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SUWASIRIPAYA

මගේ අංකය
எனது எண்.
My No. MH/NCOD/NNM/2016

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உமது எண்.
Your No.

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திகதி
Date 2016.04.18²²

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சுகாதார, போசாக்கு மற்றும் சுதேசவைத்திய அமைச்சு
Ministry of Health, Nutrition & Indigenous Medicine

Circular No. 01 - 14 / 2016

All Provincial Chief Secretaries
All Provincial Secretaries of Health
All Provincial Directors of Health Services
All Regional Directors of Health Services
All Medical Officers of Health
All Heads of Institutions

National Nutrition Month – June, 2016

“Shape Your Meal to Shape Your Body”

National Nutrition Month is planned to be conducted during the month of June 2016. This is being held annually with the intention of uplifting the nutrition status of the Sri Lankan population. Various programmes and activities are planned to be implemented at National, Provincial, District and Village levels under the theme “Shape Your Meal to Shape Your Body”

Everybody needs to be constantly vigilant about their own nutrition status to maintain a healthy body. However, the prevailing fast moving society has given less priority to nutrition. People are being attracted to fast foods and sedentary life at an alarming rate due to their busy life style.

National nutrition and micronutrient survey conducted by MRI in 2012 revealed that 16.2% of men aged 18-59 yrs were thin, while the prevalence of overweight and obesity were 22% and 4.2% respectively. The same survey showed that 14.9% of women aged 18-59 yrs were thin while overweight and obesity were 24.6% and 6.9% respectively (MRI, 2012).

In addition, it is evident that over the past two decades the prevalence of overweight and obesity are rising steadily. This in turn resulted in the increased risk of non-communicable diseases such as heart diseases, diabetes and hypertension.

In Sri Lanka, protein-calorie malnutrition is high among children under 5 years, school children and adolescents. Their main nutrition problems are low weight for height (wasting) and low weight for age (underweight). However in urban areas over weight and obesity rates are on the rise among school children. This shows that Sri Lanka is suffering from the double burden of nutritional problems.

Unhealthy food habits like skipping breakfast, eating fast food and short eats, taking sweetened drinks, low intake of vegetables, fruits and green leaves have paved the path to these problems. Busy life style leading to lower physical activity level and higher mental stress has also aggravated this condition.

To obtain proper nutrition, selection of variety of foods, preparation of food while preserving nutrients and consumption of adequate amounts of food are easy steps which can be followed by the community. Based on these facts, the main objective of the National Nutrition Month is to create proper understanding among people and bring about a positive behaviour change regarding inclusion of a variety of food in correct proportions in their food plate.

Objectives of the National Nutrition Month:

1. To create public awareness of the importance of a nutritionally balanced diet and its contribution towards a healthy life.
2. To assess nutrition status of the people in all age groups and motivating them to maintain a proper weight for their height (BMI) through educating them on its importance.
3. To strengthen multi-sectoral approach to improve nutrition status of the community through participation of the non health sectors.
4. Improving knowledge, attitudes and practices of the community on nutrition through island wide nutrition programmes.
5. To motivate people to adopt a healthy life style by avoiding unhealthy food habits and sedentary life style to overcome overweight/obesity (high BMI) and risk for non communicable diseases.

National Level programmes to commemorate National Nutrition Month

1. Inauguration ceremony in Colombo
2. Television and radio programmes based on objectives of the National Nutrition Month
3. Implementation of nutrition programmes through coordination of government institutes, Non-Governmental Organizations (NGOs) and the private sector
4. Organizing of a walk to introduce the theme for this year
5. Poster competition among school children to promote nutrition month activities

Programmes at Provincial, District and Divisional Level

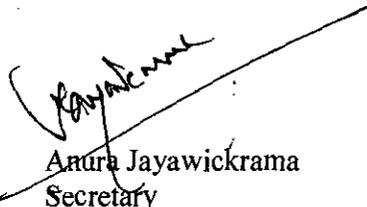
1. Special interventions by health sector through coordination of all stake holders and institutions to organize and conduct nutrition programmes.
2. Establishing nutrition committees comprised of field officers at divisional level and activating existing committees to facilitate nutrition messages reaching people.
3. Conducting awareness programmes on importance of consuming nutritious food in required amounts.
4. Food demonstration programmes to introduce methods to prepare locally available food in different ways while preserving its nutrients and taste.
5. Promotion of healthy food habits through attitude change by focusing on the importance of nutrition thereby preventing transmission of adverse effects of under nutrition to the next generation.
6. Motivating people to do home gardening to ensure house-hold food security
7. Creating awareness among adolescents on importance of proper nutrition and methods to maintain proper body mass index.
8. Assess nutritional status of under five children and identify children with nutrition problems to implement necessary interventions, follow up and analysis of underlying causes for these nutrition problems to overcome them through multi-sectoral approach.
9. Identification of nutrition problems in all MOH areas mapping of villages with nutritionally vulnerable families and analysis of causative agents to overcome these problems through multi sectoral approach and monitor these interventions.
10. Conducting Nutrition Programmes jointly with relevant ministries and organizations such as Education, Agriculture, Sports, Children's secretariat, media and private sector.

11. Assessment of nutrition status and creating awareness among school children on adverse effects of consuming fast food and skipping meals thereby to inculcate healthy food habits.
12. Taking necessary steps to disseminate nutrition messages through active children's societies, adolescent societies, sports clubs and village development societies.
13. Strengthening Mother's Support Groups to ensure household food security with the involvement of agricultural officers.

Your cooperation and commitment to accomplish this national endeavour is very much appreciated. Hence, please follow the instructions given in this circular and send the report to Nutrition Coordination Division.

For further details and guidance, please contact Nutrition Coordination Division, Ministry of Health, Nutrition and Indigenous Medicine on 011-2368320/21/23 or nutritioncoordination@gmail.com) and following institutions under the Ministry of Health Nutrition and Indigenous Medicine:

- Director, Family Health Bureau - 0112699332 /0112696677
- Director, Health Education Bureau - 0112696606
- Director, Nutrition Division - 0112559250
- Director, Estate and Urban Health Unit - 0112675818
- Director, Non Communicable Disease Unit - 0112669599
- Director, Young, Elderly & Disabled Unit - 0112674684
- Director, Environment & Occupation health Unit - 0112672004
- Assistant Director, Central Food Control Unit - 0112368813
- Head, Nutrition Division, Medical Research Institute - 0112695999


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