

## Population Health

The ultimate aim of the Ministry of Health and Sports is to improve and sustain population health not only in urban but also in rural areas, hard-to-reach and marginalized population along our path to UHC.

Basically, people of all ages and all walks of life must have acceptable level of health literacy so that they can practice good health behavior which includes taking healthy food, and practicing healthy life style. All these pointers are underpinned by the very fact that people must have interest in taking regular exercise as a matter of daily routine activities. The Department of Sports and Physical Education under the Ministry of Health and Sports is doing all-out through Township Sports Development Programs available throughout the country. We are fully aware that it is the biggest challenge for all of us to make it happen. However, we are still striving hard and put enormous effort to achieve it in a step-wise and phase-wise manner.

The Ministry of Health and Sports is, therefore, putting extra effort and undivided attention in implementing (i) health literacy promotion activities, (ii) school health programs, (iii) preventive, promotive and rehabilitative health activities, (iv) in-service capacity building activities for all categories of health and sports staff, (v) working collaboratively with UN agencies, INGOs, local NGOs, EHOs, CBOs and like-minded professionals and organizations. These activities are supplemented by way of intensifying activities of several projects and programs throughout the country. Be that as it may, there are still plenty of rooms for improvement in different spheres of health works. In fact, clinical domain and public health domain are closely intertwined and are working in tandem to achieve our common objective of improving population health. Investment in clinical or hospital domain will never ever end, as the incidences of various diseases are increasing. In other words, investment in public health is a proven method of reducing the investment in clinical domain. The work based on combined strength of medical service and public health will raise the health flag of our country to greater heights.

*(Excerpt from one of the speeches delivered to health staff by Dr Myint Htwe, Union Minister for Health and Sports)*

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