Experience of Sri Lanka in promoting a whole-of-society approach to NCDs

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Demographic characteristics – Sri Lanka

- **Total Population**
  20.9 million

- **Land area**
  65,610 km²

- **Life Expectancy at Birth**
  74 years (Female 78.6, Male 72.0)

- **Adult Literacy Rate**
  91.18%

- **Maternal Mortality Rate**
  32 (per 100,000 Live Births)

- **Infant Mortality Rate**
  8 (Per 1,000 Live Births)

- **GDP per Capita**
  $3,926

- **Unemployment Rate**
  4.6%
In Sri Lanka NCDs account for 70% of all deaths.

Burden of NCDs in Sri Lanka

World Health Organization - NCD Country Profiles, 2012
Burden of risk factors for NCDs in Sri Lanka

STEPS survey among 5,188, 18-69 year olds from Sri Lanka
Ministry of Health, Nutrition and Indigenous Medicine, 2015

Current smokers
- Males 29.4%
- Females 0.1%

Current drinkers
- Males 34.8%
- Females 0.5%

Physical inactivity
- Males 22.5%
- Females 38.4%

Less than 5 fruit or vegetable servings per day
- Males 73.1%
- Females 72%
Introducing traffic light system for sugar content in all beverages

Contributions by the civil society- NGOs, Academia, Professional organizations

- Formulation of the regulations
- Food Advisory Committee
- Technical advice
- Professional organizations
- Overcoming counter pressures
- NGOs
- Public education
- Media, NGOs

Health Ministry takes first step to combat excess use of sugar by people

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NCD Alliance Lanka
First ever coalition of Civil Societies for NCDs in the South East Asia

A network of
* national NGOs
* scientific and professional associations
* academic and research institutions
* civil society groups
* private sector entities
* dedicated individuals

Registered as a Company by Guarantee according to the Companies Act, No.7 of 2007 by the Registrar General of Companies in Sri Lanka

Act as a national watchdog / whistle blower
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Lessons learnt

* Non-state actors
  * are eagerly waiting for opportunities to contribute
  * bring in a wealth of experience
  * good at reaching the ‘hard-to-reach’ in implementing

Recommendations

* opportunities to contribute should be ‘formal’
* mechanisms used to implement should not be ‘regulated’ by the state sector