



Sarvodaya Comprehensive Community Health Programme

Dr. Vinya Ariyaratne

M.D., M.P.H., M.Sc. (Com. Med), M.D. (Com. Med)

Consultant Community Physician

Executive Director - Sarvodaya



Health

- **State of physical, psychological, social, spiritual well-being, not merely the absence of disease**
- **Health is, in practical terms –**
Happiness
Fitness

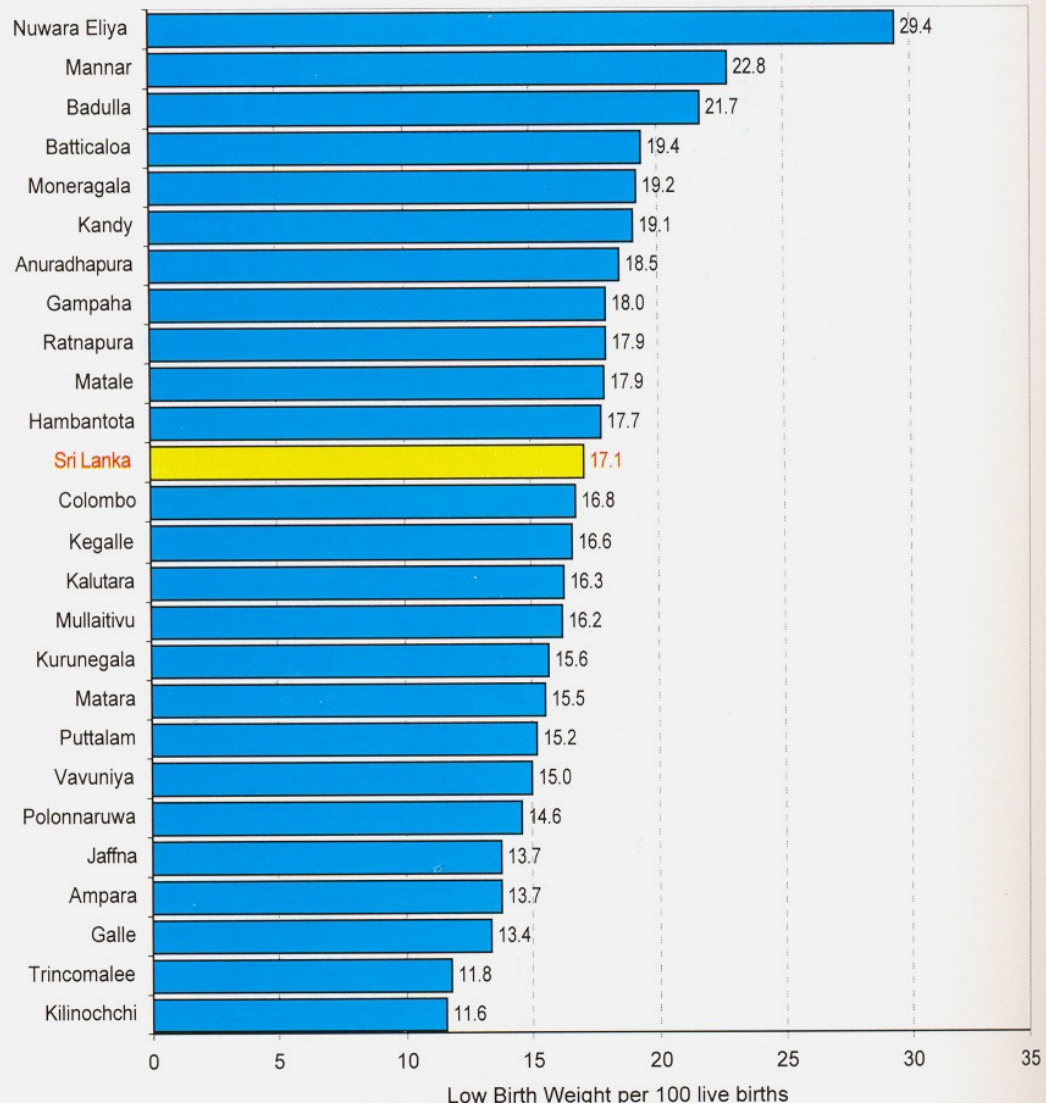


Health Challenges in Sri Lanka

- Health problems due to demographic changes (reproductive health, ageing)
- Malnutrition (PEM, micro-nutrient deficiency)
- Changing epidemiological pattern due to socio-economic changes (communicable diseases to non-communicable diseases)
- Violence & injury
- Child abuse
- War related health problems
- Mental health problems
- Substance abuse (alcohol, tobacco & drugs)

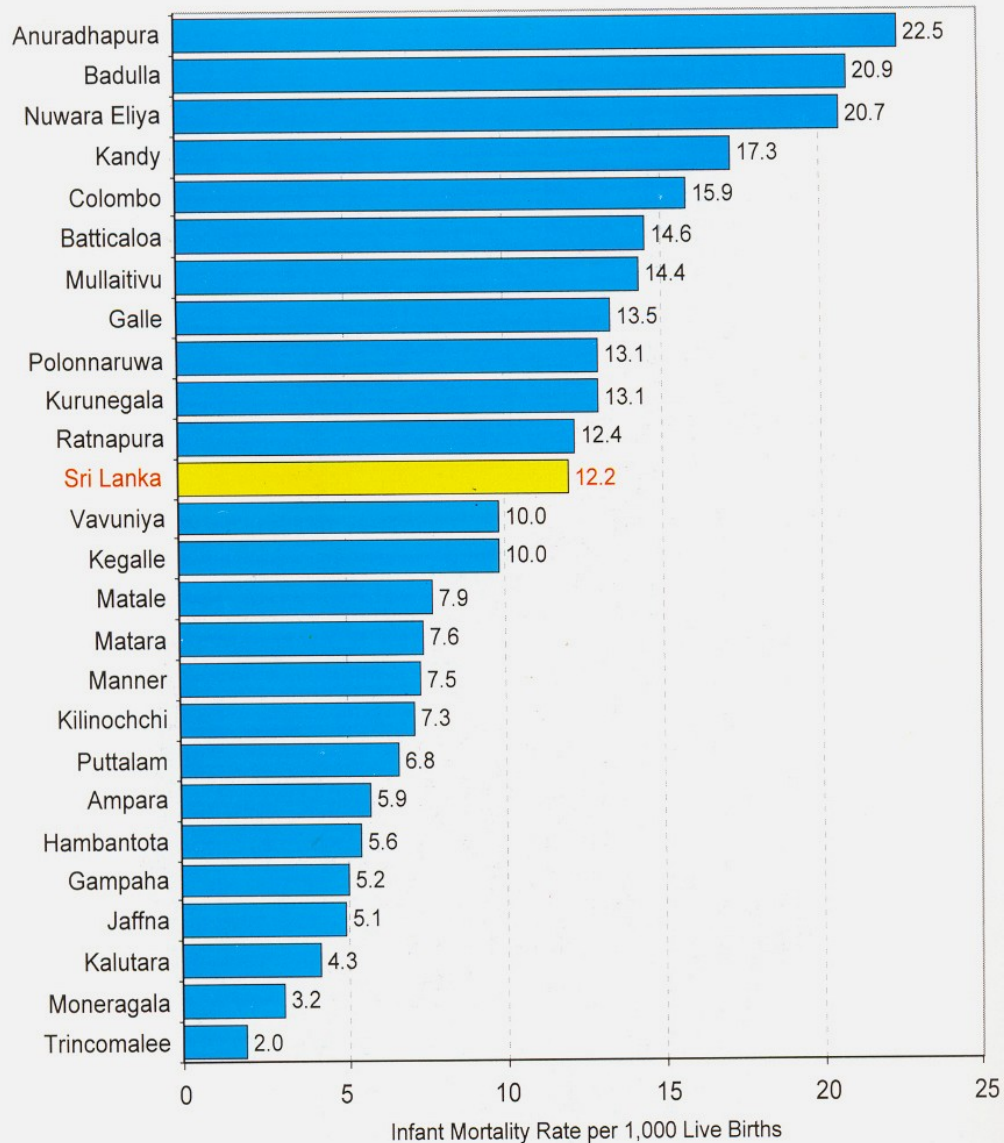
Low Birth Weight

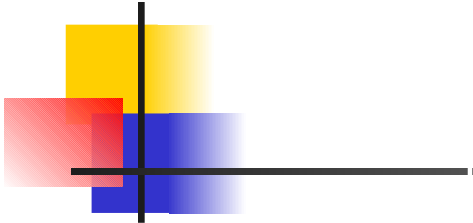
Low Birth Weight in Government Hospitals - 2002 (Under 2500g)



Infant Mortality Rate

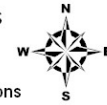
Infant Mortality Rate - 2001





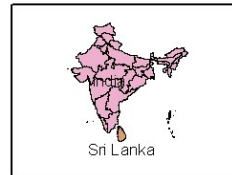
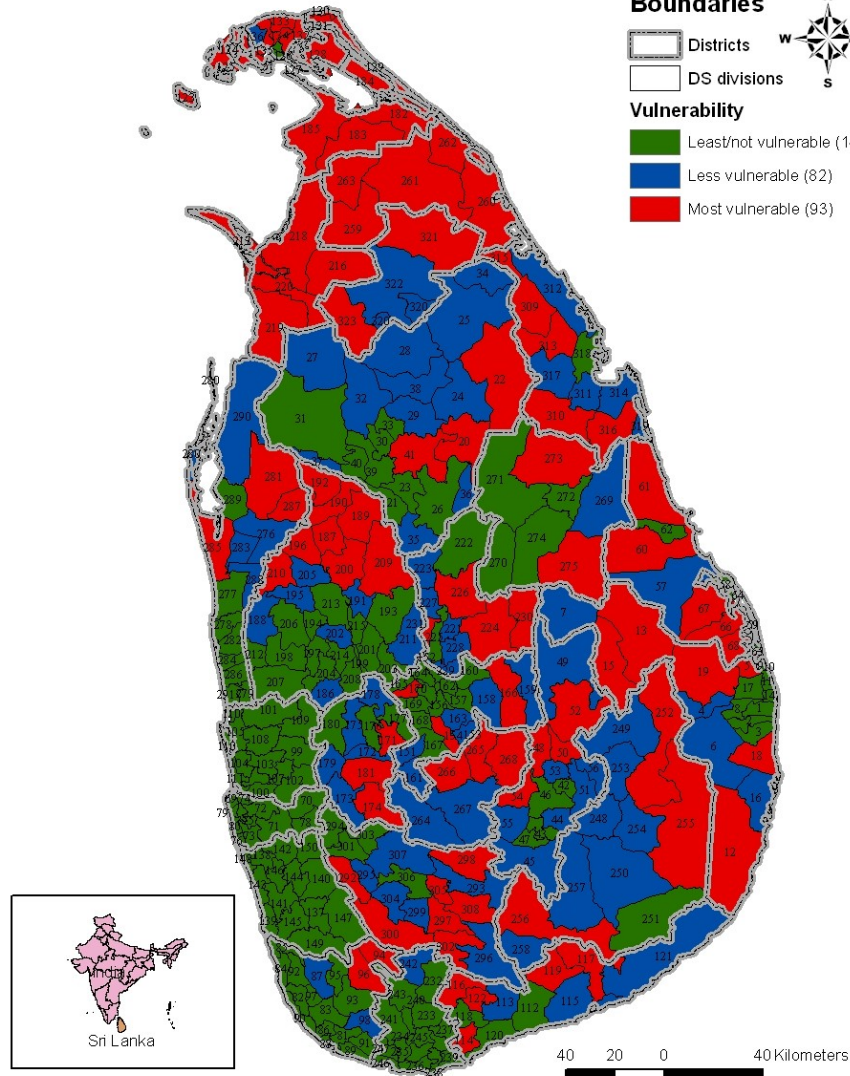
Boundaries

- Districts
- DS divisions



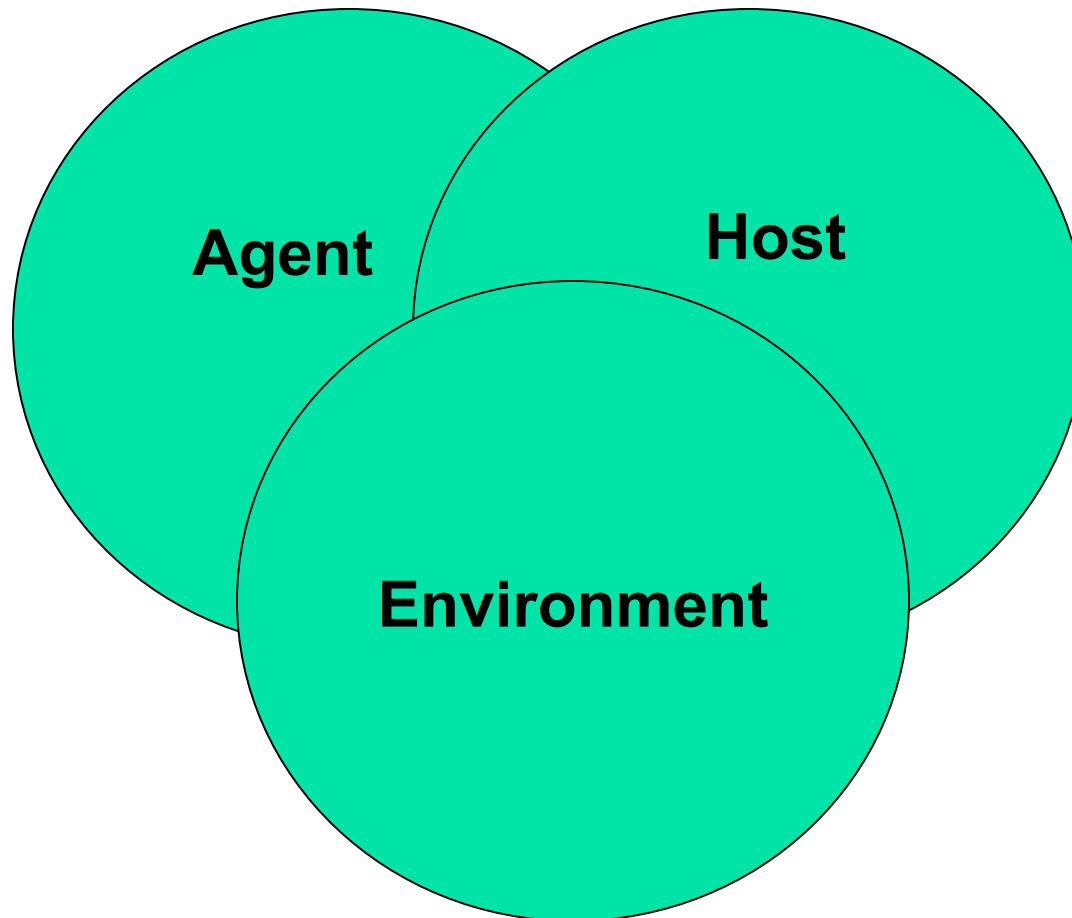
Vulnerability

- Least/not vulnerable (148)
- Less vulnerable (82)
- Most vulnerable (93)





Epidemiological Triad





A State of Health is attained in the community by;

- Developing the ability to think and understand
- Being free to decide and act
- Acting through socially organized groups



A holistic approach

- A broad definition of health which goes beyond medical care to encompass social, environmental, economic, emotional and spiritual aspects of health.
- Life cycle focused
- Approaches to assessing health that are based on the community's broad understanding and definition of health
- A deeper understanding of the root causes of health problems (*determinants of health*)
- Understanding how different kinds of programmes and services relate to each other
- Relevance of macro-economics & governance



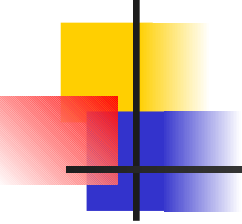
Levels of Health Action

- Individual
- Family
- Village/Community
- Divisional
- District
- National
- (International)



Community Health Activities currently supported by NFSD through CSDP (2000 – 2005)

- Early Childhood Development
- Rural Infrastructure Development (Water Supply and Sanitation, Housing)
- Shanthi Sena (Mini-health centres *Suwadana Centres*)
- Peace & Conflict Resolution
- Community Health (inclusive of Reproductive Health)



Overall Objective of Comprehensive Community Health Programme (CCHP) 2005-2008

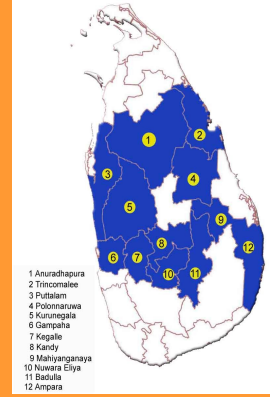
To enhance the capacity of 1100 villages in 12 districts in Sri Lanka to improve their well-being through an integrated, comprehensive and holistic approach

Community Capacity Building and governance for health

Health Education and communication

Early Child Development

To enhance the capacity of 1100 villages in 12 districts in Sri Lanka to improve their well-being through an integrated, comprehensive and holistic approach



Health & Social Care of orphans and teenage mothers

Rural infrastructure for health

Violence and Injury Prevention

Prevention and control of communicable and non communicable diseases

Policy / Research and advocacy

Policy advocacy
Research
Information
Dissemination
Coordination
Health promotion
Early detection and treatment of common diseases
Nutrition
Water & Sanitation
Reproductive Health
CBR
Elderly care
Substance abuse



Healthy World

Healthy Nation

Healthy City

Healthy Village

Healthy Family

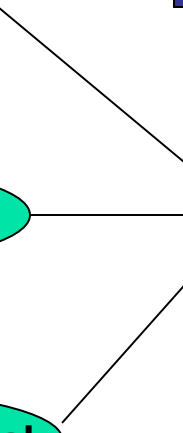
Healthy Individual

National Level Health Action

District Level Health Action

Divisional Level Health Action

Village Level Health Action





Healthy Individual

- A Life cycle approach

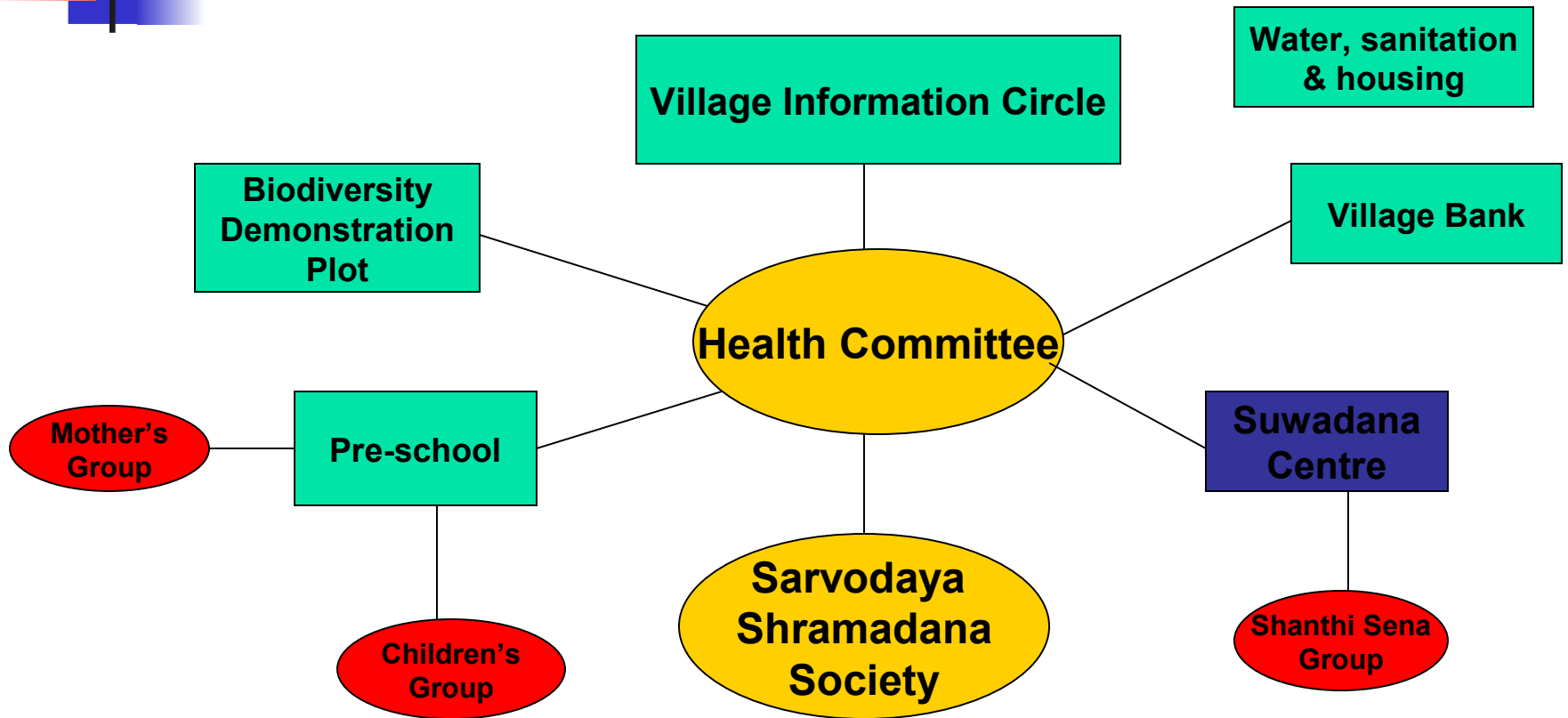
- Pre-school (0-5)
- School-going (5-18)
- Adolescents (10-20)
- Youth (18-30)
- Young adults (30-40)
- Adults (40-60)
- Elderly
 - Young old (60-70)
 - Old old (70 and above)



Village Level Health Action

- Health promotion
- Prevention of locally endemic diseases (communicable and non-communicable)
- (Early child development and care)
- Suwadana Centre (mini-health centre)
- Community nutrition
- Community based rehabilitation (CBR) of the disabled
- Reproductive health
- Violence (gender violence/child abuse)
- Elders health care

Village Institutional Infrastructure



Suwadana Centre (village health centre)



- Focal point for health education on an on-going basis
- Monitoring of health status of the community (community surveillance)
- Liaison with government health services
- First-aid and treatment of minor ailments
- Youth participation in health promotion
- Focal point for community disaster preparedness and management
- Organizing periodic health clinics for specific target groups

Health Promotion

- *“the process of enabling people to increase control over, and to improve health”*
- Not directed against any particular disease, but is intended to strengthen the host through a variety of approaches (interventions);
 - Health education*
 - Environmental modifications*
 - Nutritional interventions*
 - Lifestyle and behavioural changes*



Divisional Level Health Action

- Health Resource centres (coupled with telecentres?)
- Health advocacy
- Disaster preparedness and management
- Health education
- Coordinating inter-village actions for health



District Level Health Action

- District health resource centre
(at Sarvodaya district centre)
- Advocacy
- Disaster preparedness and management
- Health education
- Training



National Level Health Action

- Health Resource Centre (including media and publications)
- Policy Advocacy
- Human Resource Development (HRD) for health
- Applied Research and consultancy
- Disaster Preparedness & Management
- Coordination and management of special projects (ie.GFATM)

Thank you!

