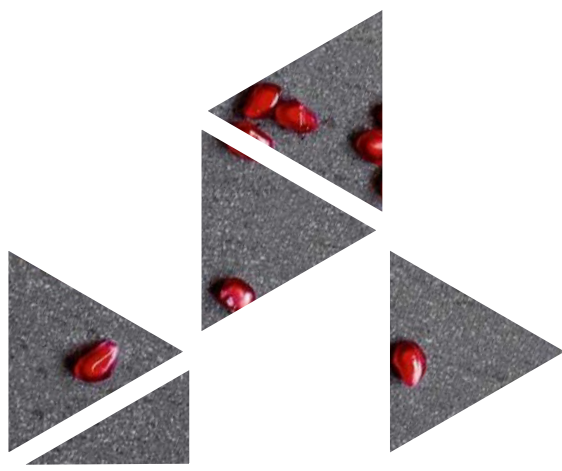


ANNUAL REPORT 2019

THE NUTRITION SOCIETY OF SRI LANKA





The Nutrition Society of Sri Lanka Annual Report – 2019

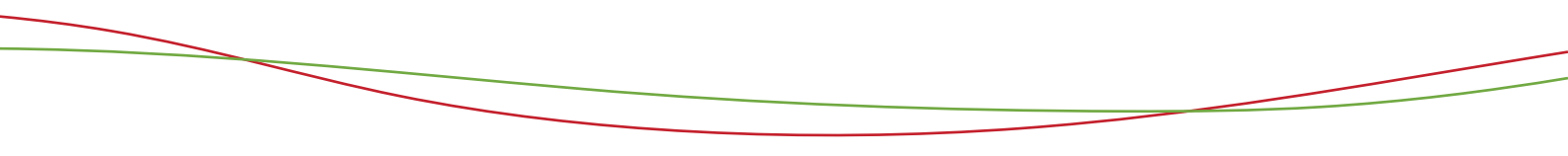
Presented at the Annual General Meeting on 25th January 2020 at Taj Samudra, Colombo

This is a brief report of the activities completed by the council and members of The Nutrition Society of Sri Lanka in collaboration with academics, nutritionists, administrators and policy makers. These activities demonstrated the focus, commitment and leadership of the council and the members towards advocacy, capacity building, and research and community services in the field of nutrition in Sri Lanka.

Prepared by Joint Secretaries

Chandima Madhu Wickramatilake

Roshan Dela Bandara



Council of the Nutrition Society 2019/2020

Prof. Anoma Chandrasekara	President
Dr. Sanath Mahawithanage	Vice President
Mr. Roshan Dela Bandara	Joint Secretary
Dr. Chandima Madhu Wickramatilake	Joint Secretary
Dr. Dhammika Senanayake	Treasurer
Mr. Chalindra Pathirana	Editor
Ms. Visakha Tillekeratne	Council member Past President
Dr. Dr. Ananda Chandrasekara	Council member
Prof. Chandrani Liyanage	Council member
Dr. K D Disna Kumari	Council member
Mr. K. Rasika Roshan Seneviratne	Council member
Ms. R P M Sandamali	Council member
Mr. M Piratheeбан	Council member
Mr. J Arun	Council member
Mr. Mudith Dharmapriya	Council member





The Nutrition Society of Sri Lanka

Council 2018 - 2019



Seated from Left to Right - Mr.Chalindra Pathirana (Editor), Prof.Chandrani Liyanage, Dr.Sanatha Mahawithanage (Vice President), Prof.Anoma Chandrasekara (President), Mr.Roshan Delabandara (Joint Secretary), Dr.Chandima Wickramatilleke (Joint Secretary), Dr.Dhammika Senanayake (Treasurer).

Standing from Left to Right - Ms. Visakha Tillekeratne, Mr. Mudiith Dharmapriya, Dr. Ananda Chandrasekara, Mr. Jentrick Arun, Mr. Rasika Roshan, Ms. Manjula Sandamali.

Absent - Dr. Disna Kumari, Mr. Mayuran Piratheeban.

Annual Scientific Sessions 2019

The Annual Scientific Sessions of Nutrition Society of Sri Lanka (NSSL) 2019 were held on 12th and 13th of January 2019 at Raffles Residence, Mirihana, Nugegoda. There were total of 99 and 105 participants on 1st and 2nd days consecutively. The main financial sponsors were World Food Programme, Sun Forum and World Vision Lanka for the sessions. Main theme of the scientific sessions was 'Revolutionary strategies for improvement of health & nutrition'. Dr. Gerry Jayawardana, a renowned scientist in the field of Food and Agriculture in Sri Lanka having held many positions in the field was the Chief Guest. The keynote address was on 'Obesity, diabetes and the microbiome' delivered by Prof. Ian Caterson, Director, Boden Institute, Charles Perkins Centre, University of Sydney, Director, Charles Perkins. Centre Royal Prince Alfred Clinic; Past-President, World Obesity Federation.



Prof CC De Silva Memorial Lecture on 'Interdisciplinary research supporting new discovery/innovations on micro-nutrient status of the Sri Lankan population' was delivered by Prof Chandrani Liyanage who had been attached to the Nuclear Medicine Unit and the Department of Community Medicine, University of Ruhuna.



During the two days the four plenary lectures were delivered by key figures in the relevant fields on the subthemes, namely functional foods and nutraceuticals: roles in disease prevention and health, building health capacity in early life-creative ways to engage children and youth with nutrition, health and wellbeing, obesity exists- what should we do now and food system approach in improved health & nutrition. Further, the sessions were enriched with four symposia namely, revolutionary foods in health, revolutionary strategies in right food selection, revolutionary strategies in preventing lifestyle diseases and revolutionary strategies for improving public health nutrition.

Presidential address on 'Bridging the generational gap: foods for tomorrow' was delivered by Prof Anoma Chandrasekara, President of NSSL, Professor in Food Science and Human Nutrition, Department of Applied Nutrition, Wayamba University of Sri Lanka.



The free communication session included three oral and nine poster presentations, comprised of abstracts that facilitated the dissemination of novel findings to the field of nutrition. Dr K.D. Disna Kumari was the conference coordinator of the annual sessions of NSSL 2019.

Activities of the NSSL for 2019

The strategic plan of the Nutrition Society of Sri Lanka for 2019 was laid down at the inaugural council meeting held on 22nd of February 2019. The action plan was targeted towards three focused areas and it was decided to review the progress of the strategic plan every four months at the council meetings.

(1) Advocacy and communications

- Advocacy on breast feeding
- Nutrition education program for school children
- Continued dialogue on 10 Year Plan for Food Security with key stakeholders

(2) Community Nutrition

- Seminars and workshops to promote healthy eating among public
- Development of Nutrition Counselling Centre
- Revising food based dietary guidelines (FBGDs) for Sri Lankans

(3) Capacity building

- Seminars/workshops
- Partnerships with professional bodies and private sector
- Publications of NSSL

Note: Some activities listed above generated much required funds.

1. Advocacy and Communications

1.1 Advocacy - Round table discussion on breast feeding

World Vision Lanka and Scaling Up Nutrition People's Forum in collaboration with the NSSL continued the activities in order to strengthen the breast feeding practice among Sri Lankan mothers with special focus on working mother. This involved the continuation of assessing the existing environment supporting pregnant women and breast feeding mothers. This year this exercise received the support of the volunteers of the Sarvodaya Women's Movement to collect the information from most of the districts in Sri Lanka. The programme was continued from last year. A request was made to the Commissioner General Department of Labour for a complete six months maternity leave for all working mothers. This included the informal sector as well where mothers had no access to paid maternity leave. Ms Dilka Peiris took an active lead on behalf of Nutrition Society, in collaboration with World Vision Lanka.

Under this a multi-sectorial stakeholder consultative roundtable discussion was held on 30th August 2019 at Hector Kobakaduwa Agrarian Institute, Colombo which was sponsored by World Vision Lanka. It was titled as 'Breast feeding and work let's make it work'. Objective of the meeting was to promote and protect the right of breast feeding among the working population of mothers in the country. Thereby protecting the rights of the child to the best and the optimum nutrition in the critical stage of life-infancy. Nutrition Society was represented by Prof. Anoma Chandrasekara, Mr Roshan Dela Bandara, Ms Visakha Tillekeratne and Dr Chandima Madhu Wickramatilake.



1.2 Study on Canteen guideline implementation

The NSSL in collaboration with the Department of Applied Nutrition, Wayamba University of Sri Lanka initiated a study on the “Adherence to the School Canteen Guidelines by the Schools in Southern Province”. The study was carried out by Ms. KHAS Imesha final year student of Wayamba University with the supervision of Mrs AMNT Adikari and Mr Roshan Delabandara. It was presented at the research symposium organized by Wayamba University.

Results showed that poor implementation of school canteen guidelines in the Southern Province, availability of unhealthy foods in canteens and availability of other food stalls around the schools were the major barriers identified in the implementation of canteen guidelines. Findings of the study suggested that there is a requirement of proper mechanism to monitor the adherence to the canteen guidelines by the schools.

1.3 Training program -Optifood linear food modeling

Prof. Renuka Silva from Wayamba University of Sri Lanka, Mr. Roshan Delabandara from the Nutrition Society of Sri Lanka, Ms. Chalani S. Ilangamage and Ms. Lakmini Thillakaratne from Ministry of Health, Nutrition and Indigenous

Medicine received the training on “development of local specific food based recommendations using Optifood based on linear programming approach” conducted by South East Asian Ministers of Education-Regional Center for Food and Nutrition (SEAMEO-RECFON) at Jakarta from 16th-19th October 2019. The objectives of the program was to train local experts in the field on Linear Program (LP) to develop local specific food-based recommendations and to provide recommendation for revising and up scaling the Sri Lankan Food Based Dietary Guidelines (FBDG). This training provided an avenue to establish collaboration between the Nutrition Society of Sri Lanka, Ministry of Health, Nutrition and Indigenous Medicine and Wayamba University of Sri Lanka and SEAMEO-RECFON in capacity building, information sharing and community activities in future. NSSL funded the logistic cost of the training for three participants (Prof Renuka Silva, Mr Roshan Delabandara and Ms Chalani Illangamage) and Ms Visakha Thillekeratne coordinated the activity.



1.4 Nutrition and Health education for school children in Galle

Dr. Chandima Madhu Wickramatilake participated as a resource person in the educational programme organized by Medical Students of Faculty of Medicine, University of Ruhuna at Hinidumgoda Wijayananda Vidyalaya, Galle on 21st September 2019. She conducted a lecture on “Healthy diet for healthy life”.



2. Community Nutrition

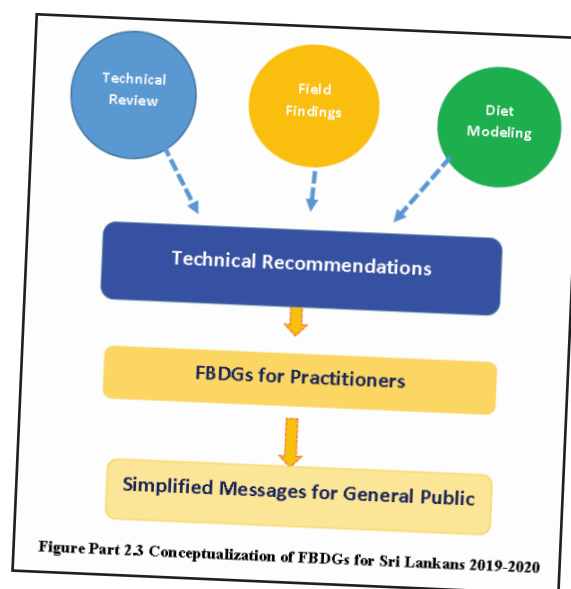
2.1 New Developments of Nutrition Counselling Centre

Office of NSSL has been shifted to the address of No 466, Kotte Road, Sri Jayawardenapura, Kotte with the generous support of Dr. Ananda Chandrasekara. The counselling center was improved and restarted at the new office premises in September 2019.



2.2 FAO consultancy on revising and upscaling the Sri Lankan Food Based Dietary guidelines (FBDG)

The Society was awarded a consultancy by the Food and Agriculture Organization (FAO) of the United Nations for revising and up scaling the Sri Lankan Food Based Dietary guidelines (FBDG). The society was endowed by FAO to facilitate the revision and implementation of the Sri Lankan Food based dietary guidelines. This assignment is scheduled for a period of 18 months. Society coordinated several activities to revise the FBDGs of Sri Lanka following the globally harmonized process. After initiating process with an inception workshop on 5th March 2019, technical review team was appointed with terms of references. The technical review was composed of researchers, academia, and government officers. The Technical Review Report was finalized and presented to a wider group. Field visits for focus group discussions and food modeling exercise were done. The activities related to this consultancy were coordinated by Prof Anoma Chandrasekara, President, Mr Roshan Delabandara, Joint secretary and Ms Visakha Thileekaratne Council member.





2.3 Nutrition education programme for employees at Central Bank of Sri Lanka

Dr. Ananda Chandrasekara was invited to make a guest lecture on “Myths & Believes on Nutrition related health issues” by the Welfare Department of the Central Bank of Sri Lanka. Aim of the programme were to provide general nutritional knowledge to Central Bank employees and to clarify on the myths and believes on nutrition related illnesses.



2.4 Participation in Judge Panel of Ruhunu Rasasaraniya 2019

Dr. Chandima Madhu Wickramatilake took part as a judge at “Ruhunu Rasasaraniya”, a student cooking completion. She participated both in the first

round of competition among the schools of Galle district and in the final judge panel for Southern Provinces held on 17th 18th , 19th October and 29th and 30th of November 2019. It was organized by the Ministry of Agriculture, Agrarian Development, Irrigation, Water supply and Drainage, Food Supply and Distribution, Trade and Cooperative Development-Southern Province. Aim of the exhibition was to promote local foods and traditional recipes for a healthier nation.



2.5 Nutrition Education for National level athletes

Dr. Chandima Madhu Wickramatilake, Joint Secretary of NSSL from Faculty of Medicine, University of Ruhuna, Galle participated as a resource persons for the nutrition education programmes for national level athletes (around 150) on 11th of September 2019. The programme was organized by the South Asian Games Secretariat, Department of Sports Development, Colombo and was coordinated by Dr. Dhammika Senanayake, Sport Physician, Institute of Sport Medicine, Treasurer of NSSL.



2.6 Awareness program - for Kothalawala Defense University staff

A special Environmental Education and Awareness Program was conducted for the officers of the Sri Lanka Army Medical Corps at the Regiment Headquarters, Werahera on 12th June 2019. Around 100 officers of Sri Lanka Army Medical Corps were participated in this occasion.

Objective of the program was to create an awareness on the importance of growing fruits and vegetables in our own gardens and to promote healthy eating practices among university staff. This program consisted of two sessions. The first session was conducted on environmental conservation, importance of tree planting towards a healthy environment and healthy life and organic farming. This Lecture was conducted by Ms. N. M. L. Radhika, Assistant Director of the Promotion Unit, Environmental Education and Awareness Division of the Central Environmental Authority. The second session was on the importance of growing fruits and vegetables at domestic level and healthy dietary practices which was delivered by Mr. Roshan Dela Bandara, Joint Secretary of The Nutrition Society Sri Lanka.



2.7. Community awareness program in Mullativu for Nutrition Month

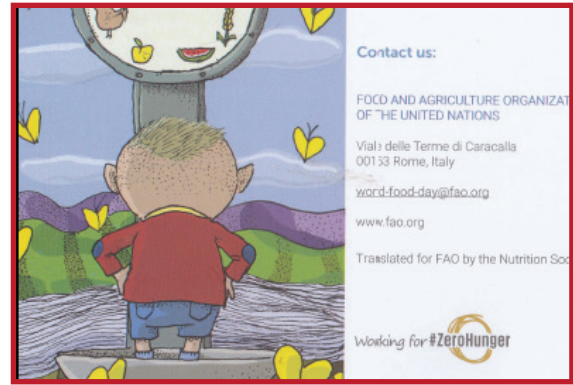
The Nutrition Society organized an awareness program on “Eat Healthy Stay Healthy” at Mullativu on 16th and 17th June 2019. This was arranged to celebrate the nutrition month and also to select lead mothers in the area. Twenty five lead mothers who are actively

working as volunteers in the area attended the programme. The main objectives of the program were to promote healthy eating habits and provide insights into initial directions for improving positive nutrition behavior changes among the villagers. It was a two-day program. It included an educational program which covered the introduction to nutrition, food groups and nutrients, balance meal, healthy eating habits. Further, it was enriched with cooking demonstrations and cooking competitions. The activity was conducted by Mr Roshan Dela Bandara.



2.8 Translation of an English book to Sinhala and Tamil versions for World Food day 2019

The theme of World Food Day for 2019 was “Our actions are our future: Healthy diets for a zero hunger world”. Food and Agriculture Organization (FAO) together with World Food Programme celebrated the World Food Day on 16th October 2019. Nutrition Society was invited by the FAO to translate two documents; the World Food Day Concept Note which provides background on this year’s theme, healthy diets, and simple ways that schools can observe the day. It is planned to be disseminated by the Ministry of Education to schools across the island. The other document is the World Food Day Activity Book which has been produced by the FAO. Two student members helped for the translating activity. Translating the two documents to both local languages, Sinhala and Tamil was coordinated by Mr Roshan Dela Bandara and Ms. R.P.M Sandamali with the guidance of Prof Anoma Chandrasekara.



2.9 Nutrition counselling session at Teachers' Health Camp at Nalada College

A nutrition counselling session was conducted by Mr. Roshan Dela Bandara at the Teachers' Health Camp of Nalada College, Colombo which was organized by the Old Boys Association on 27th October 2019. There were about 300 participants including present and past teachers. The event was coordinated by Mr. Rasika Roshan. Teachers' Association has expressed their willingness to collaborate with NSSL in future activities. This is a very good initiative, as educating teachers would automatically convey the correct nutrition messages to the children.



2.10 Workshop on nutrition counselling

The NSSL in collaboration with Life style and Weight management center conducted a half a day workshop on 'Nutritional counselling and Therapeutic Lifestyle Change for individuals involved in different professions who need respective knowledge. The program addressed the theoretical aspects of nutritional counselling while sharing practical experiences. Mr Roshan Delabandara and Dr Dhammika Senanyake contributed as resource persons. Dr Ananda Chandrasekara coordinated activity.



3. Capacity building

3.1 Triparty collaboration research project of Aberdeen University-Wayamba University and NSSL

The University of Aberdeen, in Scotland , UK and Wayamba University of Sri Lanka and the Nutrition Society of Sri Lanka collaborated on the project " Improving the nutritional status of the elderly in Sri Lanka using a tailored and scientifically optimized dietary approach: Preliminary data and networking". This project was funded by the University's Global Challenge Research Fund Internal Pump Priming Fund (GCRF-IPPF).



The research project was conducted successfully by the research team that included Prof Anoma Chandrasekara, Dr Ananda Chandrasekara with some life members of NSSL, postgraduate students and with student members. Networking meeting in UK was completed in November 2019 and stakeholder meeting in Sri Lanka will be conducted on 27th February 2020 with a wider participation of government, non-government and private sector. The outcomes of these meetings are expected to draw future collaborations with NSSL and activities to improve the nutritional status and quality of life of elderly in Sri Lanka. The activity is coordinated by Prof Anoma Chandrasekara.

3.2 Workshop for undergraduates of Faculty of Livestock, Fisheries and Nutrition, Wayamba University

A workshop for undergraduates of Faculty of Livestock, Fisheries and Nutrition, Wayamba University was conducted by the contribution of the Dr Chandima Madhu Wickramatilake (on Study Skills), Dr Dhammika Senanayake (on Physical activities & Health), Mr Roshan Dela Bandara and Ms. Manjula Sandamali (on Nutritionist Role in Development Sector).



3.3 “The Go Baby Go” pilot research

The Go Baby Go! (GBG) parenting program was developed to strengthen the confidence and competence of mothers (starting in pregnancy), fathers, and other primary caregivers of children 0 to 3 years old, thereby, promoting caregiver-child relationships that foster children’s growth, learning and lifelong development. GBG’s ultimate goal is to empower parents and caregivers with the skills to create positive change within their families, to foster holistic, early childhood development in practical ways, and establish the strongest foundation possible for their children’s futures.

This project was conducted in Karaichi DS division of Kilinochi District, Chankanai DS division of Jaffna District and Reedigama DS division of Kurunagala District by World Vision Lanka in collaboration with NSSL. Six hundred and forty three study participants were included in baseline survey. NSSL provided technical support and enumerators for the research and Mr. M Piratheeban coordinated the activity.



3.4 Participation at Asian Congress (ACN) of Nutrition in Bali, Indonesia

Prof Anoma Chandrasekara participated as an invited speaker at a Luncheon symposium of Asian Congress of Nutrition held in Bali, Indonesia from 4th to 7th August 2019. NSSL supported the organization of ACN as a collaborative organization, giving publicity for the conference in Sri Lanka, being invited speakers and acting as a chair of a scientific session. Several life members of NSSL participated as the delegates in ACN.



The President of NSSL Prof Anoma Chandrasekara represented NSSL in the Federation of Asians Nutrition Societies general assembly held on 5th August 2019.



3.5 Participation at International Conference on Food Factors 2019 at Kobe, Japan

Mr. Roshan Dela Bandara presented a paper titled “Implementing food-based dietary guidelines; field experience in Maldives” at the 7th International Conference

on Food Factors and the 12th International Conference and Exhibition on Nutraceuticals and Functional Foods on 1st to 5th December 2019 at Kobe International Conference Centre in Kobe. The conference had attracted 1,632 attendees from 38 countries, 387 oral presentations and 516 poster presentations. This provides a great opportunity to make the NSSL visible at a wider audience. Participants had commended the work of the society.



3.6 Newspaper articles/ interviews

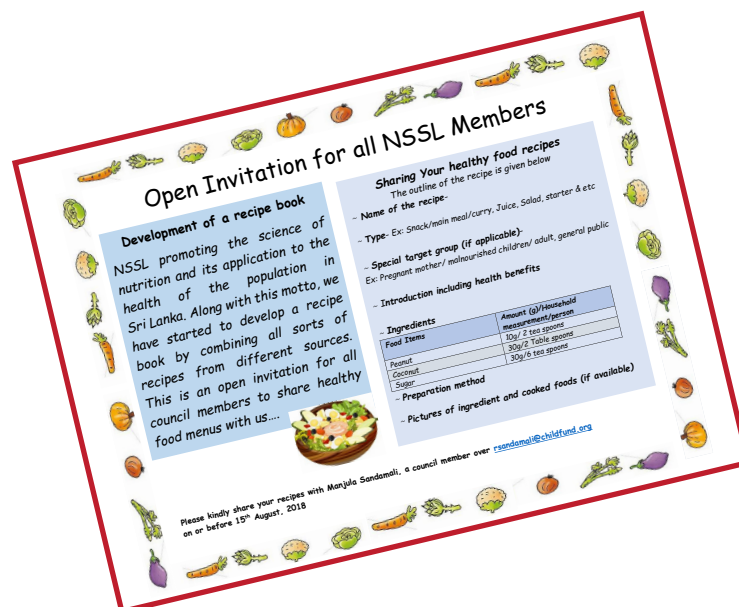
Prof Anoma Chandrasekara contributed as a resource person to Newspaper articles about pearl millet and fried rice in June and November 2019, respectively.



3.7 Recipe Book

A recipe book was compiled in order to introduce healthy food menus for children including nutrient content of the menus. This was completed by Ms. R. P. M. Sandamali under the guidance of Prof Anoma Chandrasekara.

The book was drafted to introduced different types of food menus for parents/caregivers and encourage them to use these food items for their children. Nutrient composition of each menu provides detail explanation on major nutrients included in each menu which may encourage readers to practice accordingly.



3.8 Ongoing projects - story books

Nutrition knowledge needs to be transferred at the childhood. Children love to read stories. In this NSSL initiated to have their own publications. Two children story books have been written by Prof Anoma Chandrasekara and Mr Roshan Delabandara. Art work has been done by legendary children's story book producer Mrs Cebyl Wetthasinghe.



4. Other highlights from NSSL activities

4.1 Chief Guest in India - International Conference on prospectus of Nutraceuticals and Natural Medicine

Mr. Roshan Dela Bandara participated as the chief guest and an invited speaker at the International Conference on Prospectus of Nutraceuticals and Natural Medicine held in Coimbatore, India in 25th February 2019. He delivered a speech on 'Theory into practice – Potential challengers of Nutraceuticals'. The congress was attended by more than 900 participants from different parts of India. Conference was organized by Dr NGP Art and Science College, Coimbatore.



4.2 Keynote speaker at National Symposium of Graduate Research 2019 in India

Mr. Roshan Dela Bandara participated as the keynote speaker at the National Symposium of Graduate Research 2019 which was held in Coimbatore, India in 26th and 27th February 2019. The event was designed to instill the importance of research in the young minds and to nourish and nurture their skills to become future scientists. He delivered the speech on 'Role of Nutraceuticals in Food Industry'. The symposium was attended by more than 400 Indian university students. Conference was organized by Dr NGP Art and Science Collage, Coimbatore.



4.3 Assignment with FAO on Mainstreaming Nutrition in the Agriculture Sector of Sri Lanka

The Society was awarded a consultancy by the Food and Agriculture Organization (FAO) of the United Nations to 'Mainstreaming Nutrition in the Agriculture Sector of Sri Lanka'. This is a tri-party collaboration work with Department of Applied Nutrition, Wayamba University Sri Lanka, Dietetic Association of Sri Lanka and the Nutrition Society of Sri Lanka. Overall coordination will be done by the NSSL. This is for a period of one year from December 2019 to December 2020. The activity is coordinated by Prof Anoma Chandradekara, Mr Roshan Delabandara and Ms Visakha Thillekeratne

List of new members enrolled during 2019

Life members

1. P. Sooriyaarachchi	BSc. Special Degree in Agricultural Resource Management and Technology
2. T. V. Francis	Bsc. Hons Nutrition
3. J. M. Nimali .P. Perera	Bachelor of Ayurveda Medicine and Surgery- University of Colombo
4. M.S.F Rishdha	B.Sc in Food Science and Nutrition
5. P.S.M Kumaratunga	Msc in food and nutrition Graduateship in Chemistry PGDip (Toxicology)
6. R.A.G.W. Rathnayaka	B.Sc. Food Science & Nutrition at Wayamba University of SL & (waiting for M.Sc Food & Nutrition - University of Peradeniya final viva examination)
7. S.K. N. De. S. Jeewakarathne	Certificate of efficiency as practice Medicine and Surgery
8. S A A Roshini	B Sc (Hons)specialized in Food Science & Technology, , Postgraduate Diploma in Food and Nutrition

Annual members

1. S. Sarvaka	BSc (Hons) in Biomedical Sciences
2. T. P. A. U. Thennakoon	Graduate Chemist
3.Kananke Liyanage Arunee Prabodha Liyanage	B.Sc. in Food Science & Technology
4. P.L.G.P.J Senevirathne	MBBS, MD
5. H.A.T. Perera	BSc in Agricultural Technology and Management, MS in Food and Nutrition, MS in Nutritional Sciences, PhD in Nutrition
6. R. Prashanthan	BSc(Hons) in Physiotherapy (UOP) Certificate course in Human Nutrition and Dietetics (UOC)
7. K. Nisanthan	BSc in Microbiology, Biochemistry & BViotechnology MSc in Food science & Technology



The attendance/joining online of council members for meetings in the year 2019

No	Name	Position	Attendance
1	Prof. Anoma Chandrasekara	President	10/10
2	Dr. Sanath Mahawithanage	Vice President	4/10
3	Mr. Roshan Dela Bandara	Joint Secretary	10/10
4	Dr. Chandima Madhu Wickramatilake	Joint Secretary	10/10
5	Dr. Dhammika Senanayake	Treasurer	9/10
6	Mr. Chalindra Pathirana	Editor	7/10
7	Ms. Visakha Tillekeratne	Council member (Past President)	7/10
8	Mr. K. Rasika Roshan Seneviratne	Council member	7/10
9	Prof. Chandrani Liyanage	Council member	2/10
10	Dr. K D Disna Kumari	Council member	4/10
11	Dr. Ananda Chandrasekara	Council member	9/10
12	Ms. R P M Sandamali	Council member	8/10
13	Mr. M Piratheeban	Council member	2/10
14	Mr. J Arun	Council member	3/10
15	Mr. Mudith Dharmapriya	Council member	8/10

The Nutrition Society of Sri Lanka wishes to acknowledge the unstinting support extended by all the members, partners, donors and sponsors in its multiple activities. We expect your sincere assistance and collaboration with NSSL to make our endeavors a success.