

## SCREENING PROFILE AND SOURCES OF AWARENESS ABOUT NON COMMUNICABLE DISEASE SCREENING AMONG ATTENDEES AT HEALTHY LIFESTYLE CENTRE, DISTRICT GENERAL HOSPITAL, KEGALLE

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**Background:** Screening apparently healthy individuals is a strategy used in controlling Non communicable Diseases (NCDs). The Ministry of Health has established Healthy Lifestyle Centres (HLCs) in primary health care institutions to provide NCD screening facilities. As the screening is voluntary, it is essential to make the public aware of the service to make it a success.

**Aims:** To study the screened profile and sources of awareness about NCD screening.

**Methods:** A descriptive cross sectional study was conducted among the attendees at the HLC in DGH Kegalle from 28<sup>th</sup> April 2016 till 27<sup>th</sup> April 2017. The source of information about the HLC was assessed by an interviewer administered questionnaire. Blood pressure, BMI and FBS/RBS levels were recorded.

**Results:** During the period of study, 1023 individuals were screened. The mean age was 47.8 (SD 7.6) years. There were only 16.9% males. 49.7% were aware by sensitization talks given by the HLC staff and the rest were as follows:- 30.8% from a friend, 6.6% from posters, 4.1% from OPD, 0.7% from GPs, 0.2% from media, 3.1% from the Public Health field staff (PHI/PHM) and 4.8% by more than one of the above mentioned sources. On examination, 37.5% were overweight (BMI 25 – 29.9), 9.6% were obese (BMI >30), 26.3% had a family history of Diabetes Mellitus (FBS>126mg/dl or RBS>200mg/dl).

**Conclusions:** Majority of the HLC attendees were females. Awareness and referrals from OPD, GPs and Public Health field staff was minimal. Peer group influence on screening awareness is significant. Planned interventions are needed to encourage more male participation and to get more referrals from the OPD and the field level.