Health Promotion Study Program

Department of Biological Sciences
Faculty of Applied Sciences
Rajarata University of Sri Lanka
• The only B.Sc. degree program (General and Special) on Health Promotion in the entire South Asian region

• Currently the following leading universities are linked with our Health Promotion study program by signing MOUs for research and staff collaboration
  - Faculty of Health, York University, Canada
  - Sahlgrenska Academy, University of Gothenburg, Sweden
  - School of Public Health, University of Sydney, Australia
  - Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore (Working collaboration)
• Health promotion is the novel public health approach that is currently used all over the world to achieve better health outcomes.

• Community-based health promotion approach, developed by the Rajarata University of Sri Lanka has been accepted by many countries and international organizations such as World Health Organization, as an efficient and a cost effective way to promote individual and community wellbeing.

• The health promotion division of the Rajarata University of Sri Lanka significantly contributed to Ministry of Health and several other ministries in developing programmes and conducting training using community-based health promotion model.
Health Promotion Division
“To be an internationally recognized and nationally relevant study program producing professionals with highest standards who could confidently empower all people to improve and control their own health while being dedicated to learning, research, training and consultancies in the field of health promotion.”
The Mission of the Health Promotion Division

• “To acquire, promote, develop and propagate sound knowledge of health promotion and its applications to improve quality of life and, in particular, to equip students with knowledge, skills and attitudes to reach a competency level as a professional health promoter, and to interact with different sectors and community for accomplishing the fullest potential of health promotion activities.”
Aim and Objectives of the Study Program

• **Aim**
  To be an internationally reputed center of health promotion teaching, training, research and practice.

• **Objectives**
  1. To produce professionals who can assess the health promotion needs of individuals, various groups and communities and to design, implement and evaluate the impact of various health promotion strategies, programs and policies.
  2. To enhance health promotion research activities of staff and students and to ensure that it is focused towards major health challenges and create broad impact.
  3. To foster national and international collaboration with other organizations, professionals and communities in the planning, implementation, and evaluation of health promotion programs.
Study Programs Offered

- B.Sc. (General) 3 year degree in Health Promotion
- B.Sc. (Special) 4 year degree in Health Promotion
- Diploma in Health Promotion
- M.Phil. in Health Promotion
- Short courses in Health Promotion
- 2 year training in Health Promotion (for community members) – A unique training for community members
Structure of the Health Promotion Degree Program

- Health Promotion (Theory) - 60%
- Health Promotion (Field Work) - 40%
- HP field work
  - Student group and field group

<table>
<thead>
<tr>
<th>Semester / Year</th>
<th>Student Group</th>
<th>Field Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Year, 1st Semester</td>
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<tr>
<td>1st Year, 2nd Semester</td>
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<td>3rd Year, 2nd Semester</td>
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</table>

Special degree research projects
Health Promotion – Theory

Health promotion subject areas

- Concept of Health
- Structural Determinants of Health
- Indicators & Measurements of Community Health
- Principles, Strategies & Practices in Health Promotion

Courses related to working with communities

- Psychology & Human Behaviour
- Philosophical & Ethical Issues in Health Education & Promotion
- Family & Community Health Promotion
- Healthy Public Policy & Legislation
- Introduction to Mass Communication
- Working with Communities
- Leadership
Community based interventions

- Nutrition & Metabolism
- Commercial Influences on Health
- Early Childhood Care and Development & Maternal and Child Health

Research and evaluation of health promotion

- Research Methods
- Introduction to Epidemiology
- Principles of Evaluation
- Statistical Methods
- Report Writing & Assessing
### Biological aspect of health and disease
- Basic Physiology
- Reproductive Physiology & Developmental Biology
- Introduction to Human Diseases & Health

### Understanding of environmental issues
- Ecology
- Environmental Pollution
- Development vs. Environment

### Key areas of Health Promotion (Fourth Year)
- Improving Child Wellbeing & Development
- Reduction of the Spread of Sexually Transmitted Diseases
- Reduction of Tobacco, Alcohol & Other Drug Related Harm
- Reduction of Suicides.
• Community based field work of the study program offers a unique but a well recognized mode of community engagement.

• Groups of five to eight students each are attached to a community in one field area of the Mihintale Medical Officer of Health office.

• Students have to mutually build up the partnership with the community where they gain experience in working with different formal and informal settings in addressing various health issues and promoting wellbeing.

• Supervision and ongoing monitoring of field work is continuously carried out by the health promotion division. In addition to the ongoing assessment and end semester reporting each student will face an individual viva - voce examination as a part of the evaluation.
Discussion with a Group of Mothers

Group Discussion – Children Society

Villagers measuring waist circumference

Involvement of children in addressing NCD
Health Promotion – Field Work (contd.)

Health Promotion Camp in a Village

Baby rooms

Happiness Calendars

Involvement of children in addressing NCD
Two different tools to measure the number of stimulations given to a child through five senses.

Developed by Group C of 2008/09 batch and Group E of 2009/10 batch
Health Promotion Approach in the Mihintale MOH area from 2007 to 2016

- Ten batches of students
- Forty separate groups of students
- Forty Villages (working with the community for two years)
- More than 4000 Families
- More than 25,000 individuals
Major Subject Areas of Expertise

- Improving community wellbeing
- Improving child wellbeing
- Reducing malnutrition
- Reducing tobacco and alcohol use problems
- Reduction of suicide
- Violence prevention


Published Special Degree Research Projects

Award received:

Topic: Bullying in schools among early adolescents in Galenbindunuwewa educational zone: Prevalence, Types, Common responses and Effectiveness of a health promotion intervention

Authors: Jayasinghe, V.P.K.K., Perera, K.M.N. and Guruge, G.N.D.
Staff of the Health Promotion Study Program

Health Promotion Staff – Full Time Involvement

- Mr. G.N.D. Guruge - Senior Lecturer [B.A. (Kelaniya), MSSc. (Kelaniya), M.Phil. (Perad), Ph.D. (Reading)]
- Dr. Manoj S. Fernando - Lecturer [M.B.B.S. (Hons) (Colombo), M.Phil. (Reading)]
- Dr. Lalith Senarathna - Senior Lecturer – [Grad. I. Chem., M.Med. Sci (Newcastle), Ph.D. (Sydney)]
- Mrs. H. Parween Reyal - Lecturer (Prob.) [B.Sc. (Hons) (RUSL)]
- Mrs. Prabuddhika Harshani Kandegedara - Lecturer (Prob.) [B.Sc. (Hons) (RUSL)]
- Miss. V.P.K.K. Jayasinghe - Lecturer (Temp.) – [B.Sc. (Hons) (RUSL)]

Other Faculty Staff – Part Time Involvement

- Dr. (Mrs.) M.M. Goonasekera - Senior Lecturer – [B.Sc.(Cey), M.Sc. (Perad.), Ph.D.(Perad.)]
- Dr. (Mrs.) W.M. Sriyani - Senior Lecturer – Head [B.Sc.(Hons) (Colombo), M.Sc.(Colombo), Ph.D. (Thailand)]
- Dr. Rajnish Vandercone – Senior Lecturer [B.Sc. (Hons) (Perad.), Ph.D (Washington,USA)]
- Dr. K.D.B. Ukuwela - Senior Lecturer [B.Sc. (Hons) (Perad.), Ph.D. (Australia)]
Staff of the Health Promotion Study Program

Dr. (Mrs.) W.M. Sriyani Wickramasinghe
Head of the Department

Mr. G.N.D. Guruge
Senior Lecturer

Dr. Manoj S. Fernando
Lecturer

Dr. Lalith Senarathna
Senior Lecturer

Mrs. H. Parween Reyal
Lecturer (Prob.)

Mrs. K. G. P. H. Kandegedara
Lecturer (Prob.)
• Prof. Diyanath Samarasinghe, Faculty of Medicine, University of Colombo – Consultant of the Study Program [MBBS (Cey), LRCP (UK), MRCS (Eng), DPM (UK), MRCPsy. (UK), FRCPsy. (UK)]

• Prof. Lalini Rajapaksha, Faculty of Medicine, University of Colombo [MBBS (Ceylon), M. Sc. (London), MD (Colombo)]

• Prof. N. Gunawardena, Faculty of Medicine, University of Colombo [MBBS(Colombo), MSc(Community Medicine), MD(Community Medicine) MPH(Bio Security)]

• Dr. Sarath Amunugama, Deputy Director General - Public Health Services - I, Ministry of Health and Indigenous Medicine [MBBS (Sri Lanka), M.Sc. (Sri Lanka), Director, Health Education Bureau]

• Dr. Neelamani Hewageegana, Deputy Director General of Health Services – Planning, Ministry of Health and Indigenous Medicine - Consultant Medical Administrator [MBBS, MD (Hons) (Colombo, Sri Lanka), Ph.D.(Sheffield Hallam U.K.)]

• Mr. Shakya Nanayakkara, Director, General NGO Secretariat - Secretary General, Healthy Lanka and FISD [LLB, PgD in Psychology, PgD in Labour Studies, Solicitor(England)]
• Dr. K. Manuja N. Perera, Lecturer, Faculty of Medicine, University of Kelaniya [MBBS, MSc (Community Medicine)]

• Dr. Sameera Hewage, Regional Epidemiologist, RDHS Office, Kandy [MBBS, MSc (Community Medicine)]

• Dr. Thushara Ranasinghe, National Professional Officer, WHO [MBBS, MSc, MD]

• Dr. Ajith Karawita, Consultant Venereologist, Teaching Hospital, Anuradhapura [MBBS, Pg Dip Ven, MD]

• Dr. Anuradha Allepola, Consultant Psychiatrist, Teaching Hospital, Anuradhapura [MBBS. (Hons) Peradeniya, MD Psychiatry, Colombo]

• Mr. R.K.K.M.P. Randeniya, Deputy General Manager, Sri Lanka Bureau of Foreign Employment [BA (Hons) Sociology, Sri Jayawardenapura, MSSc Sociology, Kelaniya]

• Mr. Manoj Jinadasa, Senior Lecturer in Mass Communication, University of Kelaniya [BA (Hons)Sp in Mass Communication, MSSc in Mass Communication (Research)]

• Mrs. Tina Solomons, Head/Lecturer, Psychology & Counseling Unit, Sri Lanka Foundation [M.Phil in Clinical Psychology - University of Colombo BA in Psychology (Special) Hons. Peradeniya]
Capacity Building Opportunities
Health Promotion Division
<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>2016</td>
<td>‘Future Dreams’ - 2016</td>
<td>Polonnaruwa</td>
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<td>2016</td>
<td>‘Wanni innoveta’ - 2016</td>
<td>Anuradhapura</td>
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<tr>
<td>2016</td>
<td>‘Wasa wisa nathi ratak’</td>
<td>BMICH, Colombo</td>
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<td>2016</td>
<td>Educational exhibition</td>
<td>Central College, Anuradhapura</td>
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<tr>
<td>2015</td>
<td>‘Wanni innoveta’ - 2015</td>
<td>Vavuniya</td>
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<tr>
<td>2015</td>
<td>Health exhibition</td>
<td>Puttalam</td>
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<tr>
<td>2013</td>
<td>Army exhibition</td>
<td>Kilinochchi</td>
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<tr>
<td>2013</td>
<td>Wadiya nilla</td>
<td>RUSL</td>
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<tr>
<td>2012</td>
<td>Dayata Kirula - 2012</td>
<td>Oyamaduwa</td>
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<tr>
<td>2011</td>
<td>Dayata Kirula - 2011</td>
<td>Buttala</td>
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<tr>
<td>2008</td>
<td>Wadiya nilla</td>
<td>RUSL</td>
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<td>2007</td>
<td>‘Poson’ festival - 2007</td>
<td>Mihintale</td>
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<tr>
<td>2007</td>
<td>‘Anurapura Udanaya’ - 2007</td>
<td>Anuradhapura</td>
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<tr>
<td>2006</td>
<td>‘Poson’ festival - 2006</td>
<td>Mihintale</td>
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<tr>
<td>2006</td>
<td>‘Anurapura Udanaya’ - 2006</td>
<td>Anuradhapura</td>
</tr>
</tbody>
</table>
Wasa wisa nathi ratak

‘Wanni Innoveta’ - 2016
Advocacy campaign on tobacco prevention – Anuradhapura
Research Opportunities

- Annual spot survey of Alcohol Drug Information Center
- To learn and implement health promotion program to address CKDu in North Central Province with the collaboration of Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore (July, 2015 - ongoing)
- Socio chemical aspects of CKDu in CKDu prone areas in Sri Lanka (2016)
- Knowledge Attitude and Practices (KAP) survey to assess level of social support available for CKDu patients and families within effected communities (2015 – 2016) with Faculty of Medicine and Faculty of Social Sciences of Peradeniya University.
- Addressing the gender based violence through health promotion in estate communities in Badulla district (2011- 2014)
Students get the opportunity to work with international students

Field work

International Day organized by the Students
As a result of the unique opportunities, a health promotion graduate
1. has a special training to improve community health
2. capable to make an impact on national level health indicators
3. able to incorporate community based health promotion to the current health system to address health challenges
Employment Opportunities

• Graduates with a B.Sc. (General) degree in Health Promotion are qualified for any kind of job opportunity that requires a B.Sc. (General) degree.

• Graduates have an added advantage in health related employments in Ministry of Health, Ministry of Women and Child Affairs, non-governmental organizations and international non-governmental organizations.
  – National Child Protection Authority directly focus B.Sc. (General) degree in Health Promotion in recruitments

• **Among the graduated until 2015, employability is 85%**
• Non-working 15% mainly consists of self employed group and group doesn't work by choice

*(Results from a telephone survey conducted by the Health Promotion Division between August – September 2016)*
Types of Employments of Graduates

- University Academic Staff
- Administrative Positions
- Managerial
- Executives of Private sector
- National Child Protection Authority
- National Authority on Alcohol and Tobacco
- Field Officers
- Teaching
- Research Assistants
- Development Officers
- Higher Studies (PhD, M.Phil.)
- Other
International Relations and Collaborations

Health Promotion Division
MOU signed with the following universities
- Faculty of Health, York University, Canada
- Sahlgrenska Academy, University of Gothenburg, Sweden
- School of Public Health, University of Sydney, Australia
Experts Linked with the Study Program

• **World Health Organization**
  - Dr. Firdosi Rustom Mehta - Former WHO Country Representative (SL)
    “My observation shows that their empowerment in a result of a process facilitated by the Health Promotion unit of Rajarata University of Sri Lanka. I witnessed the process and the impact that it had made the lives of people.”

• **Plan International**
  - Dr. Helenlouise Taylor - Asia Regional Specialist on Maternal, Newborn, Child Health and Nutrition

• **Faculty of Health, York University, Toronto, Canada**
  - Prof. Harvey A. Skinner - Dean of the Faculty of Health
  - Prof. Arun Chockalingam - Special Advisor on Global Health to the Dean
  - Prof. Mary E. Wiktorowicz - Associate Dean for Community and Global Health
  - Prof. F. Beryl Pilkington - Program Director, Global Health
Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore
Working Collaborations

➢ **World Health Organization**
  • WHO - Biennial Funding (2010/11)
  • WHO funded Gender Based Violence project conducted in the Badulla district (2012/13)
  • WHO - Biennial Funding (2014/15)

➢ **Plan Sri Lanka**
  • Plan Sri Lanka Community Network Project
  • ‘Strengthening Inter - Community Health Promotion Networks’ January 2011 – December 2013

➢ **World Vision**
  • Community improvement project in Horowpothana
Health Promotion Advocacy Network (HaPAN)

- Strengthening Inter - Community Health Promotion Networks Project conducted with the support of the Plan International Sri Lanka (Only such project in the country) January 2011 – December 2013
- Established a separate secretariat attached to the Health Promotion Division
- Approximately 2,800 community members from four districts are connected through this network
- Active members: 2013 → 1701, 2012 → 1059
International Students’
Health Promotion Division
More than 100 students’ from the following countries have participated to different study programs/training programs conducted by the Health Promotion Division

- **Japan** – 35 students (three separate teams & one individual)
- **Sweden** – 38 students (three separate teams & three individuals)
- **Myanmar** – 01 student
- **Singapore** – 32 students (three separate teams)
World Health Organization has recognized HP division as an education institute to train international students under WHO fellowship Program.

Mr. Nang Sian Mang from Department of Health, Ministry of Health, Myanmar completed the health promotion diploma program. (from July 2015 to July 2016)
The Sahlgrenska Academy, University of Gothenburg, Sweden

Ms. Lovisa Hermansson
• Topic of the Research -: Stunting and wasting of 2-5 years of children in Mihintale MOH area
• Duration -: 21st September, 2015 to 21st November 2015)
• Supervisors -: Mr. Duminda Guruge and Prof. Gunilla Krantz

Ms. Charlotta Anna Peggy Dahlstrom
• Duration -: 20th February to 6th March, 2015
• Supervisor -: Mr. Duminda Guruge and Lena Anderson

University of Tsukuba, Japan

Miss. Saori Iguchi
• Completed a ten months course in Health Promotion
• Duration - May 2010 to March 2011
The Sahlgrenska Academy,
University of Gothenburg, Sweden

<table>
<thead>
<tr>
<th>Description</th>
<th>Duration</th>
<th>Supervisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five Public Health Students from the Faculty of Health Science</td>
<td>22\textsuperscript{nd} February to 25\textsuperscript{th} March 2011</td>
<td>Mr. Duminda Guruge &amp; Dr. Manoj Fernando</td>
</tr>
<tr>
<td>Thirteen Medical Students from the Faculty of Medicine</td>
<td>2\textsuperscript{nd} to 19\textsuperscript{th} May, 2011</td>
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<tr>
<td>Seventeen Medical Students from the Faculty of Medicine</td>
<td>04\textsuperscript{th} to 21\textsuperscript{st} December, 2011</td>
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<tr>
<td>Ms. Nadeema Samarasinghe For an internship</td>
<td>20\textsuperscript{th} February to 28\textsuperscript{th} March, 2013</td>
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</table>
University of Sydney, Australia

Two students of the Masters in International Public Health Program will join for internships in November, 2016.

The Sahlgrenska Academy,
University of Gothenburg, Sweden

Two students of the Medicine Program will join for internships in February, 2017.
• Collaborative program to learn and implement health promotion program to address CKDu in North Central Province.
• Phase I - 14<sup>th</sup> July 22<sup>nd</sup> July 2015 – (12 students from Singapore)
• Phase II - 01<sup>st</sup> July to 7<sup>th</sup> July 2016 – (14 students from Singapore)
Contribution and Achievements
Health Promotion Division
Consultancies to -:

WHO, UNICEF, UNFPA, Plan International

Mr. Duminda Guruge

• Temporary Advisor on health promotion to the Regional Director - South East Asian Regional Office, WHO

Dr. Manoj Fernando

• A member of the WHO Scientific Advisory Group (SAG) on health promotion. He is one of the two members appointed from South East Asian Region

• A member of the international editorial panel of the journal launched by World Non-communicable Diseases Forum

• Temporary Advisor on health promotion to the Regional Director - South East Asian Regional Office, WHO
Consultancies and Technical Support to -:

- Foundation for Health Promotion
- Presidential Task Force on Drug Prevention
- National Drug Prevention Operational Unit
- National Authority on Tobacco and Alcohol
- National Child Protection Authority
- National Nutrition Council of the Presidential Secretariat
- Nirogi Lanka Diabetes Prevention Program
- Plan Sri Lanka
- Alcohol and Drug Information Center
## Capacities in Training

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<tbody>
<tr>
<td>1.</td>
<td>Community wellbeing</td>
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<tr>
<td>2.</td>
<td>Child growth and development</td>
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<td>3.</td>
<td>Child protection</td>
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<tr>
<td>4.</td>
<td>Malnutrition</td>
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<td>5.</td>
<td>Physical activity promotion</td>
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<td>6.</td>
<td>Non-communicable diseases prevention</td>
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<td>7.</td>
<td>Alcohol prevention</td>
</tr>
<tr>
<td>8.</td>
<td>Tobacco prevention</td>
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<td>9.</td>
<td>Reduction of suicide</td>
</tr>
<tr>
<td>10.</td>
<td>Violence prevention</td>
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<td>11.</td>
<td>Mental wellbeing</td>
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<td>12.</td>
<td>Social wellbeing</td>
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<td>13.</td>
<td>Adolescent health</td>
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<td>14.</td>
<td>Poverty reduction</td>
</tr>
<tr>
<td>15.</td>
<td>Empowerment of women</td>
</tr>
<tr>
<td>16.</td>
<td>Gender roles</td>
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<td>17.</td>
<td>Environmental issues</td>
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<td>18.</td>
<td>Wellbeing of elders</td>
</tr>
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<td>19.</td>
<td>Health promotion schools</td>
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<tr>
<td>20.</td>
<td>Healthy working place</td>
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## Ministry of Health

**PHM Trainings**

<table>
<thead>
<tr>
<th>District</th>
<th>Total no of PHM areas</th>
<th>Total no of PHMM</th>
<th>Total No of PHMM trained</th>
<th>PHMM implementing collective community actions</th>
<th>PHMM able to train others on collective community actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anuradhapura</td>
<td>244</td>
<td>227</td>
<td>209</td>
<td>92</td>
<td>97</td>
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<tr>
<td>Matale</td>
<td>171</td>
<td>155</td>
<td>138</td>
<td>89</td>
<td>39</td>
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<tr>
<td>Polonnaruwa</td>
<td>113</td>
<td>88</td>
<td>80</td>
<td>91</td>
<td>11</td>
</tr>
<tr>
<td>Kandy</td>
<td>480</td>
<td>449</td>
<td>364</td>
<td>81</td>
<td>106</td>
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<tr>
<td>N'eliya</td>
<td>310</td>
<td>288</td>
<td>260</td>
<td>90</td>
<td>09</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1318</strong></td>
<td><strong>1207</strong></td>
<td><strong>1051</strong></td>
<td><strong>87</strong></td>
<td><strong>262</strong></td>
</tr>
</tbody>
</table>

(Example of a health promotion project - extracted from UNICEF, 2016)
Ministry of Education
Teachers Training

The Ministry of Women and Child Affairs
Training to the staff of National Child Protection Authority
Training of Different Sectors (contd.)

Ministry of Public Administration & Home Affairs
- Training of graduates attached to Divisional Secretariats
- Residential training conducted to the staff members of the Panvila Divisional Secretariat of Kandy District

Non-Governmental Organizations
- Staff members of various INGOs and NGOs are trained
- Trainings are also conducted focusing the target groups of INGOs and NGOs

Ministry of Defence
- Training of Civil Security Force members – 2000 members
- Proposed training of 40,000 security forces personnel attached to the Security Force Headquarters (Wanni)
Ministry of Defence

Security Force Headquarters (Wanni) - Training I

- Location: 62 Division - Welioya
- Participants: Around 80 security personnel (officers, civil and other ranks) from 5 divisions of SF Wanni
- Training duration: 22\textsuperscript{nd} – 23\textsuperscript{rd} September, 2016
  Two days residential training
- Program content:
  - Day I: Family happiness
    - Non-communicable disease prevention
    - Early Childhood Care and Development
  - Day II: Alcohol and tobacco prevention
- Output: An ongoing process was initiated. As groups progress was evaluated, monitored and discussed
Mr. Duminda Guruge

- **Thailand** - Training conducted on early childhood care and development to the regional officers of Plan International

Dr. Manoj Fernando

- **Maldives** - Training on prevention of gender based violence conducted by United Nations Population Fund

At present institutions from Nepal, Laos, China and Myanmar have requested to conduct training on health promotion.
Achievements of the Health Promotion Division

- Innovative concepts and materials developed for community health promotion
- Successful projects
- Community advocates
- Serving as a training center (Local and International)
- Publications in health promotion
Innovative concepts and materials developed for community health promotion

- Baby rooms
- Communal play house and combined play feeding
- Health promotion symposium
- Health promotion camp
- **Happiness calendar** (Recognized and practiced by Ministry of Health, Sri Lanka)
- Exam fertilizer ‘*wibhaga pohora*’
- Nutrition calendar
- Participation calendar
- **Hapana** calendar
As a part of improving early childhood development ‘baby room’ concept was used to optimize the achievements of milestones in children.

It is a child friendly room which focus on providing five senses stimulations to the child.

Communal Play House and Combined Play Feeding

- To address underweight among children, communal play houses and combined play feeding has been successful in health promotion approach.

Health promotion camps are conducted with the intention of promoting healthy practices among the villagers with the involvement of community members.

Community members play the role of demonstration and they basically deliver what they have practiced and learnt through applying health promotion to their own lives.

Mainly body mass index and waist to hip ratio are measured and dietary practices, food purchasing behaviours are discussed with the participants.
A community led forum where experts and the others learn from the presentations of community members about their health promotion process, experiences and achievements.

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Number of households 2010 - 2011</th>
<th>Number of households 2012 -2014</th>
<th>Number of households 2015-2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy child diary</td>
<td>1924</td>
<td>706</td>
<td></td>
</tr>
<tr>
<td>Baby rooms</td>
<td>1746</td>
<td>6952</td>
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<tr>
<td>Communal group feeding</td>
<td>1129</td>
<td>112</td>
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<tr>
<td>Communal group play</td>
<td>755</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined group play and feeding</td>
<td>869</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Happiness calendar</td>
<td></td>
<td>28</td>
<td>28,582</td>
</tr>
<tr>
<td>Reducing sugar, salt and oil intake</td>
<td></td>
<td>103</td>
<td>869</td>
</tr>
</tbody>
</table>

(Peiris et al., 2013, FHP, 2014 and UNICEF, 2016)
## Dispersion of Health Promotion Activities

<table>
<thead>
<tr>
<th>District</th>
<th>Number of households 2010 - 2011</th>
<th>Number of households 2012 - 2014</th>
<th>Number of households 2015-2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anuradhapura</td>
<td>4438</td>
<td></td>
<td>10760</td>
</tr>
<tr>
<td>Moneragala</td>
<td>6952</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Matale</td>
<td>-</td>
<td>-</td>
<td>4027</td>
</tr>
<tr>
<td>Polonnaruwa</td>
<td>-</td>
<td>-</td>
<td>3228</td>
</tr>
<tr>
<td>Kandy</td>
<td>-</td>
<td>-</td>
<td>5765</td>
</tr>
<tr>
<td>Nuwara-eliya</td>
<td>-</td>
<td>-</td>
<td>4802</td>
</tr>
<tr>
<td>Kurunegala</td>
<td>-</td>
<td>2850</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6433</strong></td>
<td><strong>14240</strong></td>
<td><strong>28582</strong></td>
</tr>
</tbody>
</table>

2015-2016

- Number of families who claim an increase in their family happiness – 8196
- Number of communities reporting increased wellbeing – 4110

(Peiris et al., 2013, FHP, 2014 and UNICEF, 2016)
Successful projects - Addressing Malnutrition

Capacity Building of Community Groups and Public Health Midwives to Improve Nutritional Status by Facilitating Collective Community Actions

<table>
<thead>
<tr>
<th>Total</th>
<th>Pre intervention</th>
<th>Post intervention</th>
<th>% improved from under-weight to normal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>Number normal weight</td>
<td>Number under weight</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>4500</td>
<td>3336</td>
</tr>
<tr>
<td>Anuradhapura</td>
<td>4500</td>
<td>3336</td>
<td>1164</td>
</tr>
<tr>
<td>Matale</td>
<td>881</td>
<td>271</td>
<td>610</td>
</tr>
<tr>
<td>Polonnaruwa</td>
<td>1322</td>
<td>937</td>
<td>385</td>
</tr>
<tr>
<td>Kandy</td>
<td>1430</td>
<td>1100</td>
<td>330</td>
</tr>
<tr>
<td>N’eliya</td>
<td>648</td>
<td>509</td>
<td>139</td>
</tr>
<tr>
<td>Total</td>
<td>8781</td>
<td>6153</td>
<td>2628</td>
</tr>
</tbody>
</table>

Table 5 – weight gains

Extracted from the Final (narrative) Report, 2016
Funded by UNICEF
Implemented by Plan Sri Lanka and Foundation for Health Promotion
Example from Wellawaya, Monaragala district
Community Advocates

- Plan Sri Lanka Community Network Project
- Community advocates were identified, evaluated and they received an appreciation by the university
- Anuradhapura, Moneragala, Matale and Kandy Districts
1. Health Promotion Colloquium – March, 2016
   - Five staff members from Plan International China and twenty staff members from Plan International Sri Lanka

2. Health Promotion Colloquium – October, 2014
   - Twelve professionals from twelve different countries participated
## Contribution through Media

<table>
<thead>
<tr>
<th>Resource Person</th>
<th>Type of Media</th>
<th>No. of Programs/Articles</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Duminda Guruge</td>
<td>Television</td>
<td>190</td>
<td>Jathika Rupawahini, Sirasa, ITN, Derana, Swarnawahini, Siyatha</td>
</tr>
<tr>
<td></td>
<td>Radio</td>
<td>20</td>
<td>Rangiri Dambulu, SLBC, Rajarata Sewaya, Hiru FM</td>
</tr>
<tr>
<td></td>
<td>News papers</td>
<td>06</td>
<td>Dinamina, Dailymirror</td>
</tr>
<tr>
<td>Dr. Manoj Fernando</td>
<td>Television</td>
<td>30</td>
<td>Jathika Rupawahini, Sirasa, ITN, Derana</td>
</tr>
<tr>
<td></td>
<td>Radio</td>
<td>15</td>
<td>SLBC, Lak FM</td>
</tr>
<tr>
<td></td>
<td>News papers</td>
<td>50</td>
<td>Daily mirror, Lankadeepa, Rivira</td>
</tr>
</tbody>
</table>
Examples of Television Programs

Rajarata University of Sri Lanka
Examples of News Paper Articles

Asia Regional Health Promotion Colloquium discusses how to build health protection models at Rajarata University of Sri Lanka.

“Health is the greatest gift anyone can have.”

“Nodanith Daruwan Ekeyen Wetuna” a love song from a very famous Sinhala poet, is the name of a new and unique programme which addresses child psychology problems and all aspects of child development. This includes the study of children’s behavior, including physical, cognitive, motor, linguistic, perceptual, social, and emotional characteristics from birth through adolescence. Well-known child psychologists explain the similarities and differences among children and describing normal and abnormal behavior and development. Advice is also given on how they can overcome these problems. The programme also teaches parents to develop methods of treating and dealing with Social, Emotional problems and how to provide therapy. The programme is presented by Medha.
<table>
<thead>
<tr>
<th>Types</th>
<th>Mr. Duminda Guruge</th>
<th>Dr. Manoj Fernando</th>
<th>Dr. Lalith Senarathne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduate research</td>
<td>17</td>
<td>17</td>
<td>08</td>
</tr>
<tr>
<td>Postgraduate research</td>
<td>05</td>
<td>00</td>
<td>01</td>
</tr>
<tr>
<td>Foreign students</td>
<td>Supervision – 39</td>
<td>Supervision – 01</td>
<td>00</td>
</tr>
<tr>
<td></td>
<td>Co-supervision – 01</td>
<td>Co-supervision – 39</td>
<td></td>
</tr>
</tbody>
</table>
Supervision of Postgraduate Research

MD Supervision -
- *Mr. Duminda Guruge* - Level of Empowerment for Tobacco Control and correlates among individuals aged 15 to 59 years in the Monaragala District and Effectiveness of Community Based Participatory Tobacco Control in a Selected PHI area (ongoing)

MPhil Supervision –
- *Mr. Duminda Guruge and Dr. Lalith Senarathne* - A village that protects children from physical abuse and neglect: Developing and evaluating a health promotion intervention (ongoing)
- *Mr. Duminda Guruge* - Effectiveness of a health promotion intervention to reduce intimate partner violence in a selected Medical Officer of Health area (ongoing)
- *Mr. Duminda Guruge* - A school-setting based health promotion intervention to improve the social environment among adolescents in a selected educational zone (ongoing).

MSc Supervision –
- *Mr. Duminda Guruge* - Knowledge and Perceived Barriers for Application of Health Promotion Approach among Public Health Midwives in Kandy District


## Publications (Staff members)

<table>
<thead>
<tr>
<th>Types</th>
<th>Mr. Duminda Guruge</th>
<th>Dr. Manoj Fernando</th>
<th>Dr. Lalith Senarathne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Books</td>
<td>04</td>
<td>05</td>
<td>01</td>
</tr>
<tr>
<td>Journal Articles</td>
<td>03</td>
<td>01</td>
<td>00</td>
</tr>
<tr>
<td>Abstract</td>
<td>52</td>
<td>18</td>
<td>04</td>
</tr>
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</table>

### Types of Publication

<table>
<thead>
<tr>
<th>Types of Publication</th>
<th>No. of Publication</th>
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</thead>
<tbody>
<tr>
<td>Books</td>
<td>08</td>
</tr>
<tr>
<td>Journal Articles</td>
<td>03</td>
</tr>
<tr>
<td>Abstract</td>
<td>55</td>
</tr>
</tbody>
</table>

## Publications (Students)

<table>
<thead>
<tr>
<th>Types of Publication</th>
<th>No. of Publication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal Articles</td>
<td>02</td>
</tr>
<tr>
<td>Abstract</td>
<td>40</td>
</tr>
</tbody>
</table>