

**Result 3:** Increased in-country policy dialogue and consultation with a wide range of Myanmar stakeholders on the rising challenge of NCDs.

**Result 4:** Stronger University of Public Health academic capacity to deliver high quality teaching and research, guided by clear institutional strategy.

**Result 5:** Effective University of Public Health operational capacity including project and financial management.

**Result 6:** Active professional linkages with health institutes in other countries and South-South collaboration.



*“Round table discussion on knowledge transitions in November, 2016”*

*“Supporting rural health centres for strengthened NCD health services”*



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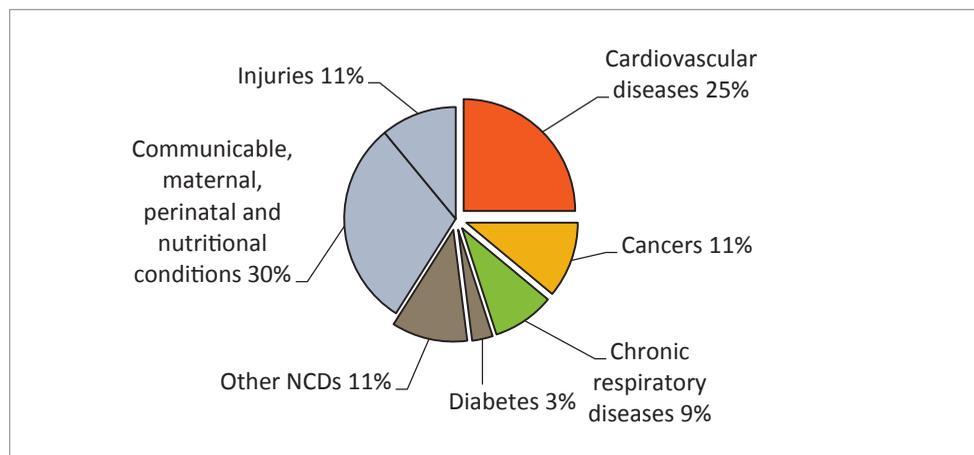
## Strengthening Public Health Capacity to Respond to Myanmar's Disease Transition



## Background

Myanmar stands at a unique moment in history. The country is undergoing rapid socio-economic development that has the potential to vastly transform the daily lives of its population. However, the pace of this development has created an environment conducive to the rapid growth of non-communicable diseases (NCDs). According to the World Health Organization 59% of all deaths in Myanmar are due to NCDs. The results of STEPS survey of 2014 show that 94% adults in the country are living with at least one high risk factor of NCDs. The major risk factors behind the unprecedented rise in the prevalence of NCDs are harmful use of alcohol, tobacco use, insufficient physical activity and unhealthy diet which are aggravated by globalization, unplanned urbanization, marketing of unhealthy foods, promotion of sedentary lifestyle etc. The burden of NCDs is predicted to increase with further rise in the pace of development in the coming years.

## Proportional mortality (% of total deaths, all ages, both sexes) in Myanmar



**Total deaths: 441,000**

**NCDs are estimated to account for 59% of total deaths**

Source : WHO Country Profile, 2014



*“Training of the package of essential non-communicable disease (PEN) interventions for primary health care in March, 2017”*

## About the project

This project is jointly implemented by HelpAge International, University of Public Health, Yangon, University of Medicine 2, Yangon and Thammasat University, Thailand. It is supported by European Union as part of its Supporting Public Health Institutes Programme under the Investing in People Initiative. The duration of the project is from February 2015 to January 2020.

The key objective of this project is to strengthen the University of Public Health and wider health stakeholders to support evidence-based policy and improved health services, particularly in preparation for the transition towards non-communicable diseases in Myanmar. The project builds national evidence, knowledge and collaborations in order to help integrate NCDs and mental health into the mainstream of national health policy dialogue and service delivery, and also works for strengthening the institutional capacity.

The project is fostering collaboration with a range of other health and non-health stakeholders recognizing that a comprehensive multi-sectorial approach is needed to prevent and control NCDs.

The core components of the project are research, policy, capacity building and communication.

## Major Strategic components of the project

### Research

- Assessing research gaps and developing priority research agenda
- Creating evidence through research to inform policy and programmes to address health transition

### Policy

- Increasing policy dialogue and consultation
- Enhancing evidence based policy analysis
- Developing a national strategic plan on NCDs

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### Capacity Building

- Improving knowledge and skills of policy makers and public health implementers
- Capacity building for PEN expansion
- Capacity building of UPH for delivering high quality teaching and research

### Communication

- Wider dissemination of research evidence through workshops, publications and different communication media for awareness and policy initiatives

## Expected results

The project aims to achieve six major results through 47 activities:

**Result 1:** Enhanced research and evidence-based policy analysis to inform the government's response to the health transition in Myanmar.

**Result 2:** Greater knowledge among 1,500 policymakers and public health implementers across Myanmar on how to address the rising burden of NCDs.