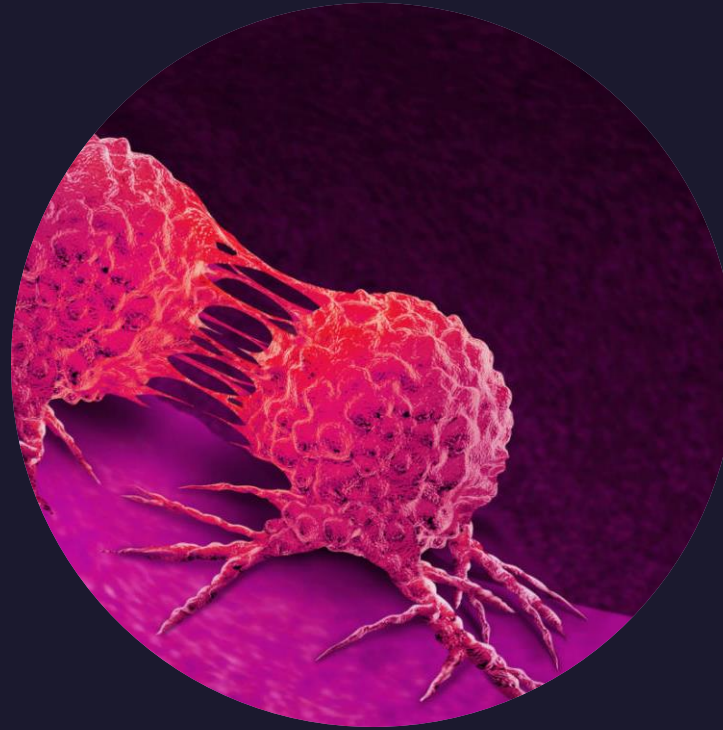


Ways of combating non-communicable diseases in Sri Lanka

By MLB_10.2_02

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HEALTH

**NONCOMMUNICABLE
DISEASES**

CARDIOVASCULAR

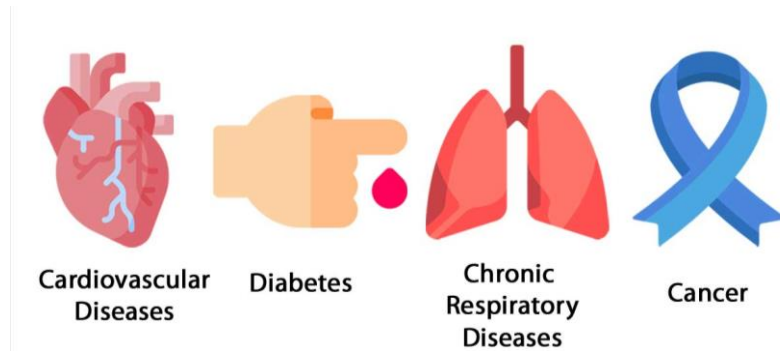
DIABETES

CANCERS

Introduction

- Today's people are very busy with their lifestyle. So , they do not have time to take care of their health.
- As a result of this, Non – Communicable diseases are spreading in all over the world.

1. Non - communicable Diseases (NCDs)



Non - Communicable Diseases (Chronic Diseases)


Long-term illnesses caused by a mix of

- Genetic
- Physiological
- Environmental
- Behavioral factors.

- Diabetics
- Cancer
- Heart Diseases
- High Blood Pressure

- Noncommunicable diseases (NCDs) claim the lives of 41 million people each year.
- 71% from all deaths worldwide including more than 15million people between 30 – 69 ages. (WHO)
- NCDs infect people with all ages, all area, all countries.

- non-communicable diseases (NCD's) are cause majority of deaths is Sri Lanka which is over 80%.

 World Health Organization <small>REGIONAL OFFICE FOR South-East Asia</small>								
SRILANKA Policy Status for NCDs (Status as of 2019)								
Total population (in 000s) 21413		GDP per capita (in US\$) 3853.1		Total deaths (2016) 143000		Total NCD deaths (NCD deaths as % of total deaths) 118,700 (83%)		
Off track	Premature mortality (probability of dying before the age of 70, %)	Tobacco use (%)	Heavy episodic drinkers (%)	Physical inactivity (%)	Obesity (%)	Hypertension (%)	Per capita salt consumption (g)	Population that use solid fuels as primary source for cooking (%)
Incomplete data								
On track								
Global targets (in terms of relative percentage reduction)	25	30	10	10	Halt the rise	25	30	50 (Regional goal only)
Country targets (in terms of relative percentage reduction)	25	30	10	10	Halt the rise	25	30	50
Baseline	17.6 (2010)	23.9 (2010)	NA	25.0 (2006)	4.7 (2006)	20.9 (2006)	9.7 (2010)	80
Current status	17.4 (2016)	22.5 (2018)	8.6 (2014)	30.4 (2014)	5.9 (2014)	26.1 (2014)	NA	69 (2018)
National targets (Absolute) (2025)	13.2	16.7	NA	24.9	5.3	17.6	6.8	40

1 . Diabetics

- Diabetes is a **chronic (long-lasting) health condition that affects how your body turns food into energy.**
- Diabetics patients can't produce enough insulin.
- Diabetics patients must get insulin injections.



- **Obesity** and **physical inactivity** are major contributors to the rising diabetic population.
- Diabetes is also becoming more common in Sri Lanka.
- Diabetic Patients Deaths in Sri Lanka reached 12,399 in 2018, accounting for 9.75% of all deaths (WHO).
- Sri Lanka is ranked 35 in the world with an age adjusted death rate of 53.41.

World

415 million people with diabetes live in the world



1 in 11 adults has diabetes

Regional

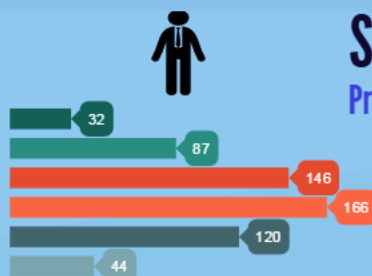
1 in 12 adults has diabetes



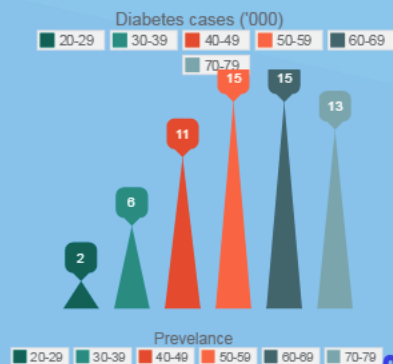
78.3 million people with diabetes live in SEAR

Sri Lanka

Prevalence 8.5%

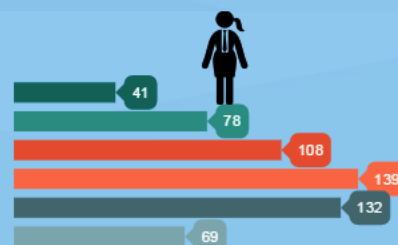


1 in 12



Cases 1.16 million

Cost per head 144.6 US\$



Diabetes cases ('000)



Prevalence



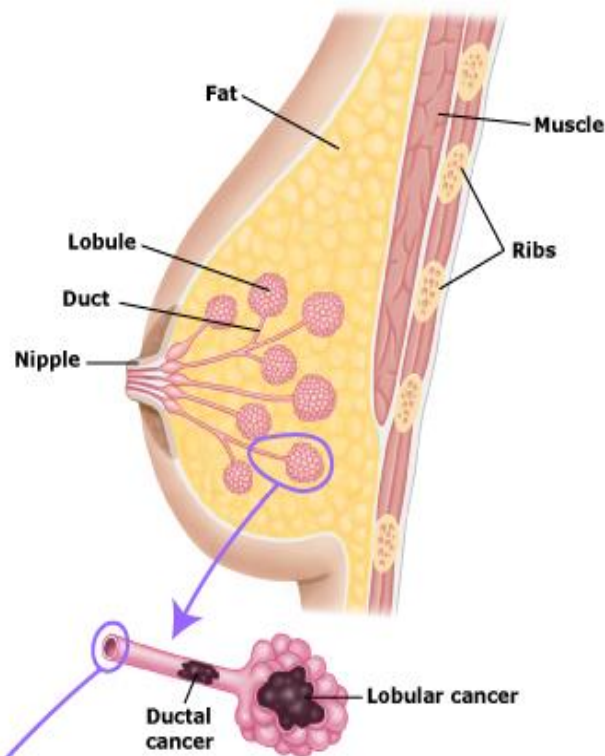
1 . Cancers

- Cancer is **a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.**
- Cancer is becoming more prevalent in Sri Lanka.
- In 2019 - 31484 total cancer cases in Sri Lanka
- 14854 of them are male and 16994 were female (National Cancer Control Program)

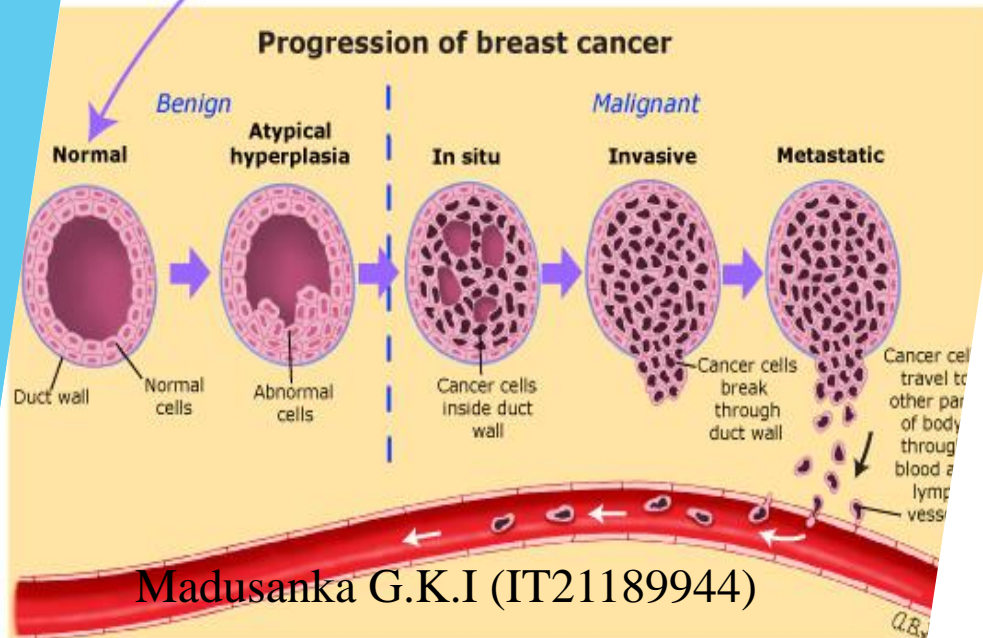


most common cancers in Sri Lanka

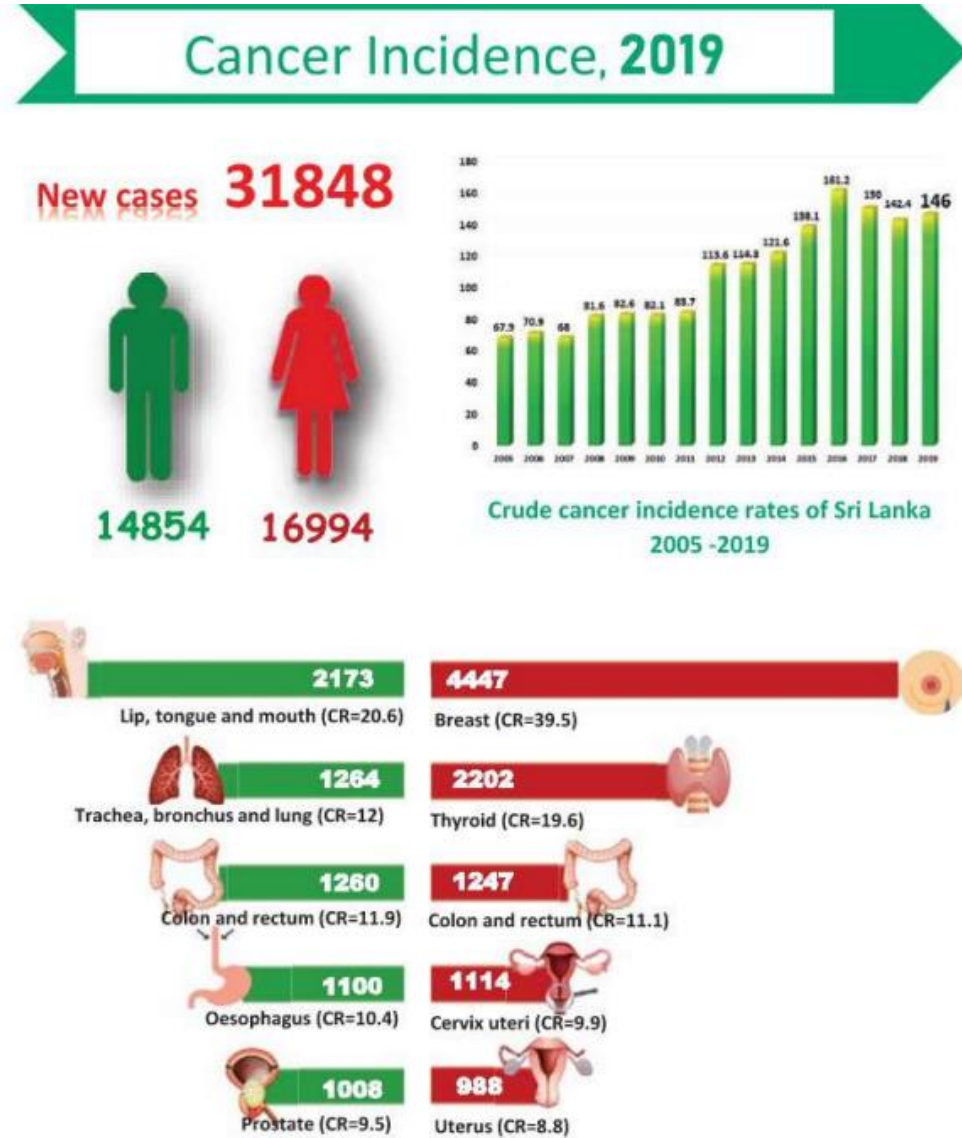
- Breast
- Oral Cavity
- Esophagus
- Cervix
- Lungs
- Thyroid
- Colon & rectum
- Lymphoma
- Ovary
- Leukemia



- Breast Cancers are the most common cancer in Sri Lanka
- Breast cancer deaths in Sri Lanka reached 1,249 in 2018, accounting for 0.98% of all deaths. (WHO)



- Breast cancers are popular among female patients and Lip, tongue, mouth cancers are popular among male patients. (National Cancer Control)



1 . Heart Diseases

- Heart disease is **a collection of diseases and conditions that cause cardiovascular problems.**
- The shortage of blood supply to the heart muscle is a primary cause of coronary heart disease.
- The condition becomes more common as people get older

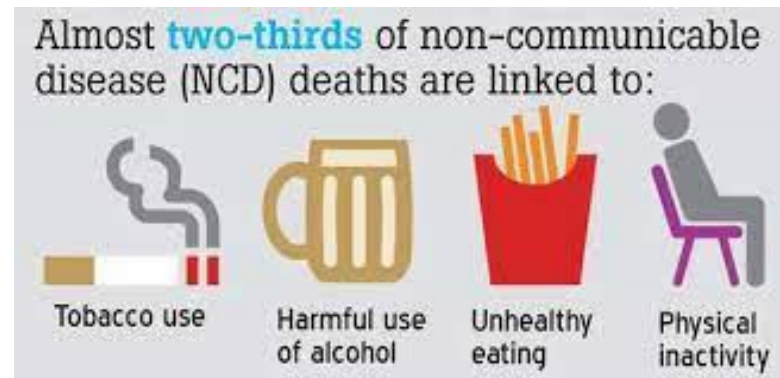


2. Common Reasons for NCDs



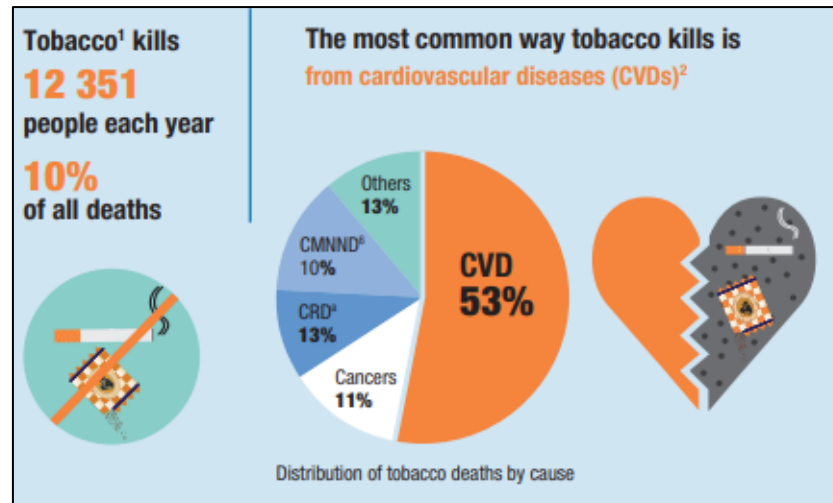
Main reasons

- ❖ Use of tobacco
- ❖ Physical inactivity
- ❖ Harmful use of alcohol
- ❖ Unhealthy diet



1. Use of tobacco

- around one-fourth(28.8%) of adults were current users of some form of tobacco.
- Heart diseases and stroke are the commonest ways by which tobacco kills people.



2. Physical inactivity

- average amount of physical activity is a protective factor against many non- communicable diseases.
- females (30%) are significantly inactive compared to males (19%).
- This problem may increase coronary heart disease (CHD),type 2 diabetes and shortens.

3. Harmful use of alcohol

- alcohol cause for non- communicable diseases and social consequences as well. (WHO)
- Cause to more than 10% of the load of NCD's.
- Also Cause to cirrhosis of the liver , pancreatitis , cancers



4. Unhealthy diet

- Unhealthy diet is unhealthy foods which are not suitable for human health.
- 82% of adult do not include adequate number of vegetables to their daily diet
- saturated fat and unsaturated fat is a major risk factor for the cholesterol, cardiovascular diseases

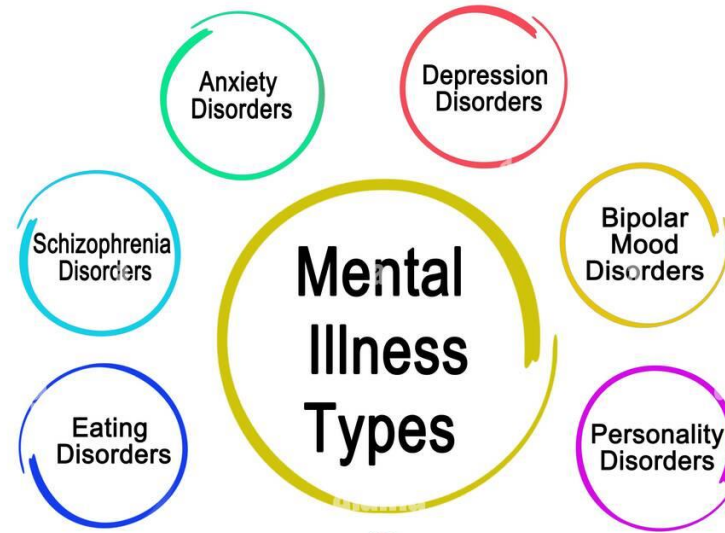
3. Psychological Effect of NCDs



- **Mental health conditions are one of the major groups of noncommunicable diseases.**

Psychological diseases

- Depression
- Bipolar disorder
- Schizophrenia
- Psychoses
- Dementia
- Developmental disorders including autism



- Common mental disorder is **Depression**.
- 264 million people are affected in world. (WHO)



Effects of psychological diseases

- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Stay in away from friends and activities
- Significant tiredness, low energy or problems sleeping
- Excessive anger, hostility, or violence Suicidal thinking

➤ **Suiciding is the most dangerous resulting action of these diseases.**

Signs of Mental Illness



Appetite or sleep changes



Extreme mood swings



Chronic low-grade depression



Hallucinations and/or delusions



Unhealthy coping mechanisms



Unusual emotional outbursts

everywell

*Depending on the individual's age, symptoms of a mental health disorder may present differently.

Ways of combating psychological diseases

- Stay connected.
- Talk about your feelings.
- Go outside and travel.
- Get a good night's sleep.
- Eat well.
- Limit Your Time on social media & The News



- Stay active.
- Read books.
- Listen to music.
- Care for others.
- letting go of old grudges or volunteering.
- Channel the one doctor for mental illness.



4. Ways of fight against NCDs



Parkinson's Disease

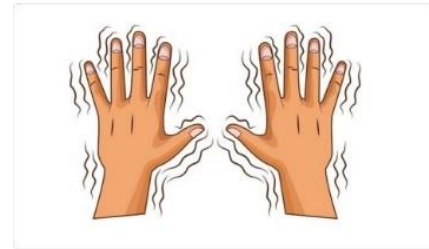
- long-term degenerative disorder of the central nervous system that mainly affects the motor systems.

Parkinson's signs and symptoms may include:

- ▶ Tremor.
- ▶ Slowed movement (bradykinesia).
- ▶ Rigid muscles.
- ▶ Impaired posture and balance.
- ▶ Loss of automatic movements.
- ▶ Speech changes.
- ▶ Writing changes.



Catherine Montzger
13 Octobre 1869



- How to combat
 - Aerobic exercises
 - physical therapies
 - Speech-language pathologist.

Diabetes's Disease

- Diabetes disease occur when your blood glucose/ blood sugar level is high.
- Symptoms- Urinate frequently, thirsty, loss of weight, feeling tired, skin get dry, blurry vision, hungry and numb on hands and legs.
- How to combat
 - Effective exercise
 - Eat low fat and sodium diet
 - Avoid smoking and use of alcohol.

Cancer Disease

- when some body cells grow uncontrollably and spread to other parts of the body.
- Symptoms- Fatigue, Fever, change in the skin, Unusual bleeding, cough, sores that do not heal, weight loss.
- **How to combat**
 - Engage in regular exercise surgery of removing cancer
 - Chemotherapy
 - Radiation therapy
 - bone marrow transplant
 - Immunotherapy

Actions should take to prevent from non- communicable disease.

1. Avoid Smoking.
2. Avoid or Moderate use of Alcohol.
3. Exercise more.
4. Eat healthy food.
5. Regularly check Blood Pressure.
6. Maintain a healthy weight. Good BMI.
7. Get Proper sleep Regularly.
8. Sustain Good social life.
9. Regulate sugar and salt intake
10. Manage stress.

5. Government Actions to fight against non- communicable diseases in Sri Lanka



Government actions to fight against non-communicable diseases in Sri Lanka

1. National policy and strategic framework for prevent and control non-communicable diseases.
2. Actions for reduce harmful use of alcohol.
3. Actions for reduce tobacco use.

1. National policy and strategic framework for prevent & control NCD

- ✓ Awareness.
- ✓ Counselling.
- ✓ Create environments that encourage healthy lifestyle.

2. Actions for reduce harmful use of alcohol

- ✓ Marketing policy
- ✓ Pricing trade and investment policies
- ✓ Drink driving policies and countermeasures
- ✓ Community action
- ✓ Availability and accessibility of alcohol products

3. Actions for reduce tobacco use

NATA act prohibits,

- ✓ Sell tobacco products to person below 21 years of age.
- ✓ Free distribution , promotion or advertisements related to tobacco products.
- ✓ Installation of vending machines for tobacco products.
- ✓ Smoking in public places.

Conclusion



- ✓ Non – communicable disease are spreading all over the world day by day.
- ✓ Sri Lanka is experiencing an NCD epidemic, with substantial death and morbidity.
- ✓ Major causes to these NCDs are physical inactivity, harmful use of alcohol and tobacco, and unhealthy diet.
- ✓ According to these habits NCDs are speeding in all over the world more than other diseases.
- ✓ NCDs have a physical impact of human life cycle as well as psychological effect.
- ✓ Regular exercises, prevent using tobacco and alcohol and healthy diet help to prevent NCDs.

Our Group Members

- Madusanka G.K.I – IT21189944
- Thisera W.N.M - IT21190216
- Hettiarachchi V.E - IT21379956
- Rajapaksha C.S - IT21377280
- Hewavitharana D.L - IT21189630



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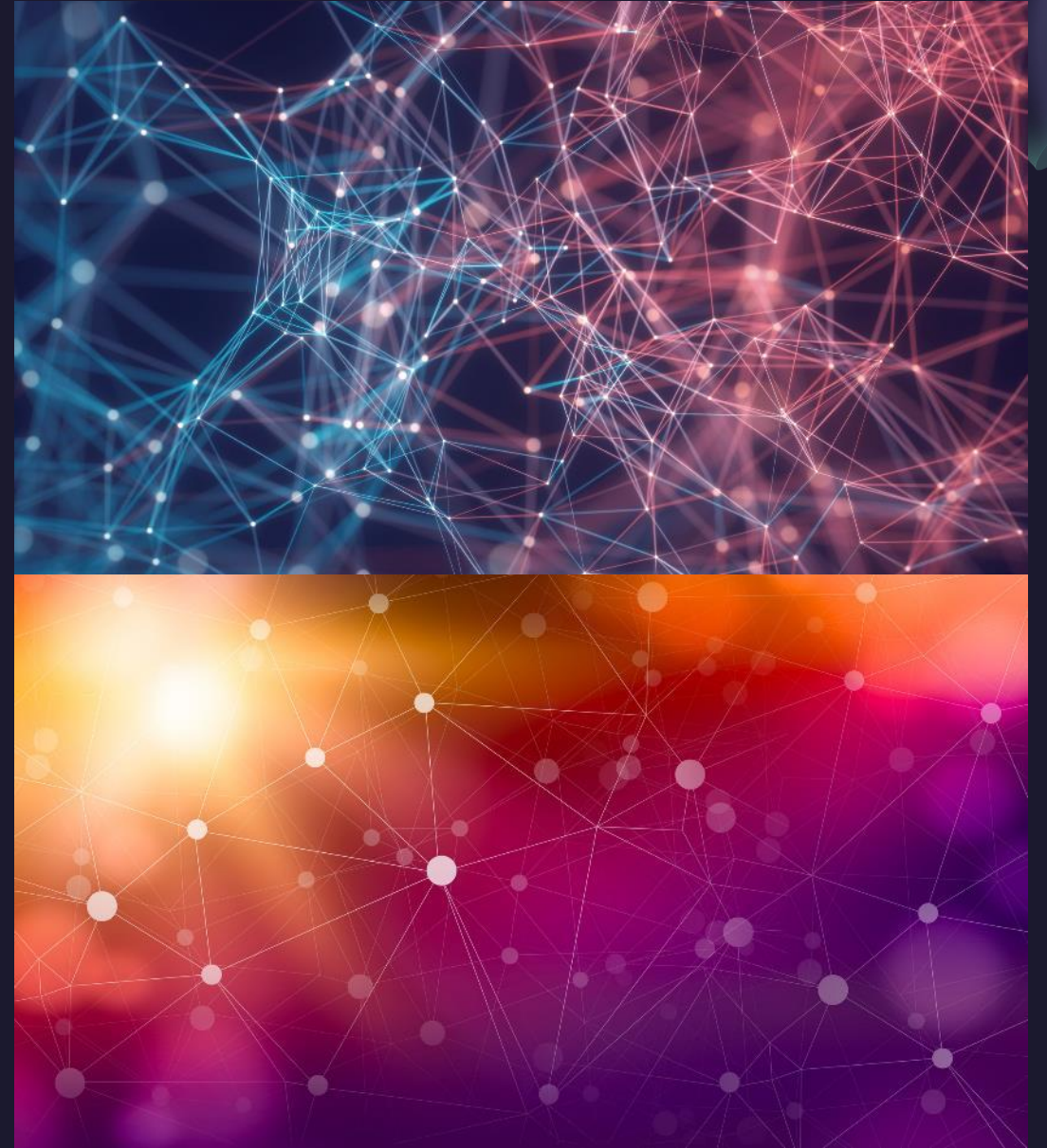
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Thank You



Any
Questions?

