

Foreword by H.E. Professor Dr. Pe Thet Khin, Union Minister for Health

Good health is an essential part of good life. Provision of health services form only part of the measures to bring about healthy life expectancy. The Ministry of Health is playing a pivotal role in promotion and maintenance of health of the people for ensuring their health and longevity. Notwithstanding resource constraints as a developing country, Myanmar health sector could make substantial achievements in raising the health status and prolonging the lives of the people.



Development and progress have brought about improved quality of life and increased life expectancy. It is estimated that around 8 percent of the population of the WHO South-East Asia Region are above the age of 60 years and as well in Myanmar. Longer life is associated with chronic diseases and disabilities in old age. This affects the overall quality of life and poses a challenge for the families, communities and government. There is an urgent need to develop, implement and evaluate policies and programmes that promote healthy and active ageing and the highest attainable standard of health and well-being for the older citizens. With the aim to promote active and healthy ageing, Ministry of Health has initiated the elderly health care project since 1992. Effective collaboration and coordination of the related departments and organizations is also essential for the full implementation of the elderly care. In Myanmar culture, people used to live in extended families and giving respect and taking care of family elders is one of the advantages for elderly people.

This publication provides a brief account of Myanmar Health System along with its efforts and achievements made in raising the health status of the people. Myanmar is committed to working with all partners and will continue to sustain the partnership development nationally, regionally and globally.

A handwritten signature in blue ink, appearing to read 'Pe Thet Khin', written in a cursive style.

**Professor Dr. Pe Thet Khin
Union Minister for Health**