

9th INTERNATIONAL CONFERENCE ON PUBLIC HEALTH AMONG GMS COUNTRIES

Strengthening Public Health Capacity to Respond to Myanmar's Disease Transition

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Tej Ram Jat, PhD
Programme Manager Public Health
HelpAge International, Myanmar



Myanmar: Overview

- Population- 51,486,253 (Census 2014)
- Ongoing epidemiological transition increasing the burden of NCDs.
- 94% adults live with at least 1 risk factor of NCDs (STEPS 2014).
- 68% deaths due to NCDs (WHO-2017).
- Limited capacities for research, policy, programming for prevention and control of NCDs.



About the Project

- **Objectives-** To strengthen the UPH and wider health stakeholders for evidence-based policy development and policy analysis on NCDs and to improve institutional capacities for managing the transition towards NCDs in Myanmar.
- **5 year project, 3.5 Million Euro-** Funded by European Union, co-funded by Age International and World Diabetes Foundation.
- **Partners:** HelpAge International, University of Public Health, University of Medicine 2 and Thammasat University.
- **Working very closely with NCD Unit of Ministry of Health and Sports, Government of Myanmar.**

Expected Results

Result 1: Enhanced research and evidence-based policy analysis to inform the government's response to the health transition in Myanmar.

Result 2: Greater knowledge among 1,500 policymakers and public health implementers across Myanmar on how to address the rising burden of NCDs.

Result 3: Increased in-country policy dialogue and consultation with a wide range of Myanmar stakeholders on the rising challenge of NCDs.

Result 4: Stronger University of Public Health academic capacity to deliver high quality teaching and research, guided by clear institutional strategy.

Result 5: Effective University of Public Health operational capacity including project and financial management.

Result 6: Active professional linkages with health institutes in other countries and South-South collaboration.

Major Strategic Components

Research

- Assessment of research gaps and developing priority research agenda
- Enhanced research to inform policy and programmatic response to address health transition

Policy

- Increased policy dialogue and consultation
- Enhanced evidence based policy analysis
- Developing National Strategic Action Plan on NCDs

Strengthening Public Health Capacity to Respond to Myanmar's Disease Transition

Capacity Building

- Greater knowledge and skills among policy makers and public health implementers
- Capacity building for PEN expansion
- Stronger UPH to deliver high quality teaching and research

Communication

- Wider dissemination of research evidence through workshops, publications and different communication media for awareness and policy initiatives

Progress and Achievements

Research Component

- **Completed assessment of research gaps on NCDs (literature review and qualitative interviews)**
- **Conducted KAP survey on mental health (Mental Health Literacy in Community)**
- **Formed Research Advisory Committee, organized two meeting of RAC to discuss on the findings of research gap assessment and to develop priority research agenda on NCDs**
- **Developed priority research agenda on NCDs**
- **Started work on developing study design on NCD morbidity**
- **Started work on developing study design for qualitative study on mental health**

Progress and Achievements

Policy Component

- **Organized a policy introductory meeting by TU and Consultants- Yangon, October 2015**
- **Experience Sharing Workshop on Health Care System and Policy Development in NCDs, Experiences and Lessons learned from Thailand- Yangon, January 2016**
- **Workshop on Policy Analysis and Policy Development Process with focus on NCDs- Nay Pyi Taw- October 2016**
- **Developed and formally released (MOHS) the National Strategic Action Plan for prevention & control of NCDs in Myanmar: 2017-21**

Progress and Achievements

Policy Component

- **Health policy workshop for faculty and researchers from UPH, other universities and NCD unit, Yangon, 25-27 April 2017**
- **Health policy workshop for faculty and researchers from UPH, Yangon, 6-8 September 2017**
- **Workshop on health policy and systems research, 24-26 October 2017**
- **Meeting of NCD stakeholders for establishing national NCD network including non-health actors**









Progress and Achievements

Capacity Building Component

Learning Exchange with Thammasat University:

- **Learning Exchange Program (1) on Primary Care Services and Counseling on NCDs (14-18, September 2015) Bangkok, Thailand**
- **Learning Exchange Program (2) on PEN site health center and planning on health policy at UPH (29-30 October 2015), Yangon**
- **Learning Exchange Program (3) Primary Care Services & Service delivery (2-6 Nov 2015), Bangkok, Thailand**
- **Learning Exchange Program (4) on health care system and policy development in NCDs: experience sharing from Thailand (12th Jan 2016), Yangon, Union of Myanmar**

Progress and Achievements

Capacity Building Component

Learning Exchange with Thammasat University:

- **Learning Exchange (5) Monitoring & Evaluation of NCDs Programmes (23rd -27th May 2016), Bangkok, Thailand**
- **Learning Exchange 6: NCD - Surveillance and Services, (17th -20th January 2017), Bangkok, Thailand**
- **Learning Exchange 7: NCDs prevention programs under Universal Health Care Coverage, (11-13 September 2017), Bangkok, Thailand**



Progress and Achievements

Capacity Building Component

- **Capacity building and advocacy for PEN Expansion**
- **Meeting on formulation of Strategic Plan for Scaling Up of PEN in Myanmar (18th Feb 2016), Yangon**
- **Workshop on development of plan for scaling up of PEN in Myanmar (1st March 2016), Nay Pyi Taw**
- **PEN Scaling up Meeting, Yangon (29th July 2016)**
- **Meeting for initiation of PEN expansion & Development of National Strategic Plan on NCDs meeting- UM 2, Yangon, 28th October, 2016**

Progress and Achievements

Capacity Building Component

- **Advocacy Workshops on NCDs and PEN Expansion in 5 States and Regions**

State/Region	Date	Number of Participants
Yangon	09 August 2016	100
Bago	12 August 2016	153
Nay Pyi Taw	16 August 2016	60
Mandalay	19 August 2016	120
Mawlamyaing	24 August 2016	70





Progress and Achievements

Capacity Building Component

- **Developed two manuals for PEN Scaling-up training**
- **Central team training for PEN scaling-up (1st and 2nd Feb 2017), Yangon (23 participants)**
- **Refresher course for TOT of PEN Manual guideline for Central Team , UPH, Yangon, 7th March 2017**
- **Package of Essential Non-communicable Diseases Interventions (PEN) Training of Township Level Medical and Public Health Officials (First batch)- 14th-16th March 2017, Nay Pyi Taw (50 participants), (Second batch)- 28th-30th March 2017, Yangon (41 participants), (Third batch- 62 Participants), 25-27 October, Nay Pyi Taw**
- **9 supervision visits conducted**
- **Training on trends, prevention & control of NCDs for University of Community Health, Magway- June 2017 (128 participants)**



Progress and Achievements

Capacity Building Component

- **Supported for public health curriculum review for UPH and 5 medical universities**
- **Organized two day national seminar on public health curriculum review : 3-4 May 2017**
- **Organized stakeholder consultative workshop on mental health- 27 June 2017**
- **Strengthened physical facilities for training/learning at:**
 - **UPH, UM2 and PEN Site (Myaungdagar RHC)**

Progress and Achievements

Capacity Building Component

- **Training on Project Cycle Management**
 - Administrative Staff: 30 Sept. to 2 Oct. 2015 (15 participants)
 - Academic Staff- 11 to 13 Nov. 2015 (20 participants)
- **Training for administrative staff on financial management-** 29 – 30 March 2016 (15 participants)

Progress and Achievements

Capacity Building Component

- **Established E-library at UPH , 2017**
- **Participation in course on systematic reviews, Australia, October, 2017**
- **Participation in strategic meetings and conferences on NCDs and ageing**
- **Conducted one in-country learning exchange an sharing on cervical cancer guidelines, October 2017**
- **Arranged one meeting with University of Hong Kong for developing linkages and south-south collaboration, September 2017**



Progress and Achievements

Communication Component

- Knowledge and evidence dissemination workshops:
 - Two dissemination workshops for STEPS NCD risk factors survey (Nay Pyi Taw - 4th February 2016 and Yangon - 17th March 2016)
 - Experience Sharing Workshop on Tobacco Control in Myanmar (Yangon- UPH 11 July 2016)
 - Dissemination Seminar on findings of Mental Health assessment (7th July 2016)



Progress and Achievements

Communication Component

- **IEC Material Developed and Distributed:**
 - **STEPS Survey report**
 - **STEPS Fact Sheets (English and Myanmar Version)**
 - **STEPS Data Sheet**
 - **Project brochures**
 - **Booklets on overview of NCDs in Myanmar**
 - **Research gap assessment report**

Progress and Achievements

Communication Component

IEC Material Developed and Distributed:

- **First policy brief on overview of NCDs**
- **Second policy brief on PEN implementation in Myanmar**
- **Third policy brief on mental health under progress**
- **Poster on NCDs developed**
- **Pamphlet on NCDs prevention developed**

Progress and Achievements

Communication Component

- **Electronic and Social Media**

- **Project website (2017)**

www.sphcmyanmar.org

- **Created (2016) and regular updating a Facebook page for the project for sharing new updates and awareness raising**

https://www.facebook.com/SPHCMyanmar/?ref=aymt_homepage_panel

- **Short film on the project (2017)**

<http://sphcmyanmar.org/audio-and-video-resources/>

Progress and Achievements

Communication Component

- **Highlighting our work and NCD related issues in print and electronic media in Myanmar**
- **Contributing news items regularly for SPHIP newsletter for larger visibility**
- **Contributing news items regularly for HelpAge regional newsletter for larger visibility**
- **Presenting our work in different conferences for knowledge sharing**



SPHIP

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Thanks.