



# Care for Society in Myanmar

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**Ministry of Health, Myanmar**

# Outline of Presentation

- NCD Care
- Mental Health Care
- Community Based Rehabilitation
- Elderly Care

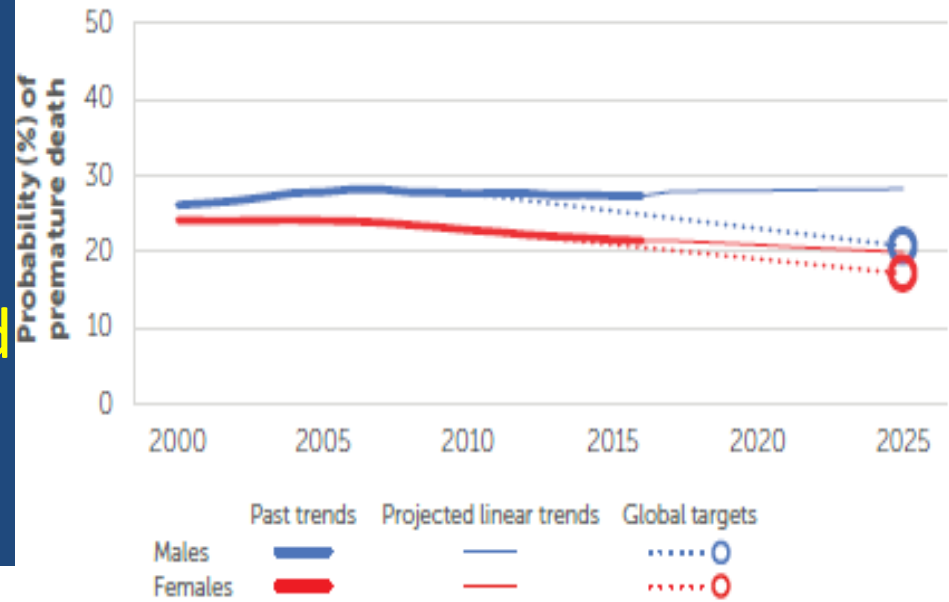
# Myanmar and NCD Overview

- Population- 54,134,840 (30-Jan 2019)
- Epidemiological transition taking place in the country the same as Regional and Global trend
- 94% adults live with at least 1 risk factor of NCDs (STEPS 2014)
- 68% deaths due to NCDs (WHO-2017)

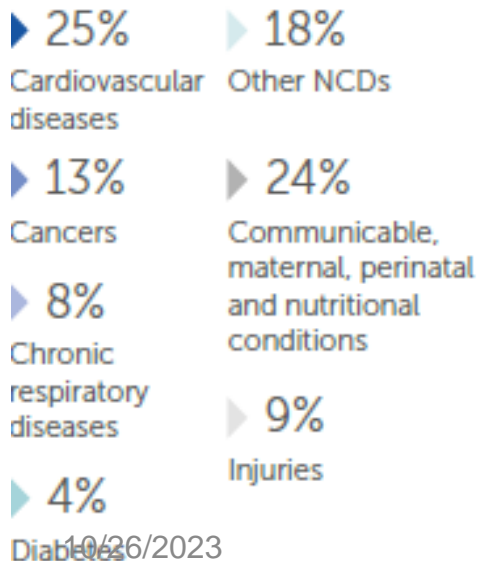


**Myanmar** is on track to meet the target for reducing premature mortality from NCDs unless urgent prioritized actions implemented

#### RISK OF PREMATURE DEATH DUE TO NCDs (%)\*



#### PROPORTIONAL MORTALITY\*



- Cardiovascular diseases (heart attack and stroke) are the leading causes of mortality responsible for one out of every four deaths
- Most premature deaths from cardiovascular diseases can be prevented

# NCD Governance in Myanmar



# Prevention and control of NCDs in Myanmar

- Focus on reducing the risk factors associated with these diseases.
- Prioritize Low-cost solutions for governments and other stakeholders to reduce the common modifiable risk factors
- Capacity building to Basic Health Staff at township level to screen and treat Diabetes and Hypertension and Reduce CVD risk in Identified Patients (PEN Approach)
- Monitoring progress and trends of NCDs and their risk



# NCD Best Buys

## Population-wide interventions Multi-sectoral

## Individualised interventions Health Sector

Risk factor / disease	"Best buy" Interventions
<b>Tobacco use</b>	<ul style="list-style-type: none"> <li>- Raise taxes on tobacco</li> <li>- Protect people from tobacco smoke</li> <li>- Warn about the dangers of tobacco</li> <li>- Enforce bans on tobacco advertising</li> </ul>
<b>Harmful use of alcohol</b>	<ul style="list-style-type: none"> <li>- Raise taxes on alcohol</li> <li>- Restrict access to retailed alcohol</li> <li>- Enforce bans on alcohol advertising</li> </ul>
<b>Unhealthy diet and physical inactivity</b>	<ul style="list-style-type: none"> <li>- Reduce salt intake in food</li> <li>- Replace trans fat with polyunsaturated fat</li> <li>- Promote public awareness about diet and physical activity</li> </ul>
<b>Cardiovascular disease and diabetes</b>	<ul style="list-style-type: none"> <li>- Provide counselling and multi-drug therapy for people with medium-high risk of developing heart attacks and strokes</li> <li>- Treat heart attacks with aspirin</li> </ul>
<b>Cancer</b>	<ul style="list-style-type: none"> <li>- Hepatitis B immunization beginning at birth to prevent liver cancer</li> <li>- Screening and treatment of pre-cancerous lesions to prevent cervical cancer</li> </ul>

# NCD Prioritized Action and Risk Factor Modification

## Priority Actions

1. Developing comprehensive national policy plan and for the prevention and control of major NCDs. **(NSP 2022-2026 draft)**
2. Establishing high level national multi-sectoral mechanisms for planning, guiding, and monitoring
3. Implementing cost effective approaches for the early detection of major NCDs
4. Strengthen capacity of HRH for better case management and to help people to manage their own conditions better

## Risk Factor Modification





# Package of Essential NCD Intervention

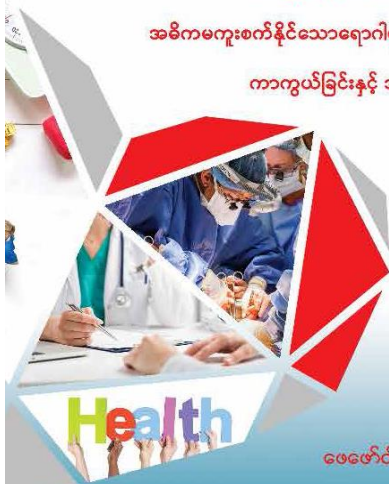
- Provision of Package of Essential NCD Intervention been started in May 2017 in 20 townships and currently expanded almost all township country wide.
- The service package is adapted from WHO Package of Essential Non Communicable Disease Intervention for Primary health Care in Low Resource Setting
- Very first Community Based Intervention to provide NCD screening and treatment of uncomplicated cases in the community
- People especially living in rural areas who are high risk and low access to NCD services are targeted.
- Essential NCD drugs are distributed with free of charge



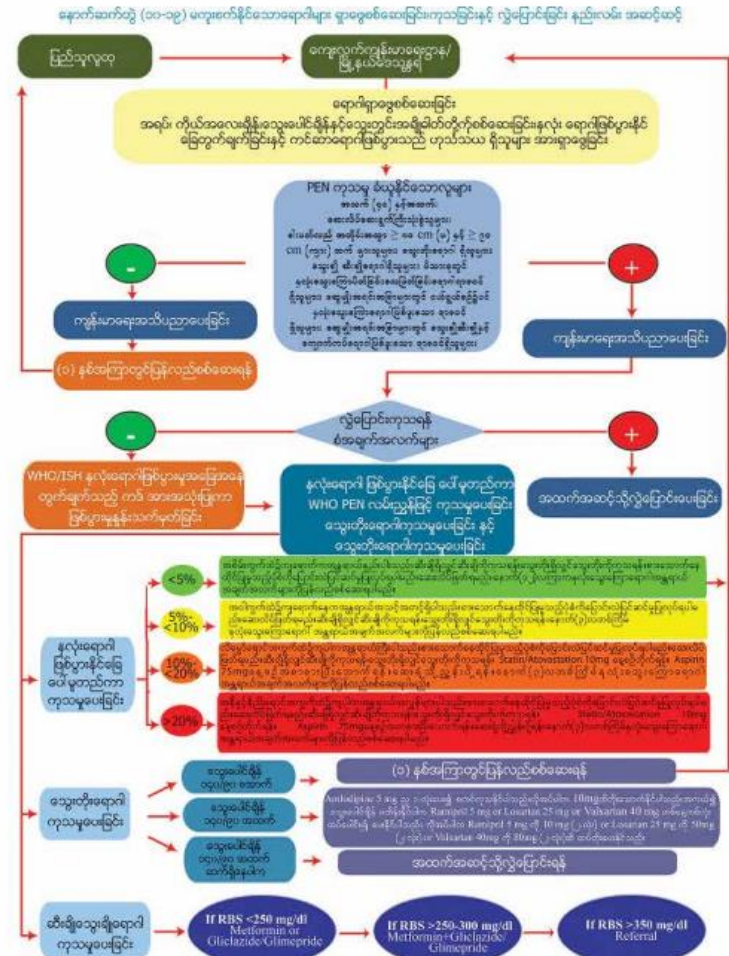
Package of **Essential**  
**Noncommunicable (PEN) Disease**  
Interventions for  
Primary Health Care  
in Low-Resource Settings



အခြေခံကျန်းမာရေးဝန်ထမ်းများအတွက်  
စက်နိုင်သောရောဂါများ၊ နှလုံးနှင့်နှလုံးသွေးကြောရောဂါ  
ကာကွယ်ခြင်းနှင့် အခြေခံကုထုံးလမ်းညွှန်

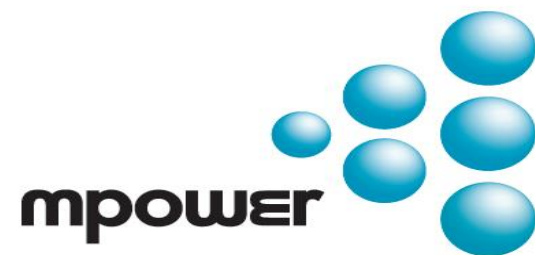


ဖေဖော်ဝါရီလ၊ ၂၀၂၀ခုနှစ်

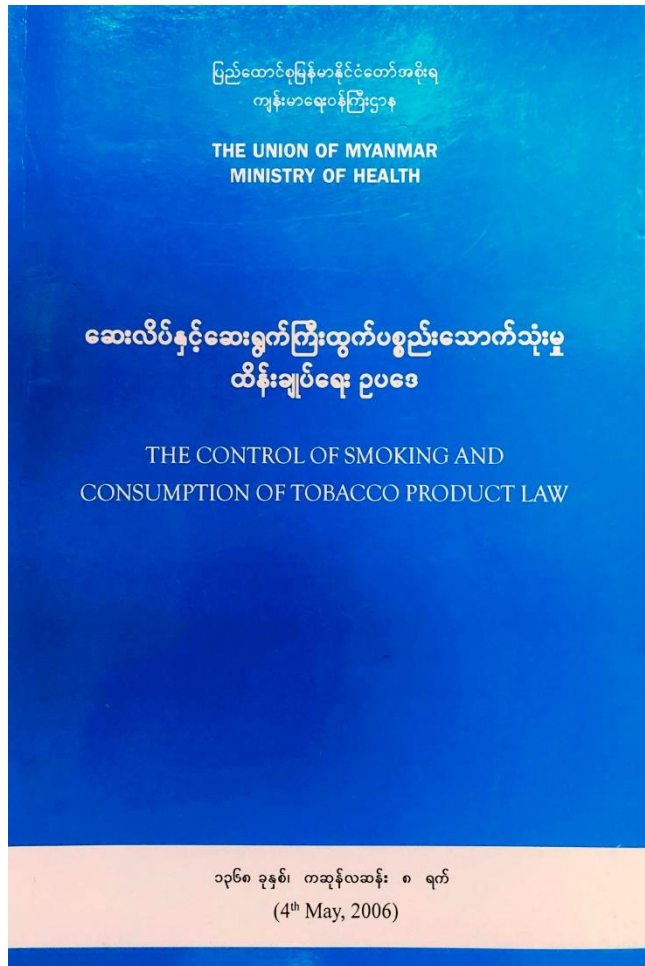
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# WHO (MPOWER)

- **Monitor** tobacco use and prevention policies
- **Protect** people from tobacco smoke
- **Offer** help to quit tobacco
- **Warn** about the dangers of tobacco
- **Enforce** bans on tobacco advertising, promotion and sponsorship
- **Raise** taxes on tobacco



# National Tobacco Control Law (2006)



- ☐ The law prohibits smoking at public places, public transport, health facilities and educational institutions
- ☐ Total ban of tobacco advertising, promotion and sponsorship
- ☐ Restriction of access to tobacco products by legal minors
- ☐ Warning labels and promoting TOB cessation

# Notifications for SF Area (2014)

The Government of the Republic of the Union of Myanmar

## The Ministry of Health



### Notification

No. 5 / 2014

The 3<sup>rd</sup> Waxing of *Tabaung*, 1375 M.E.  
( 3<sup>rd</sup> March, 2014 )

In exercising the power conferred under sub- section (d) of section 8 and sub-section (b) of section 19 of the Control of Smoking and Consumption of Tobacco Product Law, the Ministry of Health hereby issues the following Order:

### Order Stipulating the Caption, Sign and Marks Referring to the “ NO - SMOKING AREA ”

1. The Person-in-charge of the No-Smoking Areas contained in sections 6 and 7 of the Control of Smoking and Consumption of Tobacco Product Law shall display or hang the following caption and sign-board referring to the No-Smoking Area at the respective area to be visible by public :

“ NO - SMOKING AREA ”

Penalties Apply



The Government of the Republic of the Union of Myanmar

## The Ministry of Health



### Notification

No. 6 / 2014

The 3<sup>rd</sup> Waxing of *Tabaung*, 1375 M.E.  
( 3<sup>rd</sup> March, 2014 )

In exercising the power conferred under sub- sections (c) and (d) of section 8 and sub-section (b) of section 19 of the Control of Smoking and Consumption of Tobacco Product Law, the Ministry of Health hereby issues the following Order:

### Order Stipulating the Requirements to be Managed at the Specific Area where Smoking is Allowed

1. The Person-in-charge of the No-Smoking Areas contained in section 7 of the Control of Smoking and Consumption of Tobacco Product Law shall display or hang the following caption and sign-board referring to the Designated Smoking Area at the respective area to be visible by public :

“SMOKING AREA ”

“ NO SMOKING BEYOND THIS POINT ”

Penalties Apply

Smoking is Dangerous for Health.





# Notification on PHW (2016)



ပြည်ထောင်စုသမ္မတမြန်မာနိုင်ငံတော်အစိုးရ  
ကျန်းမာရေးဝန်ကြီးဌာန  
အမိန့်ကြော်ငြာစာအမှတ်၊ ၁၁ / ၂၀၁၆  
၁၃၇၇ ခုနှစ်၊ တပို့တွဲလပြည့်ကျော် ၆ ရက်  
( ၂၀၁၆ ခုနှစ်၊ ဖေဖော်ဝါရီလ ၂၉ ရက် )

ကျန်းမာရေးဝန်ကြီးဌာနသည် ဆေးလိပ်နှင့်ဆေးရွက်ကြီးထွက်ပစ္စည်း သောက်သုံးမှုထိန်းချုပ်ရေး ဥပဒေ ပုဒ်မ ၈၊ ပုဒ်မခွဲ (င) နှင့် ပုဒ်မ ၁၉၊ ပုဒ်မခွဲ (ခ) တို့အရ အပ်နှင်းထားသော လုပ်ပိုင်ခွင့်ကို ကျင့်သုံး၍ (၂၀၁၆) ခုနှစ်၊ ဇန်နဝါရီလ (၂၈) ရက်နေ့တွင် ကျင်းပလုပ်သော ပြည်ထောင်စုအစိုးရအဖွဲ့ အစည်းအဝေး အမှတ်စဉ် (၄/၂၀၁၆) သဘောတူညီချက်အရ အောက်ပါအမိန့်ကို ထုတ်ပြန်လိုက်သည်။

## အခန်း (၁)

### အမည်နှင့် စတင်အာဏာသက်ရောက်ခြင်း

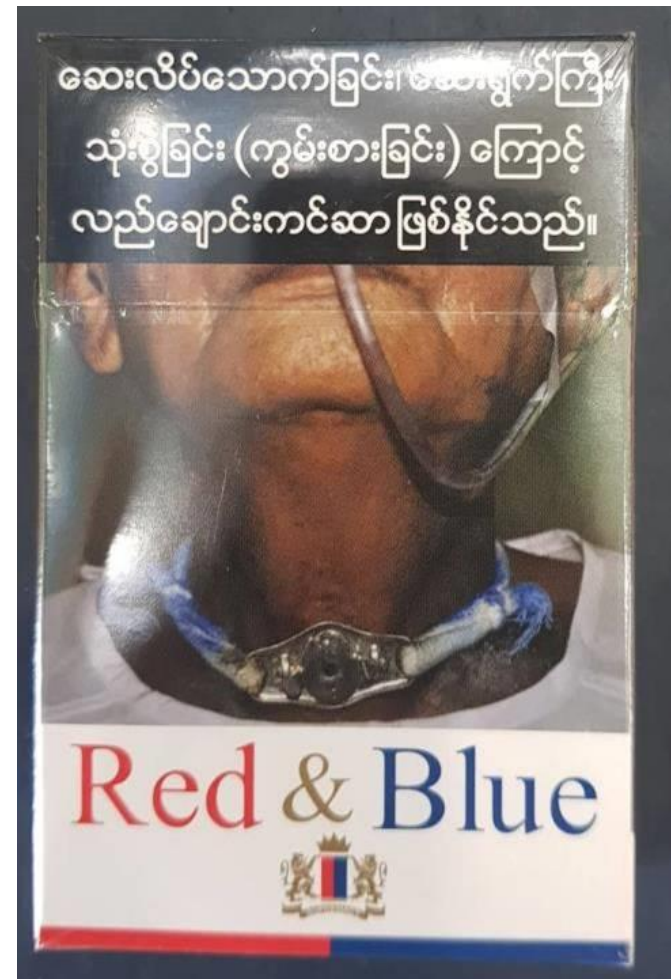
- ၁။ (က) ဤအမိန့်ကြော်ငြာစာ၏ အမည်ကို “ဆေးလိပ်ထုပ်တွင် သတိပေးရုပ်ပုံနှင့် စာသားများ ပုံနှိပ်ဖော်ပြခြင်းဆိုင်ရာအမိန့်” ဟု ခေါ်တွင်စေရမည်။
- (ခ) ဤအမိန့်ကြော်ငြာစာသည် အမိန့်ထုတ်ပြန်ပြီး ခြောက်လပြည့်မြောက်သည့်နေ့မှစ၍ စတင် အာဏာသက်ရောက်စေရမည်။

## အခန်း (၂)

ဆေးလိပ်ထုပ်ပေါ်တွင် ဖော်ပြရမည့် သတိပေးစာသားနှင့် ရုပ်ပုံများ

၂။ ဆေးလိပ်နှင့်ဆေးရွက်ကြီးထွက်ပစ္စည်း ထုတ်လုပ်သူသည် ဆေးလိပ်ထုပ်ပေါ်တွင် သတိပေးရုပ်ပုံနှင့် စာသားများကို အောက်ပါ သတ်မှတ်ချက်များနှင့်အညီ ဖော်ပြရမည် -

- (က) စီးကရက်ကို ထုပ်ပိုးသည့် ဆေးလိပ်ထုပ် (တစ်ဘူးချင်းနှင့် ကာတွန်းဘူးများ) ပေါ်တွင် အောက်ပါအတိုင်း ပုံနှိပ်ဖော်ပြရမည် -



# Notification on Standardized Packaging (2021)

## Notarial Translation

THE GOVERNMENT OF THE REPUBLIC OF THE UNION OF MYANMAR



The Ministry of Health

Notification No. 453/2021

The 7<sup>th</sup> Waxing Day of *Thadingyut* 1383 M.E.

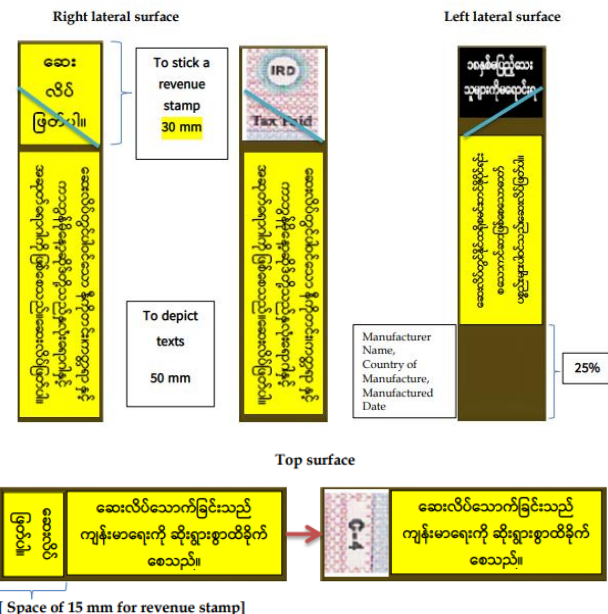
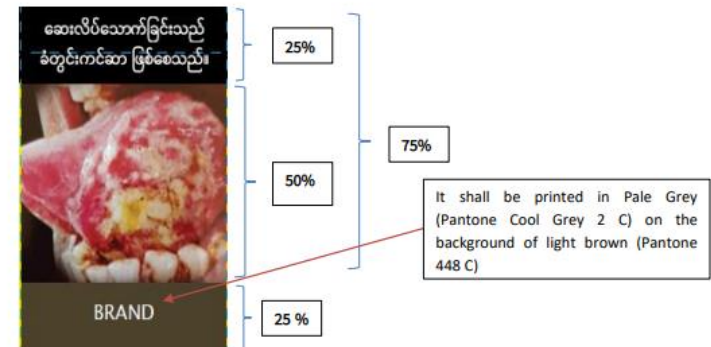
(12<sup>th</sup> October, 2021)

In exercise of the power conferred by subsections (e) and (h) of section 8, and sub-section (b) of section 19 of the Control of Smoking and Consumption of Tobacco Product Law, the Ministry of Health hereby issues this Order.

### Chapter I

#### Title, Effectiveness and Definitions

1. (a) This Order shall be called the “**Order relating to Standardized Packaging and Printing of Graphic Health Warnings on Cigar and Tobacco Products.**”
- (b) This Order shall come into force from the date of completion of 180 days from its issuance.
2. The expressions contained in this Order shall have the same meanings as are assigned to them in the Control of Smoking and Consumption of Tobacco Product Law, and in addition, the following expressions shall have the meanings given below:
  - (a) **Small cigar package** means the cigar package putting and packaging of cigar and tobacco products according to their quantity, weight, and volume or size measurement as a first stage;
  - (b) **Large cigar package** means a cartoon, box, bundle, pack, packet or unit of small cigar packages, etc. into which small cigar packages are collected, inserted and repacked;
  - (c) **Cigarette packet** means a small cigar package collected, inserted and packed of 20 cigarettes;



# Cancer Prevention and Control

- Cancer Prevention and Control is in line with Myanmar National Cancer Control Strategic Action Plan was developed by which (7) strategic areas namely –

Strategic Area (1) : Prevention and early detection of cancer

Strategic Area (2) : Effective treatment and palliative care

Strategic Area (3) : Registration and Research

Strategic Area (4) : Effective management of hematological malignancies and pediatric cancers

Strategic Area (5) : Radiation Safety

Strategic Area (6) : Capacity Building

Strategic Area (7) : Governance and Financing..

National Cancer Control Plan (2023-2027) is still in processing



# Community Based Rehabilitation Project(CBR)

- CBR was initiated by the WHO following the Declaration of Alma-Ata, in 1978.
- CBR is implemented through the combined efforts of disabled people themselves, their families and communities and the appropriate health, education, vocational and social services.
- CBR is also implemented with collaboration of Ministry of Social Welfare and Relief and Resettlement, INGOs and NGOs.
- Educate and train the care giver of People With Disability (PWD) for rehabilitation
- Supply gait aids and wheelchair

# Mental Health Care

## Hospital based services

FACILITIES	TOTAL NUMBER
Mental Health Hospital	2
Drug Treatment Hospitals	2
General Hospitals with Mental Health Facilities (Excluding YGN)	38
Drug Treatment Centers	75
Methadone Clinics	35
Beds in Mental Health Hospitals	1400 + 200
Beds for psychiatric cases in general hospitals	220

# Community based mental health services

## FACILITIES

**Mental Health Project**  
**(Integration of mental health services into PHC)**

**Satellite Continuous Care Program**

**Model Township Project**  
**(increasing access to mental health and utilization by community)**



**Ministry of Health**  
**The Republic of the Union of Myanmar**

**Mental Health Policy and  
Strategic Plan for Mental Health**  
(2020 - 2024)

- **Core Values**
  - Equity
  - Inclusiveness
  - Efficiency
  - Quality
  - Sustainability
  - Accountability
- **Overarching Principle**
  - Geographical Presentation
  - Primary Health Care
  - Decentralization Planning
  - System Approach
  - Community Engagement
  - Life – course approach
  - Universal Health Coverage
  - Multi – sectoral Action

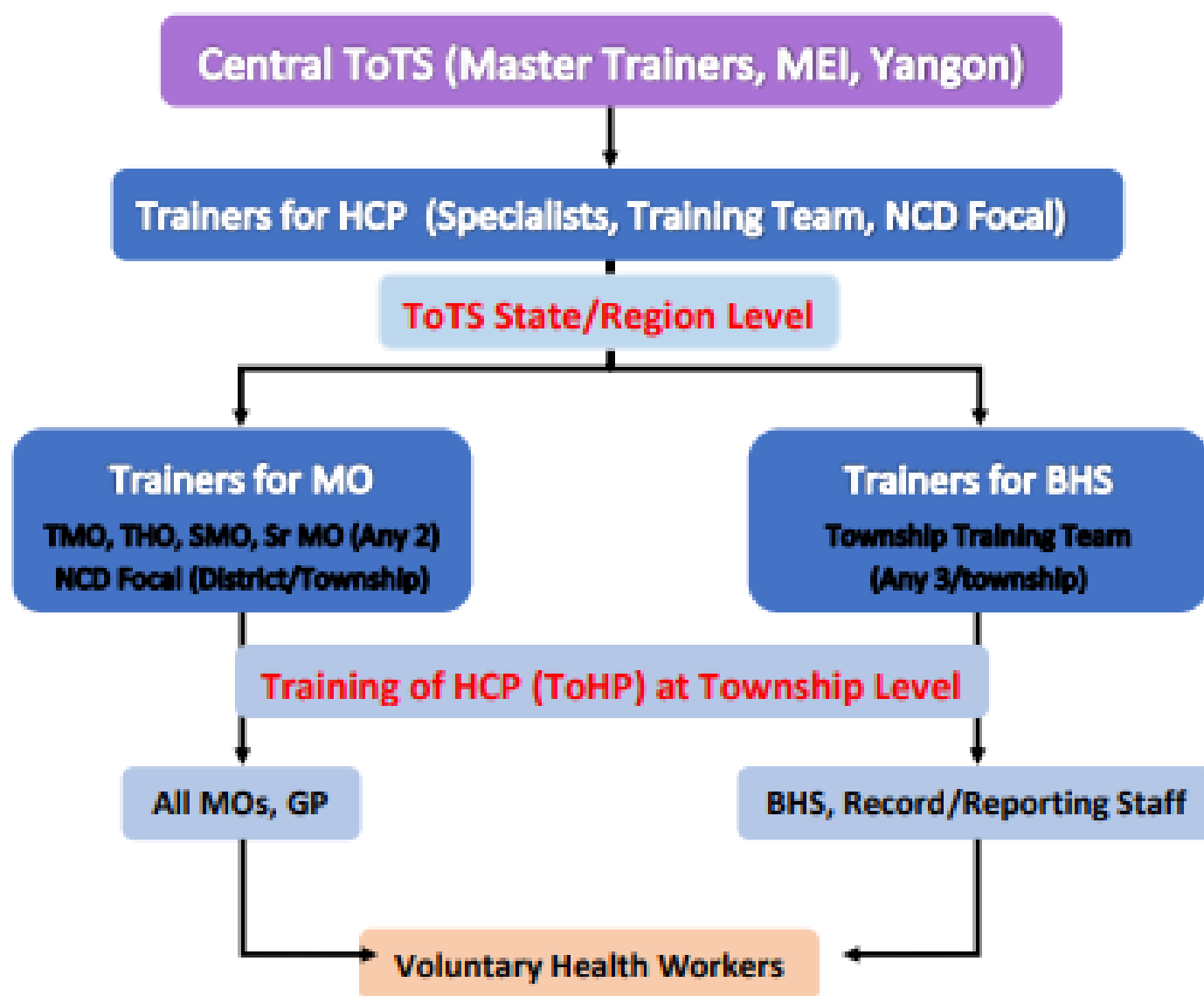
# Epilepsy Control Programme

- As Epilepsy is one of the most common neurological disorders in Myanmar, The Myanmar Epilepsy Initiative has been implementing community based epilepsy treatment and care programmed with support from WHO in Myanmar since 2013.
- The goal was to improve the quality of life of people with epilepsy and their families and reduce the epilepsy treatment gap

## WHO model for scaling up integrated, community-based epilepsy care



# MEI Cascade Model of Epilepsy Training



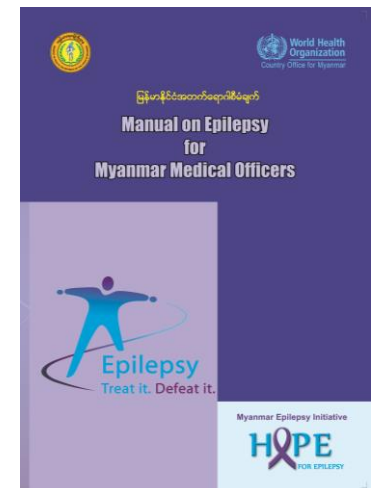
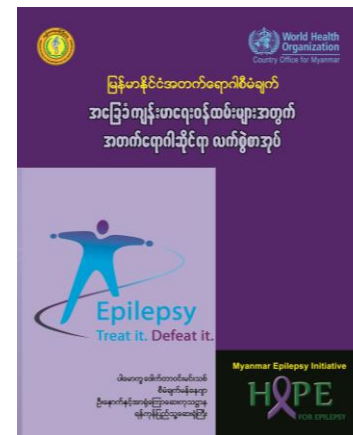
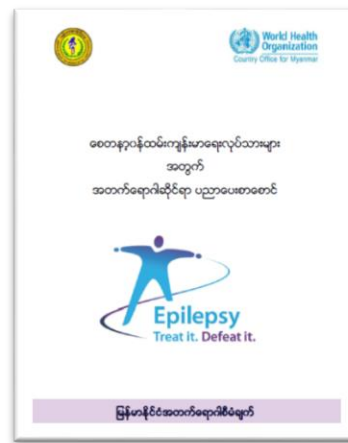
# Trained Health Care Providers

Project Year	ToTS		Regular			Refresher	
	Central	State/ Division	MO	BHS	VHW	MO	BHS
2014			113	371	380	81	446
2015	44		48	203	302	25	276
2016			51	190	114	0	0
2017	40		25	259	175	0	0
2018	20	54	154	955	435	0	0
2019	27	90	210	1556	542	0	0
2020	28						
2021		120	102		270		
2022				2095			
2023	45						
<b>Total</b>	<b>204</b>	<b>264</b>	<b>703</b>	<b>5629</b>	<b>2218</b>	<b>106</b>	<b>722</b>



## ➤ Development and production of training manuals for 3 tiers of Myanmar's health care providers

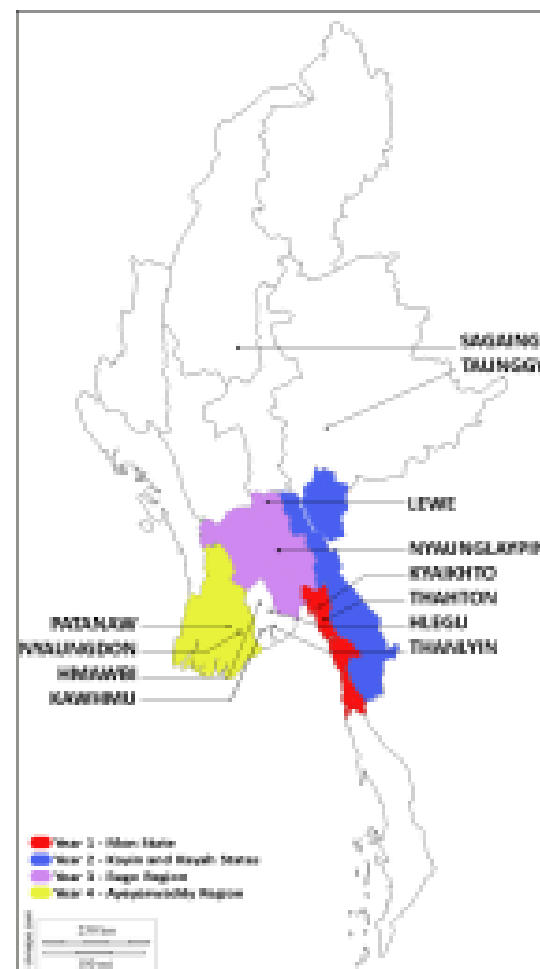
- **Medical Officers**
- **Basic Health Staffs** (Nurses, Health Assistants, Midwives, Public Health Supervisor Grades I and II.)
- **Voluntary Health Workers** (Auxiliary Midwife and Community Health Worker)



## Methods of Scaling up implementation

- The programme will reach an additional 73 townships (85 including pilot), 100% coverage of townships in 5 states/regions by the end of 2021.

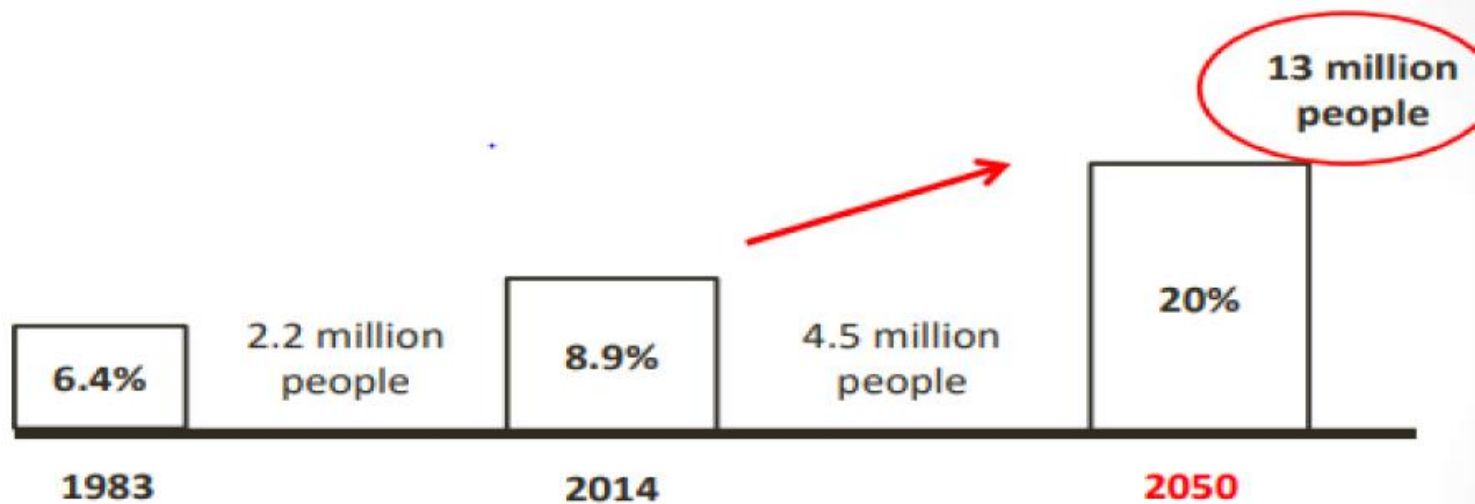
- Year 1 (2018):** Mon State
  - 2 pilot and 8 new townships
- Year 2 (2019):** Kayin and Kayah States
  - 14 new townships
- Year 3 2021** Bago Region
  - 1 pilot and 27 new townships
- Year 4 2023** Ayeyarwaddy Region
  - 2 pilot and 24 new townships
- Ongoing: 7 pilot townships in Yangon, Naypyitaw, Sagaing, and Shan states/regions



# Demographic Situation of Myanmar

- **Myanmar Elderly People Law (2016)** defined 60 years and above as older people
- 2014 Census revealed **4.5 M** older people accounts for **8.9 % of total Population**
- It is expected to have **13 M , 20% of the population in 2050**
- Older Age Dependency Ratio will rise from **14.5 in 2015** to **33.6 in 2050**

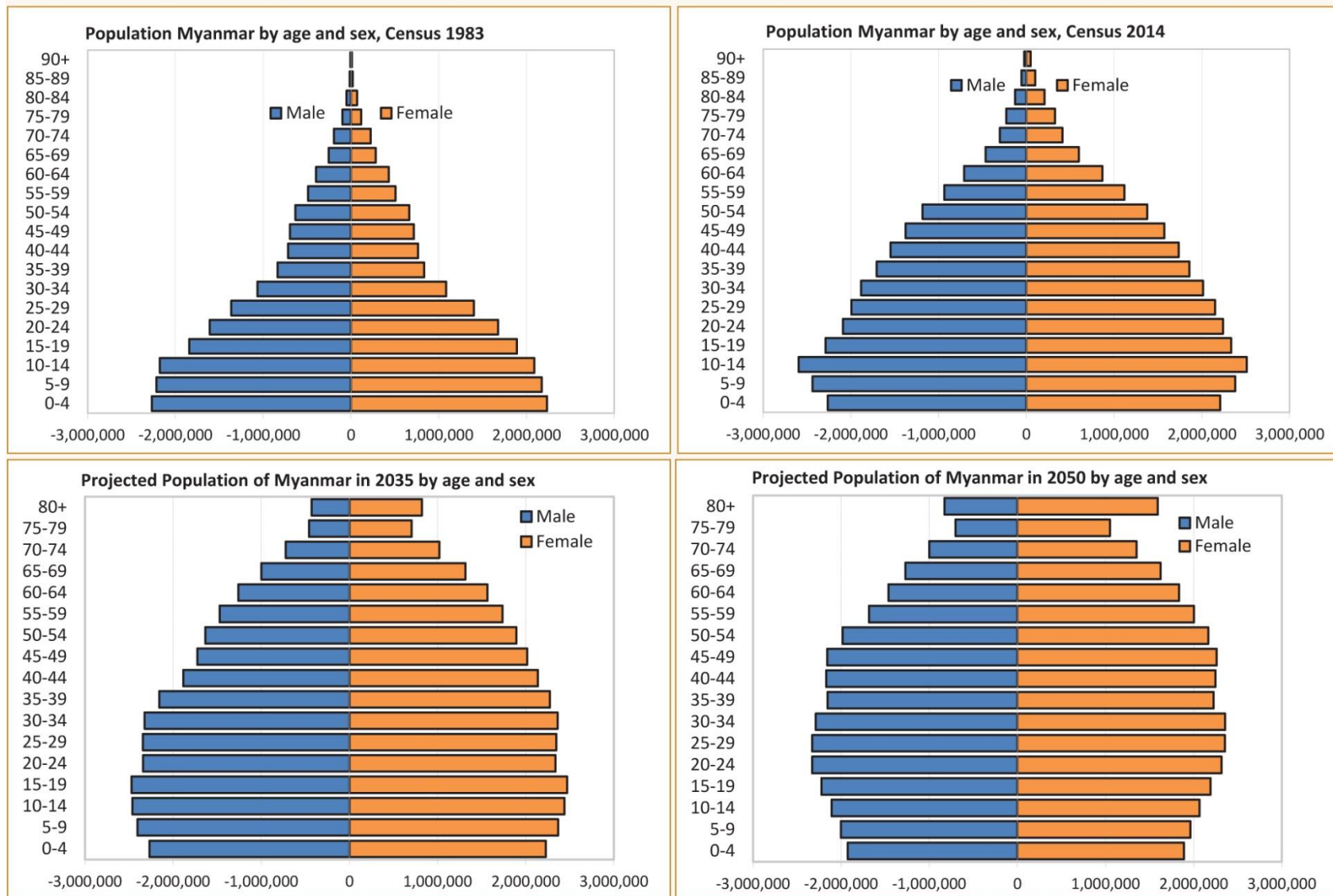
# Population in Myanmar Aged 60+



**Increase in proportion of older people and rapid ageing population in the future**

Ref: 2014 Myanmar Population and  
Policy Brief on The Older Population  
Department of Population  
Ministry of Labour, Immigration and Population

**Figure 1: Population pyramid showing 1983 and 2014 populations, 2035 and 2050 population projections**

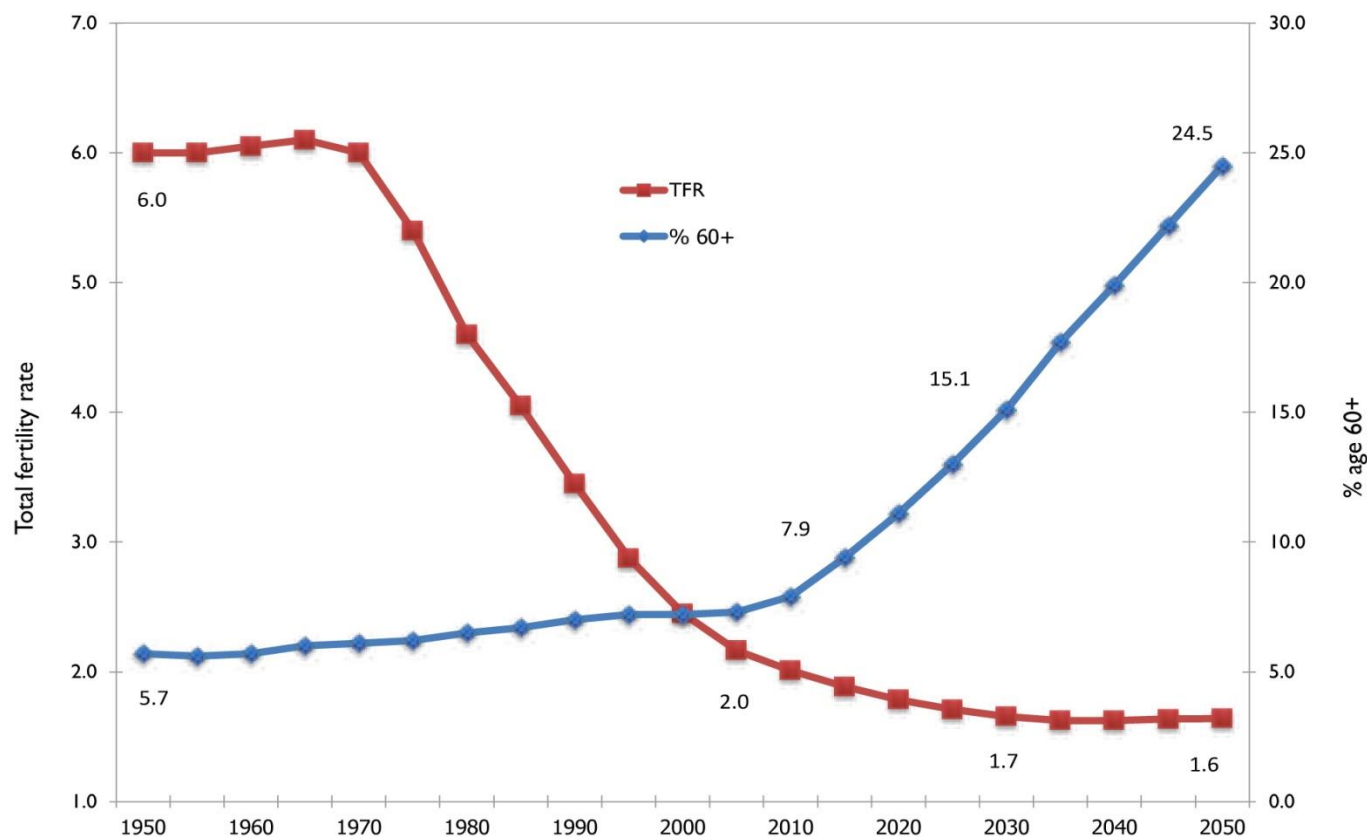


## Percentage Distribution of Population by Age Group

Age Group	2014	2035	2050
0-14	28.6	23.1	18.6
15-64	65.6	66.4	66.7
65 and Over	5.8	10.5	14.7

**2014 Census, 2035 Census, 2050 population Projection**

**Figure 1.2** Total fertility rate and population ageing, Myanmar 1950-2050



Source: United Nations 2010 assessment, medium variant (United Nations. 2011b)

Note: The TFR is the number of births a woman would have if she went through the reproductive years experiencing the fertility rates at each age that prevailed in the year for which the measure is stated.

## Elderly Health Care Program Launched in Myanmar since 1994



Primary Health Care

Secondary Health Care

Tertiary Health Care



# Policy Achievememet

- **Elderly Law** enacted in 2016
- By Law and **Elderly Policy** is still in progress
- Elderly Health Care is one of the components in Basic EPHS of current **National Health Plan (2017-2021)**
- **National Health Policy** is developing and Elderly Health Care is one of the prioritized areas in this policy

# **Strategic Directions for Elderly Health Care Services (2021-2026)**

## **Guiding Principles**

- Promoting Healthy aging and NCD prevention across the life course
- Developing integrated health and care systems, particularly in primary care
- Ensuring to meet the needs of those who require more intensive support
- Ensuring older people remain active and independent by trying to provide them with working opportunities
- COVID vaccination to elderly as an important issue

# **Elements of Action Plan (2021-2026)**

- Ensuring Recruiting Geriatric Specialists of All Kind
- Ensuring for age friendly environment at Health Facility
- Strengthen prevention, early detection of Disease Control
- Provision of Special Care for Elderly suffering from Covid -19
- Ensure Sufficient Supply of medicines for NCDs at NCD/Elderly Clinic

# **Elements of Action Plan (2021-2026)**

- Encourage exercise for the elderly in the community
- Funding support to all elderly aged over 80
- Promoting research that address the current and future needs of older people.



**More Cooperation and Collaboration forwards**

# References

- National Tobacco Control Law (2006)
- National Risk factor Survey for NCD in Myanmar, 2014
- Myanmar Verbal Autopsy in 42 townships (2018)
- NCD National strategic Plan (2023-2026)
- Elderly Care Strategic Plan (2021-2026)