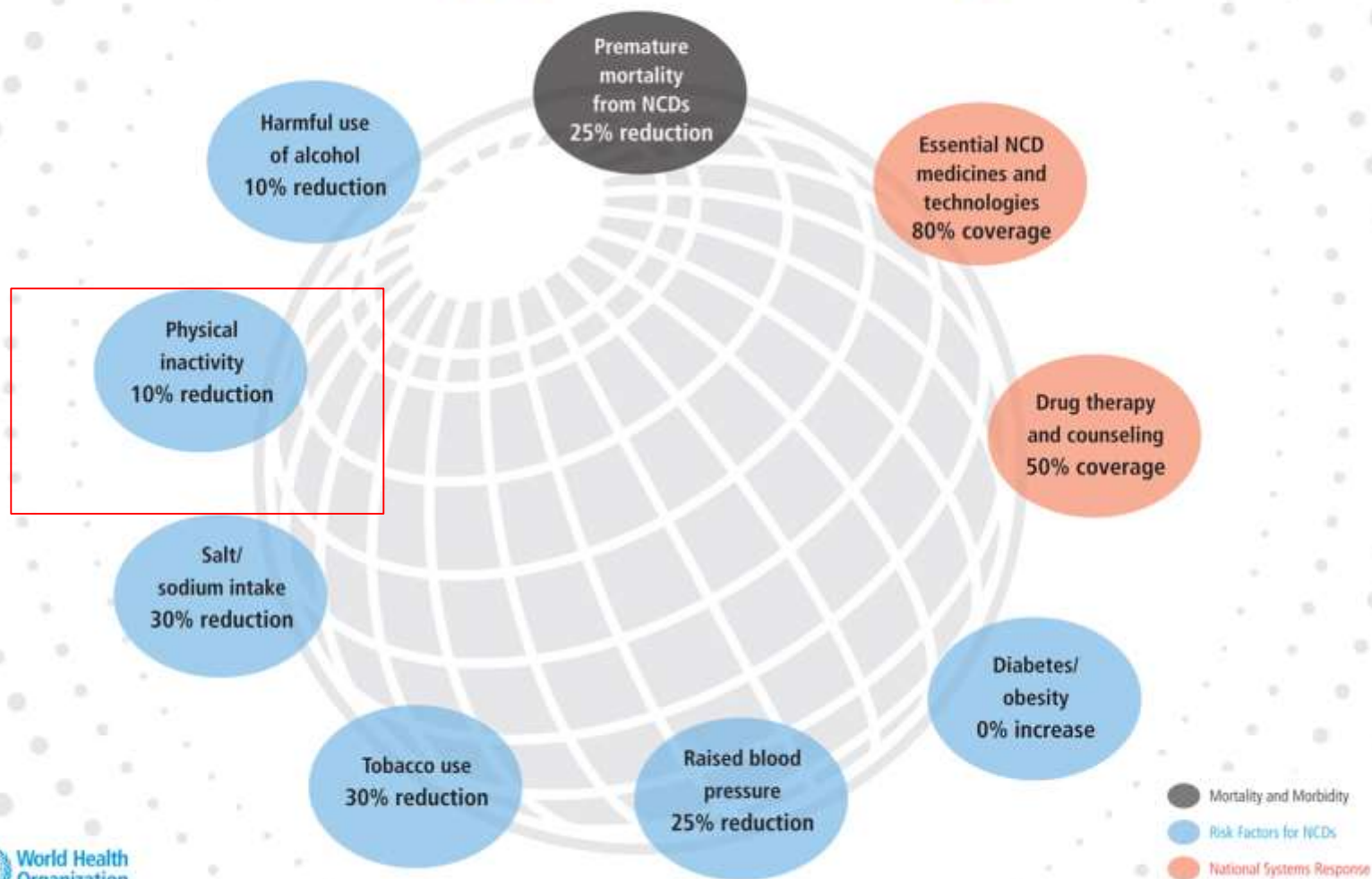
SGD3 – Targets by 2030

25% reduction of Mortality

between 30 and 70 years of age from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases from the baseline value (17.6%) by 2030



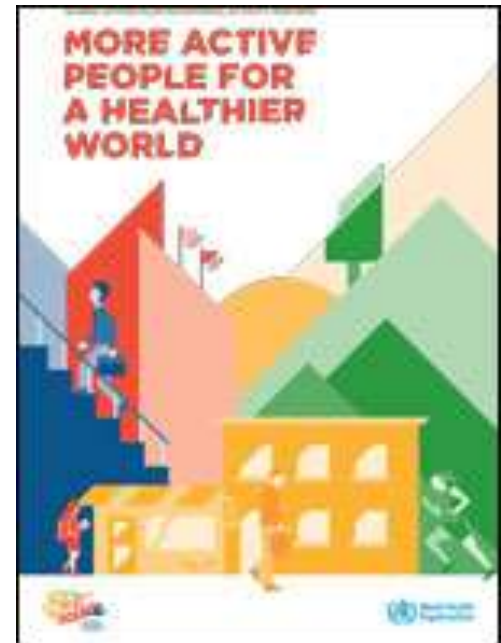
Set of 9 voluntary global NCD targets for 2025



Global action plan on physical activity 2018–2030: more active people for a healthier world

World Health Organization 2020
guidelines on physical activity
and sedentary behaviour

Every move counts





WHO package

- Active society
- Active environments
- Active people
- Active systems



Active society

- ◉ **knowledge** and **attitudes**
 - ◉ Awareness campaigns
 - ◉ Strengthen workforce
 - ◉ mass community initiatives



Active environments

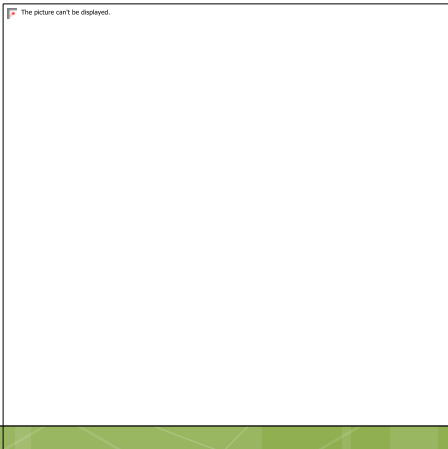
SAFE SPACES & PLACES



Active people

PROGRAMMES & OPPORTUNITIES

- o **school-based education** Sport in curriculum
optional after year 9, Possible to take sport and health theory, PA
- o **health and social services**
- o **community centers, recreation facilities**
- o **community engagement and ownership**



Active systems

- strengthen **leadership, governance, multisectoral partnerships**
 - Ministry of Health
 - Ministry of Sports
 - Ministry of Education
 - Ministry of Labour etc.
 - Private sector

Sri Lankan Response



ACTION PLAN 2021-2025: NATIONAL PROGRAM FOR PROMOTION OF PHYSICAL ACTIVITY



Non Communicable Disease Unit
Ministry of Health

Based on Multi-sectoral Action Plan for prevention & control of NCD

- **Strategic Action area 1:** Advocacy, partnership and leadership
- **Strategic area 2:** Health Promotion and risk reduction - Promotion of physical activity at key settings Pre-school, School and higher education institutes, work places, community, hospitals
- **Strategic action area 3:** Health system strengthening
- **Strategic action area 4:** Surveillance, monitoring, evaluation and research



What can you do?

MO NCD's role in promoting PA

- Carry out stakeholder mapping and coordinate with health and non-health officers in conducting of PA promotion within the district.
- Conduct awareness programmes on PA and sedentary behaviour to MOH and other field level staff based
- Be a master trainer for the PA and Sedentary lifestyle guidelines for general public and train several trainers for the district (MOIC, MOH, MOO, PHNO)
- Organize training/refresher training for PHC staff (i.e. MOIC, PHNO, NO-HLC)

MO NCD's role in promoting PA

- Facilitate conduct of community-based exercise programmes by the MOHs and the MOICs of PMCI
- Organize and coordinate the training on PA and disease specific dietary guidelines for 8 diseases for MOO in the district
- Coordinate establishing outdoor/indoor gymnasiums in health institutions
- Coordinate establishing outdoor gym in the community based on the specifications and guidelines developed by the Directorate of NCD

Role of HLC staff

- Health education ; health talk
- Individual counseling
 - Motivational interviewing
 - Brief intervention
- Health promotion ; exercise program
- Coordinate with other stakeholders
- Obtain guidance from MO NCD

Good Luck!

