



Ministry of Health and Sports

# Current Situation, Strategic Activities and Knowledge Gap

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Online Brainstorming Workshop for Further Development of Action Plan for Implementation Research (SH), DMR (POLB), 17<sup>th</sup>-18<sup>th</sup> September 2020



# Presentation outline

- Current Situation of the School Health Programme
- Strategic/Priority Activities
- Knowledge Gap and its Consequences





# **School Health Programme At a Glance**

- Since (1921),
- School Health Team in Yangon
- Composition– T/L, Dentist, SH Nurse, Dental Nurse, Social Worker, clerical staff
- Expand to Mandalay, then to large cities –  
(80) teams
- (2015)- HR for School Health in the renewed Township Organization Set Up – T/L, THN, SN, School Social Worker





# Health Promotion through Schools

- Health Promotion- Alma Ata Declaration(1978)
- (1996)- WHO Global School Health Initiative– Health Promoting School with (9) Components
- (2005)- Nationwide coverage in Myanmar





## **MILESTONES-**

- Life-skills Education Curriculum (LSE)
  - MOHS and MOE - developed in (1998)- SHAPE
  - Nationwide Curriculum in (2008), Core-curriculum in (2017)
- School Health Committees (Central Level to School Level)
- Myanmar National Comprehensive School Health Strategic Plan (2017-2022)
- Nationwide Deworming Programme (2017)
- Accelerated School Monitoring Programme in School Re-opening during COVID-19 (2020)





# Health Promotion Activities in School

Domains (9- Components)	Activities
<ol style="list-style-type: none"> <li>1. Health education</li> <li>2. School environmental sanitation</li> <li>3. School-based disease control</li> <li>4. Nutrition promotion and food safety</li> <li>5. Medical examination including primary oral care and dental examination</li> <li>6. Community outreach</li> <li>7. Counselling and social support</li> <li>8. Training and research</li> <li>9. Sports and physical activity</li> </ol>	<p><u>Health Education Focus</u></p> <ul style="list-style-type: none"> <li>•<u>Primary level</u>: personal hygiene, hand washing and tooth brushing, garbage free school, use of sanitary latrines, DHF prevention and control</li> <li>•<u>Secondary level</u>: <b>tobacco control</b>, school environmental sanitation, <b>school nutrition promotion and food safety, prevention and control of road traffic accident</b></li> </ul>





# Health Promotion Activities in School

Domains(9-Components)	Activities
	<p><u>High school level</u>: <b>reproductive health</b>, sexual transmitted infections (STI), prevention and control of road traffic accident, tobacco and drug abuse, garbage free school</p> <ul style="list-style-type: none"><li>•IEC collection and distribution for school-based health education</li></ul>





Domains	Activities
	<p><b><u>School Health Week (2nd Week of August)</u></b></p> <ol style="list-style-type: none"> <li>1. Health education,</li> <li><b>2. Hand washing and systematic tooth brushing campaign,</b></li> <li><b>3. Healthy life-styles exhibition,</b></li> <li><b>4. Essays/ Posters/ Cartoons competition,</b></li> <li>5. Physical examination including primary oral and dental care,</li> <li>6. Vision screening</li> <li>7. Model School selection and prize awarding ceremony</li> </ol> <p>The Model School selection was conducted biannually, first round - April, May, and second round - Nov, Dec.</p>







Domains	Activities
	<p><u>Disease Control Activities (communicable and non-communicable)</u></p> <ul style="list-style-type: none"> <li>• <b>Prevention and promotion education</b></li> <li>• Aedes Free School - DHF control activities in all schools including Monastic Schools (fogging, larva survey, larva control, abate)</li> <li>• Measles-Rubella immunization campaign in schools</li> <li>• Soil transmitted helminthiasis (STH) control programme</li> </ul>





Domains	Activities
	<ul style="list-style-type: none"> <li>•Integrated Neglected Tropical Disease control program in Myanmar – biannual Albendazole for all preschool (2-4 years) and all school age children (5-9 years)</li> <li>•Biannual deworming for primary students</li> <li>•<b>Physical education for NCDs control</b></li> <li>•School health services : general medical examination and oral health care</li> </ul>





Domains	Activities
	<p><u>School-based nutrition promotion and food safety</u></p> <ul style="list-style-type: none"><li>• Nutrition education, school feeding in selected townships</li><li>• School canteen food safety by health education and medical examination for food handlers</li><li>• Biannual deworming, Iron &amp; folate supplementation together with NNC</li><li>• School food safety together with Department of Food and Drug administration</li></ul>



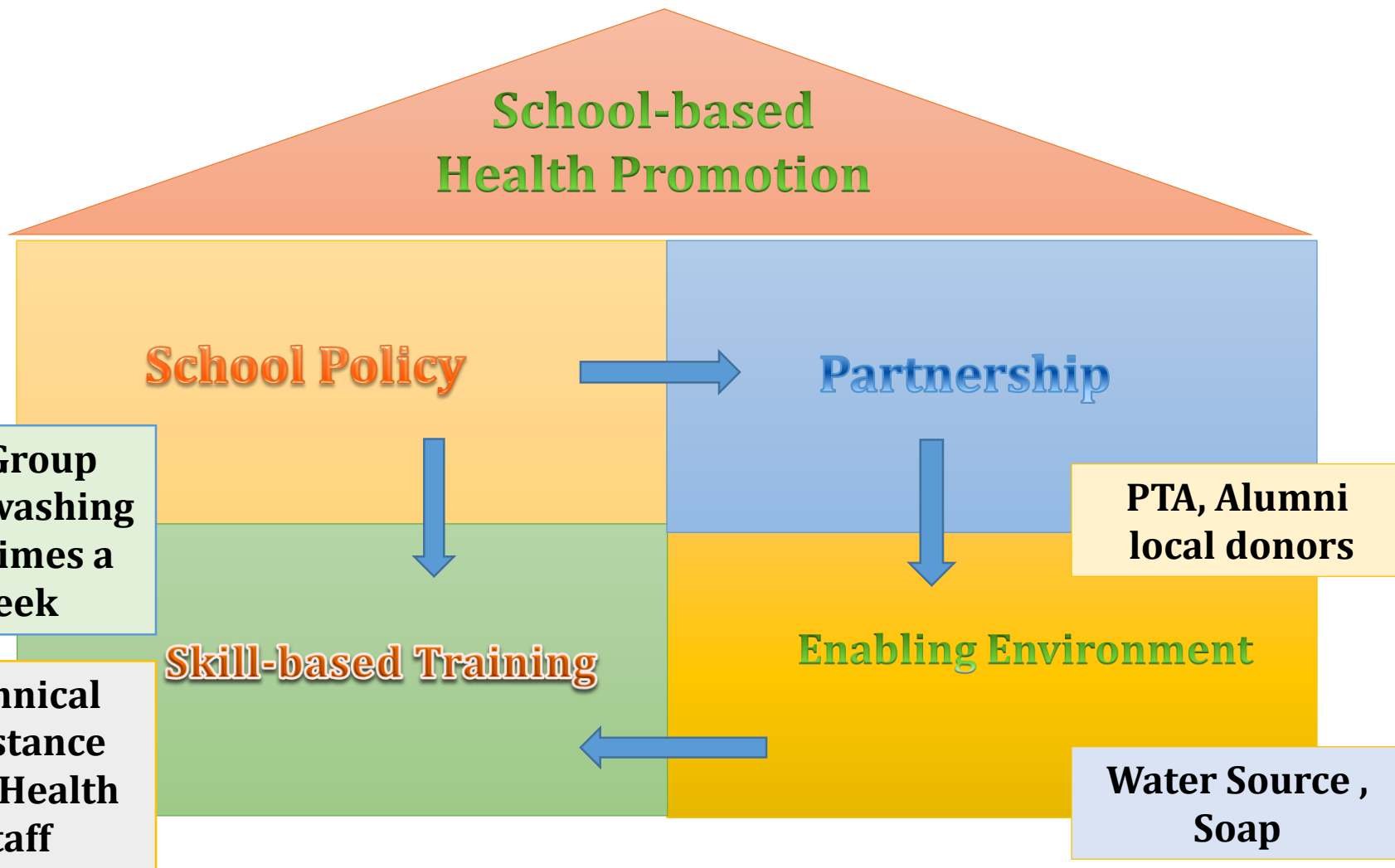


Domains	Activities
	<p><u>School Environment and Sanitation</u></p> <ul style="list-style-type: none"> <li>• Garbage Free School</li> <li>• WASH in schools (including Menstrual Hygiene Management)</li> </ul> <p>together with Ministry of Education and Ministry of Agriculture, Livestock Breeding and Irrigation</p> <ul style="list-style-type: none"> <li>• Protect from discrimination, harassment, abuse and violence</li> <li>• <b>Tobacco Free School</b></li> </ul>





# General Framework at Operational Level





# Current Performance

## School Health Indicators (HMIS)

- (၁) စစ်ဆေးပေးသောကျောင်းပေါင်း
- (၂) စစ်ဆေးပေးသောမူလတန်းကျောင်းသားပေါင်း
- (၃) ကျောင်းသား/ သူ(ကျား/မ)အလိုက် ယင်လုံအိမ်သာစံပြည့် (၅၀:၁) ရှိသော ကျောင်းပေါင်း
- (၄) ကျောင်းတွင်း ကျောင်းသား/ ကျောင်းသူများ လက်ဆေးနိုင်ရန်အတွက် လက်ဆေးကန် (သို့) လက်ဆေးရန်နေရာ (၄၀:၁) ရေနှင့်ဆပ်ပြာ အဆင်သင့် ထားရှိသော ကျောင်းပေါင်း
- (၅) သန့်ရှင်းသော ရေရရှိသောကျောင်းပေါင်း





- (၆) အာဟာရဖွံ့ဖြိုးရေး လုပ်ဆောင်သော ကျောင်းပေါင်း
- (၇) ကျန်းမာရေးအဆင့်မြှင့်တင်ရေးလုပ်ငန်းများ ဆောင်ရွက်နေသော ကျောင်းပေါင်း
- (၈) ကျန်းမာရေးပညာပေးဟောပြောပွဲ ဆောင်ရွက်သော ကျောင်းပေါင်း
- (၉) သန်ချဆေး(၂) ကြိမ် သောက်သုံးရသော ကျောင်းသား/ သူပေါင်း
- (၁၀) မူလတန်းကျောင်းသား/သူများအား ကျောင်းကျန်းမာရေးစစ်ဆေးရာတွင် တွေ့ရှိ ရသော BMI(-2SD) နှင့် အောက်ရှိသော ကျောင်းသားပေါင်း
- (၁၁) မြို့နယ်အဆင့် ကျောင်းကျန်းမာရေး ဆင့်ပွားသင်တန်း ရရှိပြီးသော ကျောင်းပေါင်း





# Priority Activities



**Online Brainstorming Workshop for Further Development of Action Plan for Implementation Research (SH), DMR (POLB), 17<sup>th</sup>-18<sup>th</sup> September 2020**





# နိုင်ငံတော်၏အတိုင်ပင်ခံပုဂ္ဂိုလ်၏ လမ်းညွှန်ချက် (၇) ရပ်

အခြေခံပညာကျောင်းများနှင့် တက္ကသိုလ်များတွင် -

- မူးယစ်ဆေးအန္တရာယ်ကင်းစင်ပပျောက်ရေး
- ဆေးလိပ်သောက်သုံးမှုကင်းစင်ပပျောက်ရေး
- အရက်အလွန်အကျွံသောက်သုံးခြင်းနှင့် အန္တရာယ်များ လျော့ချရေး နောက်ဆက်တွဲ
- ကျန်းမာရေးနှင့်ညီညွတ်သည့် လူနေမှုဘဝပုံစံများ လိုက်နာ ကျင့်သုံးဆောင်ရွက်ရေး
- ယာဉ်အန္တရာယ်နှင့် လမ်းအန္တရာယ်တို့ကြောင့် ထိခိုက်ဒဏ်ရာ ရရှိမှု လျော့နည်းပပျောက်ရေး
- မျိုးဆက်ပွားကျန်းမာရေးဆိုင်ရာ အသိပညာဗဟုသုတများကို ထည့်သွင်းသင်ကြားပေးနိုင်ရေး
- ကျောင်းသား/ ကျောင်းသူများတွင် ဂိမ်းအလွန်အကျွံစွဲလမ်းမှု ပပျောက်ရေး





- ✓ Peer Education Program-National Project
- ✓ Strengthening Life Skills Curriculum - Menstrual Hygiene Management and Comprehensive Sexual Education (CSE)
- ✓ Adolescent and Youth Friendly Health Services (AYFHS)



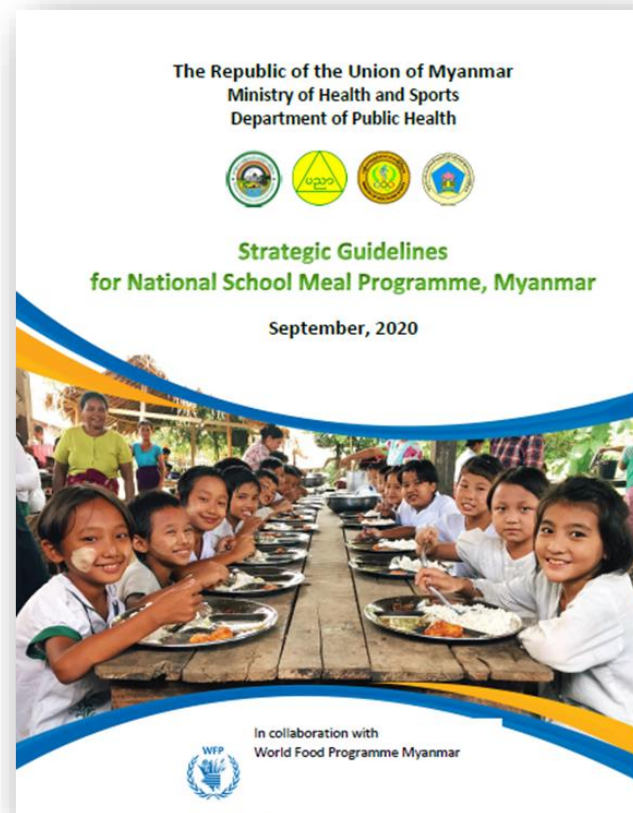
**Launch of Peer Education Programme  
(Convocation Hall, Yangon University,  
March 2, 2020)**



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Implementation Research (SH), DMR (POLB), 17<sup>th</sup>-18<sup>th</sup> September 2020**



# Strategic Guideline development of School Meal Programme



(၂) ထမင်း + အဲဉ်သီးစုံဟင်း (၅၅၅ကယ်လိုရီ)



ထမင်းတစ်ပန်းကန်  
(၂၇၅ကယ်လိုရီ)



အဲဉ်သီးစုံဟင်းတစ်ပန်းကန်  
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- Individual School Health Record Card (Computerized)  
(E- Health Division)
- Healthy School Canteen Project(FDA, NCDs)
- Nationwide Multi-sectorial Health Promoting School Project
- Oral Health Promotion (MOU with Naiigata University)





# Knowledge Gap and Its consequences



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	Students Aged (13-17) Years		
	Total	Male	Female
<b>Dietary Behaviors</b>			
Percentage of students who were <b>underweight</b> (<-2SD from median for BMI by age and sex)	18.0	25.0	12.2
Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	7.6	7.2	8.0
Percentage of students who were obese (>+2SD from median for BMI by age and sex)	1.9	2.3	1.6
Percentage of students <b>who usually drank carbonated soft drinks one or more times</b> per day during the 30 days before the survey	44.9	44.1	45.3



	Students Aged (13-17) Years		
	Total	Male	Female
<b>Mental Health</b>			
Percentage of students who seriously considered attempting suicide during the 12 months before the survey	9.4	7.9	10.9
Percentage of students who <b>attempted suicide one or more times</b> during the 12 months before the survey	8.8	6.9	10.6
Percentage of students <b>who did not have any close friends</b>	3.7	3.5	4.0





	Students Aged (13-17) Years		
	Total	Male	Female
<b>Violence and Unintentional Injury</b>			
Percentage of students who were in <b>a physical fight</b> one or more times during the 12 months before the survey	24.3	31.4	17.5
Percentage of students who were seriously injured one or more times during the 12 months before the survey	36.3	44.1	29.3
Percentage of students <b>who were bullied on one or more days</b> during the 30 days before the survey	50.1	51.0	49.1







	Students Aged (13-17)Years		
	Total	Male	Female
<b>Tobacco Use</b>			
Percentage of students <b>who reported that people smoked in their presence on one or more days</b> during the 7 days before the survey	72.4	75.2	69.9
<b>Alcohol use</b>			
Percentage of students who <b>currently drank alcohol</b> (at least one drink of alcohol on at least one day during the 30 days before the survey)	4.7	8.3	1.4
Percentage of students who drank alcohol <b>before age 14 years for the first time</b> , among students who ever had a drink of alcohol other than a few sips	57.4	53.3	-





- **Proportion of young people with correct knowledge of SRH and HIV/AIDS - 31%**
- **Adolescent birth rate - 36 per 1,000 girls aged (15-19 years)**

**(Source: Myanmar Demographic and Health Survey, 2015-2016)**

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# Questions, Comments & Suggestions



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