

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

**Directorate of Non-Communicable Diseases
Ministry of Health, Sri Lanka**

Action Plan for promotion of physical activity 2021-2025: Directorate of Non-Communicable Diseases

Non-communicable Diseases (NCDs) are responsible for more than 80% of total deaths in Sri Lanka annually and probability of prematurely dying (between 30-70 years) due to a NCD in Sri Lanka is estimated to be 17%. The NCDs are caused by four major behavioural risk factors namely unhealthy diet, tobacco and alcohol use and physical inactivity. Among them physical inactivity is the 4th leading risk factor for global burden of diseases and improving physical activity levels would prevent 6%-10% of the major NCDs.

Physical activity is any bodily movement produced by contraction of skeletal muscles that increases energy expenditure above resting levels, while exercise is planned, structured, repetitive movements that aim to improve or maintain physical fitness. STEPS survey 2015 has reported that one in every three adults aged 18-69 years in Sri Lanka do not engage in adequate physical activities (150 minutes of moderate intensity activity per week or equivalent) and that physical inactivity is higher among females (38.4%) compared to males (22.5%). According to global school based student's health survey 2016, only 15.5% of children aged 13-17 years were adequately physically active in Sri Lanka (physically active for at least 60 minutes per day on all 7 days).

In keeping with global NCD targets, national multisectoral action plan for prevention and control of NCDs, Sri Lanka aims to achieve a 10% relative reduction in the prevalence of insufficient physical activity by year 2025. This action plan outlines the agenda of the Directorate of NCD, Ministry of Health for the years 2021 to 2025 to achieve this target.

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Strategic Action area 1: Advocacy, partnership and leadership

Desired Outcome	Indicator	Proposed Actions	Sub-activities	Responsibility		Time frame
				Primary	Secondary	
1.1 Promotion of physical activity identified as a national priority	1.1.1 Availability of physical activity as an agenda item in the National NCD Council, steering committee for NCD and National advisory board for NCD	Promotion of physical activity to be included as an agenda item in the National NCD Council, steering committee for NCD and National advisory board for NCD	Establish a working group in the steering committee with multi-sectoral representation to act upon physical activity promotion	D (NCD)		2021-2025
1.2 Inclusion of promotion of physical activity in other relevant policies/guidelines/regulations	1.2.1 Availability of advocacy packages for different sectors 1.2.2 Number of Advocacy meetings held 1.2.3 Number of policies/guidelines/regulations that include physical activity promotion	Advocate to include promotion of physical activity in other relevant policies /guidelines/regulations	Identification of stakeholders Development of advocacy packages Conduct advocacy meetings with identified stakeholders from different settings (Annex 1)	D(NCD)	HPB	2021-2022

<p>1.3 Sub-national mechanisms for implementation and monitoring of multisectoral actions for promotion of physical activity established</p>	<p>1.3.1 No. of district multisectoral committees having promotion of physical activity related activities in the agenda</p>	<p>Implementation and monitoring of activities related to promotion of physical activity by district level NCD multi sectoral committees</p>	<p>Provide technical guidance and support implementation of activities related to promotion of physical activity by district level NCD multi sectoral committees</p>	<p>D/NCD RDHS</p>	<p>DS Regional CCP MO-NCD MOH Sports Officer – Provincial/District/ divisional level</p>	<p>2021-2025</p>
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Strategic area 2: Health Promotion and risk reduction - Promotion of physical activity at key settings

Desired Outcome	Indicator	Proposed Actions	Sub-activities	Responsibility		Time frame
				Primary	Secondary	
Community-based activities						
2.1 Population is knowledgeable on benefits of being physically active and national recommendations of physical activity	<p>2.1.1 Availability of promotion of physical activity as a key component in the national NCD communication strategy</p> <p>2.1.2 Availability of a community awareness package (based on the NCD communication strategy) to be used at national, district, divisional level and local community based programs</p>	<p>Include promotion of physical activity in the NCD communication strategy</p> <p>Develop a community awareness package to be used at national, district, divisional level and local community based programs</p>	<p>Facilitate and promote conduct of national, district, divisional level awareness programs on physical activity with collaboration from health and non-health stakeholders</p> <p>Facilitate and promote conduct of local community-based awareness programmes on physical activity in collaboration civil societies and village-based organizations (e.g. youth societies, mother support groups etc.)</p>	D (NCD)	<p>HPB</p> <p>FHB</p> <p>D (YEDD)</p> <p>Sports Ministry</p> <p>SLSMA (technical guidance)</p> <p>MONCD</p> <p>MOH</p> <p>MOIC-HLC</p> <p>National Youth Services Council</p> <p>Sports Officer – DS office</p> <p>HEO</p>	2021-2023

<p>2.2 Community empowered to engage in recommended level of physical activity</p>	<p>2.2.1 No. of volunteers (community leaders) trained by health staff to conduct exercise programmes</p> <p>2.2.2 Percentage of MOH areas with at least five exercise programmes/active groups for physical activity promotion</p> <p>2.2.3 Percentage of MOH areas with facilities (e.g. walking paths, parks, community open gyms, indoor gymnasium etc.) in use</p>	<p>Train volunteer community leaders to conduct village level exercise programmes by the health staff (HLC Nurse, PHNO, PHI, PHM)</p> <p>Establish exercise programmes/active groups at village settings lead by the trained volunteer community leaders</p> <p>Empower and encourage the community to utilize the facilities available (e.g. walking paths, parks, community open gyms, gymnasium etc.) to be physically active</p>	<p>HLC Nurse/ PHNO/ PHI/PHM training the community on how to improve the physical activity level at home</p> <p>Promote conduct of physical activity competitions/sports events by active groups in collaboration with community based organizations and non-health stakeholders</p>	<p>D (NCD) MO (NCD)</p>	<p>MOIC-PMCI MO-HLC PHNO Sports officers – DS levels Sports Medicine units-SLSM Secretary to the Pradeshiya Sabha NGO/INGO</p>	<p>2021-2025</p>
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Pre-school, School and higher education institute-based activities						
2.3 Pre-school teachers are knowledgeable on benefits of being physically active and national recommendations	2.3.1 Number of pre-school teachers educated on the benefits and national recommendations of physical activity per district	Facilitate conduct of awareness programs on benefits of physical activity and national recommendations for pre-school teachers	Facilitate PHMM to creating awareness among the pre-school teachers on benefits and national recommendations of physical activity	D/NCD RDHS MO NCD MOH PHM	FHB Ministry of Child Development and Women's Affairs	2021- 2025
2.4 School children teachers and principals are knowledgeable on benefits of being physically active and national recommendations	2.4.1 Percentage of schools in which awareness programs on physical activity for students were held by the MOH/ /PHI 2.4.2 Percentage of teachers/principals for whom awareness programs on physical activity were held by the MOH/ /PHI	Facilitate conduct of awareness programs on physical activity for School principals, School teachers and students on benefits and national recommendations of physical activity	Facilitate MOH/PHI on creating awareness among the school children on benefits and national recommendations of physical activity (e.g. at the School Medical Inspection) Promote school health clubs to coordinate and implement physical activity promotion activities in their school	D/ NCD MO-NCD MOH PHI	Ministry of Education FHB Sports Officer- DS office HEO	2021- 2025
2.5 School children are physically active according to national recommendations	2.5.3 Percentage of school children engaged in the recommended level of physical activity level (Global school-based student's health survey)	Collaborate with relevant institutions to implement the compulsory 20 minutes of physical activity for two (02) days per week, for all school children	Collaborate with relevant institutions to implement the compulsory participation of all children in at least one non-competitive sport (e.g. swimming)	D/NCD MO-NCD MOH PHI	Ministry of Education FHB HPB Sports officer- DS office	2021- 2025

Work setting (both government and private sector) based activities						
2.6 An active working environment	2.6.1 Availability of institutional guidelines promoting the workers to be physically active during the working hours	Provide technical guidance for development and implementation of institutional guidelines allowing the workers to be physically active		D/NCD MONCD MOH	E&OH RDHS Factory employers HPB Department of Labour Ministry of Public Administration Sports officer - DS office PHI SLSMA	2021-2025
2.7 Physically active working population	2.7.1 Availability of IEC material to promote workers to be engaged in physical activity 2.7.2 No. of physical activity awareness programs held at work settings by MOH 2.7.3 Number of active groups established at large scale work places per MOH area	Develop and disseminate IEC material to promote workers to be physically activity during the working hours Train master trainers and establish active groups (large scale work places) Facilitate conduct of physical activity programs/awareness programs at work settings by MOH		D/NCD HPB MO-NCD MOH	HEO Sports officer- DS office PHI SLSMA	2021-2025

Strategic action area 3: Health system strengthening

Desired Outcome	Indicator	Proposed Actions	Sub activities	Responsibility		Time frame
				Primary	Secondary	
3.1 All HLC attendees have access to a physical activity program	<p>3.1.1 Percentage of HLCs conducting a physical activity and exercise programme per district</p> <p>3.1.2 No. of training programs held for HLC staff on promotion of physical activity and exercise</p> <p>3.1.3 Percentage of HLC staff in each district trained on promotion of physical activity and exercise</p>	Facilitate conduct of physical activity programs at the HLCs	<p>Train HLC staff as master trainers on promotion of physical activity using TOT module for physical activity and exercise</p> <p>Facilitate infrastructure development for conducting physical activity and exercise programs at HLCs</p>	D/ NCD MO-NCD	MOIC-PMCI MO-HLC PHNO Sports Officer - DS office SLSMA	2021-2025

<p>3.2 HLC attendees get individualized exercise prescriptions by the MO-HLC as indicated</p>	<p>3.2.1 Percentage of MO HLC trained to prescribe individualized exercise schedules for HLC attendees</p> <p>3.2.2 No. of training programs held for MO HLC on the TOT module for physical activity and exercise</p>	<p>Facilitate and promote issue of individual-based exercise schedules by the MO HLCs for HLC attendees</p>	<p>Train the MO-HLCs on TOT module for physical activity and exercise</p>	<p>D/ NCD MO-NCD</p>	<p>SLSMA</p>	<p>2021-2025</p>
<p>3.3 Medical clinic attendees get individualized disease specific exercise prescriptions</p>	<p>3.3.1 Percentage of primary care MO trained on physical activity guideline for selected NCDs</p> <p>3.3.2 Number of hospitals with a well-equipped Sports Medicine unit available</p>	<p>Prescribe individualized exercise schedules to medical clinic attendees by the Medical Officers, based on the physical activity guideline for selected NCDs</p> <p>Establishment and infrastructure development of Sports Medicine Unit</p>	<p>Train Master trainers on the physical activity guideline for selected NCDs</p>	<p>D/NCD</p> <p>D (NCD)</p>	<p>MO-NCD RDHS MO medical clinic SLSMA</p>	<p>2021-2025</p> <p>2021-2025</p>

Strategic action area 4: Surveillance, monitoring, evaluation and research

Desired Outcome	Indicator	Proposed Actions	Sub activities	Responsibility	Time frame
4.1 Activities for physical activity promotion are monitored regularly at national, district and divisional levels	4.1.2 Availability of a mechanism to monitor implementation of physical activity promotion activities at national and district and divisional level	Establish a mechanism to monitor implementation of physical activity promotion activities at national and district and divisional level	Include programmes conducted for promotion of physical activity in MOH and PMCI monthly returns to MONCD/RDHS	D (NCD)	2021-2022
	Percentage of MOH areas and PMCI that conducted physical activity promotion programs during the quarter/year at district level	Monitor implementation of physical activity promotion activities at national and district and divisional level		D (NCD) MO NCD	2022-2025
4.2 Evidence generated and used for development and evaluation of strategies for promotion of physical activity	4.2.1 Availability of a mechanism to generate research evidence for the national physical activity promotion programme	Use generated evidence for improvement of national physical activity promotion programme	Identification of priority research areas related to physical activity Maintain a repository of research evidence	D (NCD)	2021-2025

Annex 1: Advocating for policies/regulations and guidelines on physical activity at different settings

Work place (Both public and private work settings): **Department of Labour, Directorate of Environment and Occupational Health and Food Safety,**

1. Policies on creating a supportive environment for physical activity in work places
2. Regulations to establish a place for exercises in new office buildings
3. Policies on permitting exercise during working hours

Schools: Ministry of Education

4. To include benefits and national recommendations of physical activity for school children in the teachers' basic training curriculum
5. Policies on supportive environment for physical activity and sports in schools
6. Policies to increase the available space for physical activity/sports in the schools
7. Policy decision to make Health science and physical education a practical based compulsory subject for O/L

Pre-schools: Ministry of Child Development and Women's Affairs

8. Policies on supportive environment for physical activity and sports in pre-schools
9. Promotion of physical activity to be included as a module in pre-school teacher trainings

Universities: Ministry of Higher Education

10. Policies on supportive environment for physical activity and sports in universities
11. Promotion of physical activity to be included as a practical module at the university curricula

Community: Ministry of Public Services, Provincial Council and Local Government, Ministry of Urban Development, Coast Conservation, Waste Disposal and Community Cleanliness, Urban Development Authority, Road Development Authority, Ministry of Transport, Ministry of Mass media Communication

12. Policies on development and increase the venues for people to do physical activity (e.g. parks, open green spaces, recreational spaces such as river and coastal areas, walking and cycling pathways, swimming pools, sports fields/complexes, gym facilities)
13. Policies on development of the recreational spaces for physical activity (e.g. parks, open green spaces, recreational spaces such as river and coastal areas, walking and cycling pathways, swimming pools, sports fields/complexes, gym facilities) with equitable access to all ages and diverse abilities

14. Legislations/regulations to ensure the availability of safe walking and cycling pathways/ facilities in new town planning and housing development
15. Legislations/regulations for prior identification of and preserve/conserve spaces for the physical activity in each local/urban areas
16. Legislations to ensure each town has at least 1-2 play area(s) per 50,000 population
17. Legislation to establish facilities to engage in physical activity for children (e.g. open spaces, play area) at newly built apartments
18. Legislation to establish facilities to engage in physical activity for adults (e.g. open spaces, gymnasias) at newly built apartments