

Myanmar: The power of people - an untapped resource towards inclusive, holistic health

Scaling-Up NCD Interventions in South-East Asia (SUNI-SEA) project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 825026.

The ISHG Model- *Iu hmu ar man* – social capital

- Led by older people
- Working for the development of the community
- Filling the needs of older people and other at-risk groups
- Maximising opportunities for intergenerational collaboration
- Able to link with PHC facilities or other private healthcare services
- Fulfilling a range of community needs, through; health and care, social welfare, and livelihood activities
- Built into a nationwide network of organisations
- Capable, committed and adaptable.





Self-care, family care, and community care

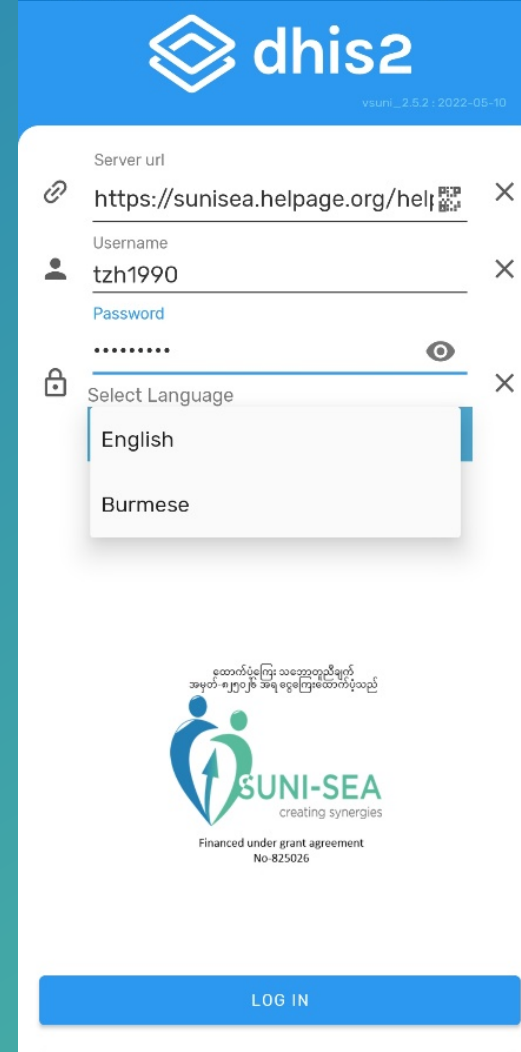
- ISHG build the capacity for self-care at the community and individual level – in SUNI-SEA project through use of a self-care application and by building health literacy and confidence in management of own health
- Comprehensive information sharing and services of ISHG's- not only NCDs, other health and social protection issues, referral services, accompanying the patients etc.
- ISHG build capacity of homecare volunteers to support with care services at the village level

Self-care application

In the 8 months since it has been launched

- 2000+ people have downloaded the application
- 1830 people have been screened for NCD and mental health conditions
- 215 at-risk people were identified and referred to the health facilities
- 107 people were diagnosed (34.6%, ISHG/SHG members) and 53 people were treated

Key to its success is its integration into the ISHG model.



Item	Progress
1 NCD and Mental Health Screening Consent	3/3
2 NCD Screening	12/12
3 Vitals and Measurement information	0/2
4 Nutrition	0/6
5 Tobacco Consumption	0/2
6 Alcohol Consumption	0/1
7 Physical Activity	0/1
8 NCD Risk Assessment (FINDRISC)	3/10
9 Anxiety Screening	2/9
10 Depression Screening (PHQ-9, persons below 60 years)	2/12
11 PTSD Screening	0/1
12 CVD Score	2/4
13 Age at screening	1/1

Specifics of achievements of ISHG as part of SUNI-SEA

- Improved access to basic NCD services
- Community involvement in healthy living
 - Early risk assessment of NCDs and mental health
 - Increased awareness of NCDs and prevention.
 - Low-cost high impact intervention has high potential for scale up

How ISHG play a role in achieving Universal Health Coverage (UHC)

- Through a structured network, ISHCs are able to connect with public authorities to develop or expand services and resources provided to communities
- ISHG increase availability and accessibility of healthcare services – they root health services at the community level
- ISHG improve the financial stability of members, ensuring out of pocket health expenses are less likely to result in financial hardship
- ISHG include an emergency pot to help eliminate barriers to accessing healthcare including transportation
- ISHG multi-component focus is intended to improve well-being and quality of life of communities, and not just contribute to preventing and treating disease and illness.

