

PP 41: Identifying influential determinants for non-communicable diseases among school children using Health Promotion approach

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Introduction: World Health Organisation (WHO) estimates for deaths attributed to non-communicable Diseases (NCD) in Sri Lanka have increased up to 75% of total deaths. NCD cause more than three quarters of all deaths and nearly 1 in 5 people die prematurely from NCD. According to the views of school children and staff and observations, NCD risk was high in Wallisinghe Harishchandra Maha Vidyalaya in Anuradapura District.

Objective: To empower school children to identify influential determinants for non-communicable disease through the health promotion approach.

Methods: A community-based study was conducted with a group of school children (n =15) who are in the age range 12-15 years. Interactive discussions were facilitated with school children about current NCD risk among children and identified most influential structural determinants to address to reduce NCD risk. Observation of behavioral patterns, measuring BMI of school children also helped to identify influential determinants.

Results: Eighteen determinants were identified through discussion including peer influence, lack of experience, media influence, poor awareness of parents and children, food preparation methods of children. Five determinants were identified through observation including availability of packed foods in shops, junk food consumption among children, fixable price of junk foods. Six determinants were prioritized by them according to the criteria like importance, changeability, magnitude, majority view and easiness to address. Those included poor awareness of parents and children, peer influence and media influence.

Conclusions: School children were successfully able to identify influential determinants for non-communicable diseases. Health promotion approach is effective in enabling school children to identify the determinants of non-communicable diseases.

Keywords: Non-communicable diseases, determinants, risk, Health Promotion, school children