



Prevention and Control of Non-communicable Diseases

Myanmar is now facing double burden of diseases (Communicable Diseases & Non-Communicable Diseases) due to the demographic and socioeconomic transition that occurred in recent decades. In National Health Plan (2011-2016), priorities actions has been developed with the aim to preventing, controlling and providing care for the following categories of diseases and conditions.

- Chronic non-communicable diseases/conditions with shared modifiable risk factors- tobacco use, unhealthy diet, physical inactivity, harmful use of alcohol
 - Cardiovascular disease
 - Diabetes Mellitus
 - Cancer
 - Chronic respiratory disorders

- Non-communicable diseases/conditions of public health importance
 - Accidents and injuries
 - Disabling conditions (Blindness, Deafness, Community based rehabilitation)
 - Mental Health
 - Substance abuse
 - Snake bite

National STEPS Survey (2009) reported that the prevalence of currently smoke was 33.6% in males and 6.1% in females, the prevalence of hypertension was 31% in males and 29.3% in females, and prevalence of overweight (BMI \geq 25 kg/m²) was 21.85% in males and 23.07% in females and obesity (BMI \geq 30 kg/m²) was 4.3% in males and 8.4% in females among the sample population.

Surveillance System

- STEP Surveys (2003-2004 Yangon Region, 2009-2010 National)
- Global Youth Tobacco Survey (GYTS) 2001, 2004, 2007
- Global School Personnel Survey (GSPS) 2001, 2007
- Global Health Professional Students Survey (GHPSS) 2006, 2009
- Myanmar Surveillance System for NCD still need to be established

National Response to the NCD epidemic

- Multisectoral Meeting to Finalize National Policy on NCDs
- Workshop for Package of Essential NCDs (PEN) intervention for Primary Health Care
- Regional Meeting on NCDs including Mental Health and Neurological Disorders
- Country Level Multisectoral Meeting on NCDs
- National Strategic Plan on DPAS (Draft)
- National Policy on Tobacco Control
- Control of Smoking and Consumption of Tobacco Product Law (2006)
- Specific Programme on Prevention and Control of NCDs in National Health Plan (2011-2016)



Meeting on Package of Essential NCDs