



# Nizwa Healthy Lifestyle Project (NHLP)

## A Health Promotion Experience from Oman

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**Executive Office of NHLP**

**Thanks To Dr. Huda Syabi**









Tuesday, May 26, 2015

Nizwa Healthy Lifestyle Project  
Evaluation



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- ☐ The Evaluation phase.
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  - ☐ Quantitative
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- ☐ Lessons learned :
- ☐ Ways forward



# World Health is in Transition

## Epidemiological:

- Chronic diseases overriding infectious diseases, & double burden of diseases in many developing countries

## Nutritional:

- Diets are rapidly changing ,physical activity reduced

## Demographic:

- Population ageing

## Globalization:

- Increasing global influences



# Challenges to health in Oman

National health survey 2000	
11%	Diabetes
33%	Hypertension
19.1%	Obesity
40.6%	hypercholesterolemia
17.7% (sur city 2006)	Physical activity
%14	Tobacco







what is NHLP?



# What is NHLP?

**NHLP is a Community based project for primary prevention of non-communicable diseases and promoting healthy lifestyle in Nizwa .**





# The main objectives of the project



- Map the emerging epidemics of NCDs and to analyze the social, economic, behavioral and political determinants of the disease.
- Reduce the exposure of individuals and populations to the preventable common risk factors.
- Strengthen health care services for people suffering from NCDs by ensuring their access to effective interventions





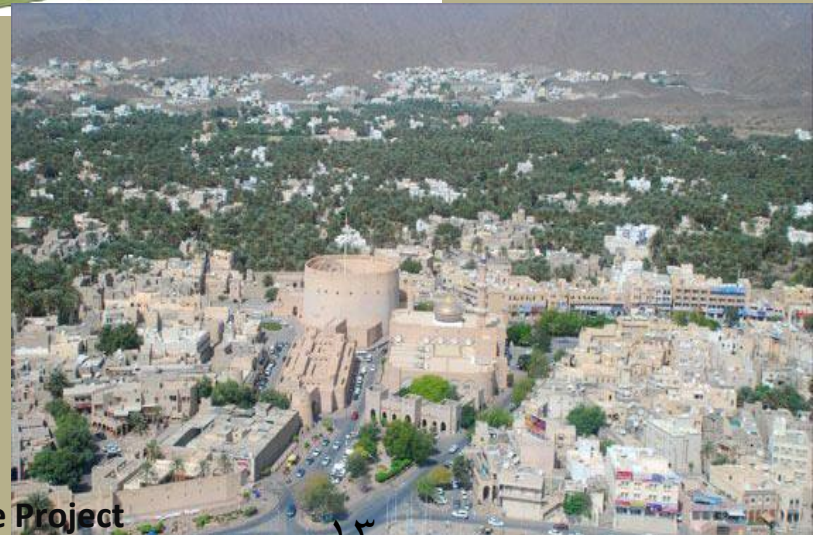
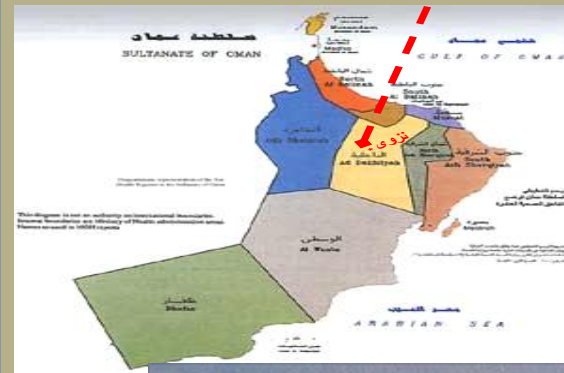






# Willayat Nizwa (Oman)

- **Location:**  
In Ad Dakhliyah region  
about 175 Km from  
Muscat
- **Population: 82,679**
- **Population  
settlement:**  
about 120 villages





# Project Milestones



# Project Milestones

Implement  
ation of  
interventio  
ns  
2004

Development  
of the strategic  
plan  
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Baseline  
survey

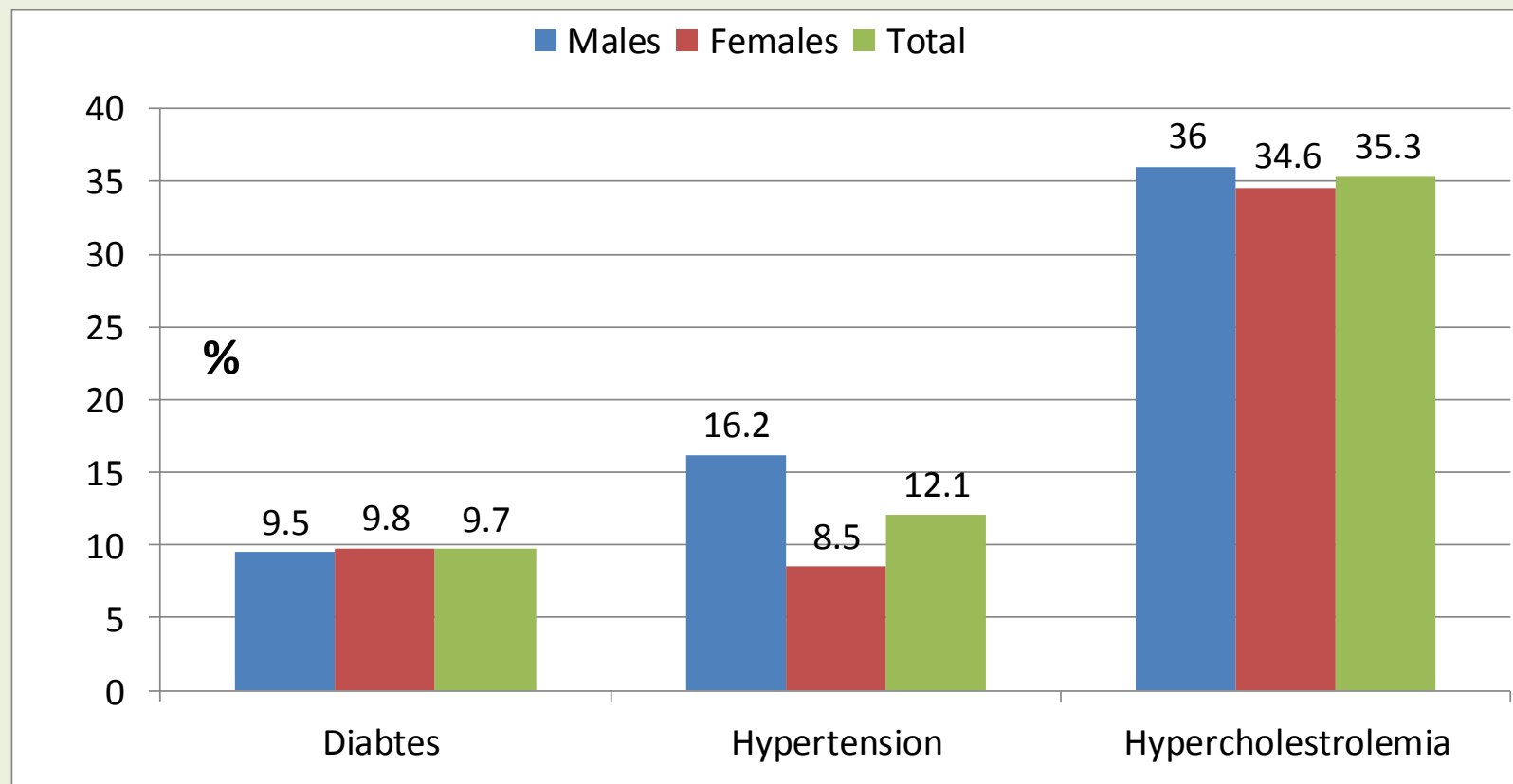
appointm  
ent of a  
local  
project  
committe  
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Decree:  
appointme  
nt of a  
local  
project  
committee  
1999

Nizwa  
Governor  
expresses the  
willingness of  
the community  
to host the  
pilot project.  
1997

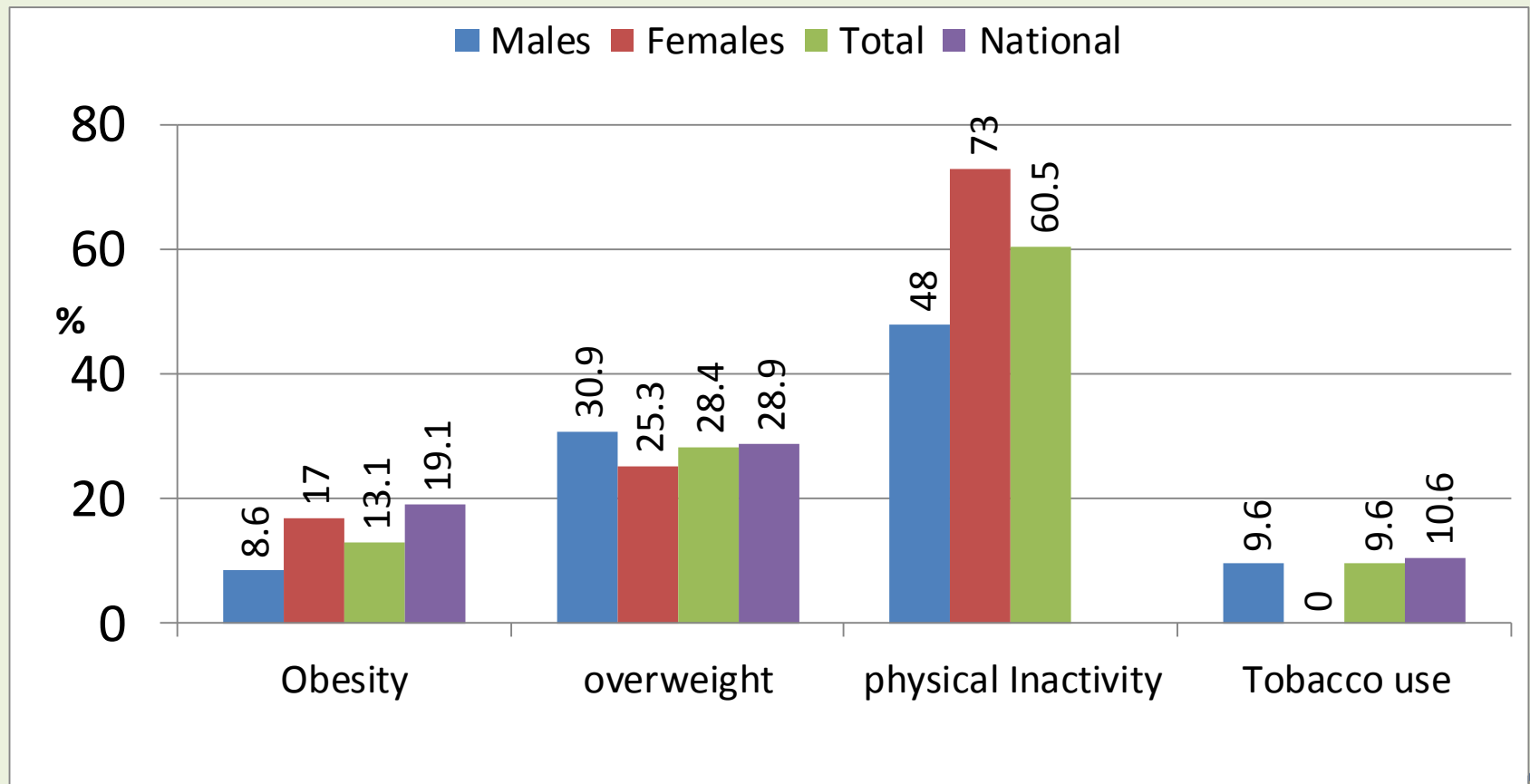


# Prevalence Of Diabetes and Hypertension Nizwa 2001





# Prevalence Of Obesity ,Physical Inactivity And Tobacco Use Nizwa 2001

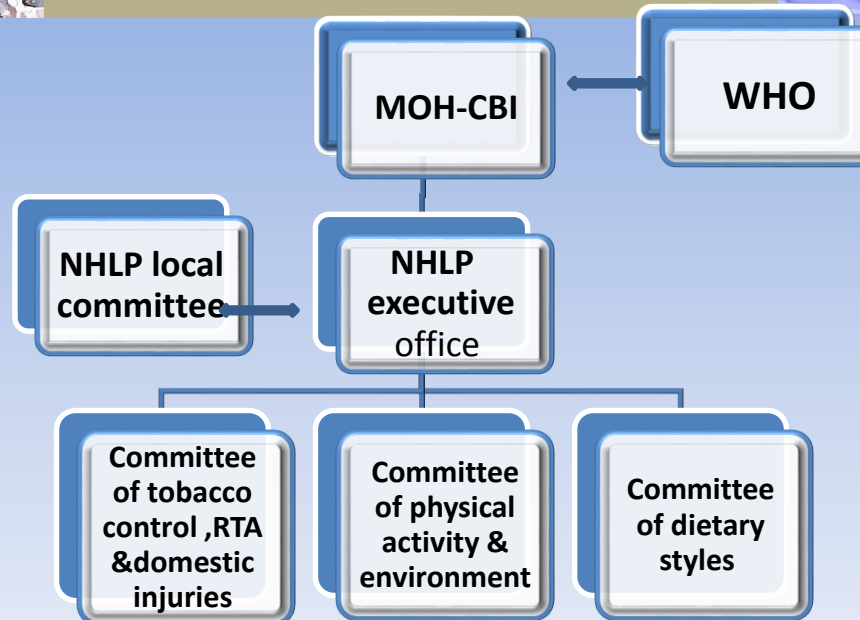




## Promotion of Physical activity



## Healthy Diet



## Tobacco prevention



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## RTA and domestic accidents control



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# The Plan of Action



# Approaches

- **Population approach**
- **High-Risk Approach**



# NHLP plan of action (2004-2008)

## Population approach

### First : School Programs

- ✓ project friendly schools
- ✓ move for health
- ✓ Tobacco prevention
- ✓ Brown bread





## Second: Community Empowerment

- ☐ Supportive environment
  - ✓ Gymnasium at Omani women association
  - ✓ Walking pathways
  - ✓ Availability of healthy food alternatives
  - ✓ Healthy restaurants competition
- ☐ Increase community awareness





# High-Risk Approach

## □ Lifestyle Clinic


- Weight Management
- Tobacco Cessation

## □ Capacity building of health care providers



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Tobacco Cessation Pilot Clinic



Bio data.					
Patient sticker		PATIENT No	FILE NO	Age	Date clinic File Opened
Type of visit	Sex	Marital	Occupation	Level of Education	
1. Self 2. Health Institutions .....	1. Male 2. female	1. single 2. married 3. Widowed 4. divorced	1) Government 2) Private 3) Student 4) Self Employed 5) House Wife 6) Un Employed	1. Illiterate 2. R.W 3. primary 4. secondary 5. college	
Nationality	Willayat / Village	No. of children	GSM no	How did you get to know about our facility?	
1. Omani 2. Others .....	..... / .....	.....		1) Health worker 2) Friends 3) Advertisements	

Medical History						
Personal	1. Hypertension	2. Diabetes	3. Asthma	4. IHD	5. Dys lipidemia	6. Cancer



# عيادة الإقلاع عن التدخين

عزز صحتك  
بالإقلاع عن التدخين

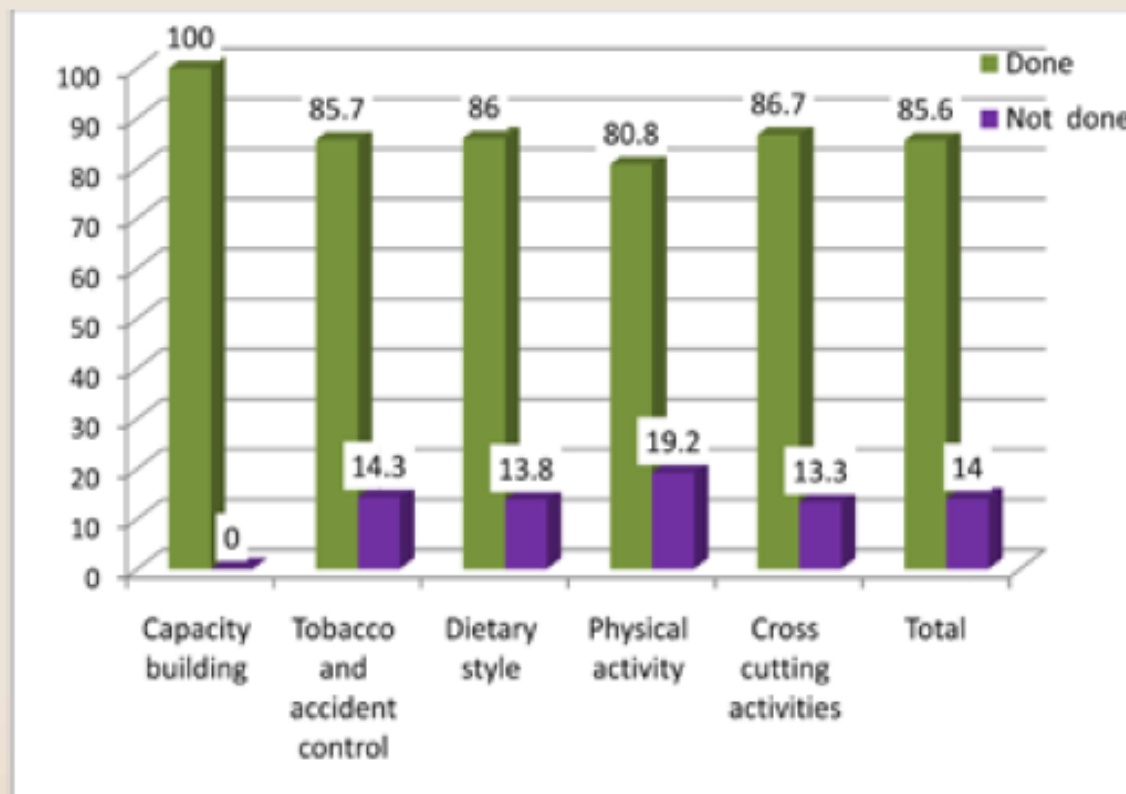
فحوصات عامة أول أكسيد الكربون ... إلخ  
توفير علاج يشمل لصقة وعلكة النيكوتين  
نظام متابعة للمقلع طوال العام  
شهادة الإقلاع عن التبغ

قم بزيارة مشروع نزوى لأنماط الحياة الصحية  
أو احجز موعداً على هاتف : 25426271  
[www.nizwahlp.net](http://www.nizwahlp.net)






**Figure 12: Status of implementation of activities from the strategic plan**





# Evaluation process (Feb2009-Aug2010)



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**Nizwa Healthy Lifestyle Project  
Evaluation**





# The Objectives of evaluation

- To appraise the NHLP/CBI structures, project management
- To assess the political commitment and partnership in implementing the NHLP
- To assess community engagement in the process of project strategic action plan
- To analyze the NHLP implementation processes and progress against planned actions and interventions
- To assess the changes in healthy lifestyles (KAP)
- To identify good lessons and practices, strengths, threats and opportunities to guide the way forward





# Methodology:

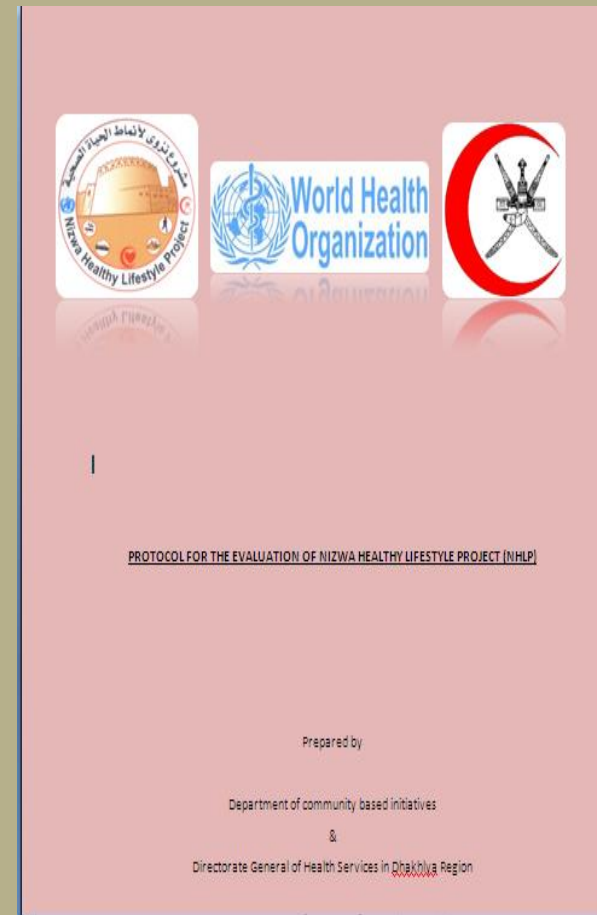
- Desk review
- Qualitative study
- Quantitative study



# Stage one: Desk review (February –August 2009)

## Contents

- Demographic characteristics
- Baseline Health and risk factors indicators
- Organizational Structures
- Project interventions and outputs
- Partnerships and Community participation
- Research and Studies





# Stage Three: the quantitative study

## (3<sup>rd</sup> July -11<sup>th</sup> August 2010)

study targeted	Omani population who are 20 years or above
sampling	Multistage cluster
sample size	2100
Methodology	Combining the adapted StepWise and the baseline survey
Training	22 selected surveyors were trained
Pilot study	50 clients from outside study sample
Response rate	95.1% (total of 1997 )



# Stage Two: The Qualitative Study

## (24<sup>th</sup> October-11<sup>th</sup> November 2009

methodology		
FGD	150	Total : 166
Interviews	16	
Age Range	from 10-50	67 women 81 men
		20 boys 23 girls
FGD	students, teachers, Jawala ( Rovers ), Nizwa sports groups, Health care providers, members from Private sector, NHLP committees, Women groups and other community	
In-depth interviews	The Wali, key program managers, policy and decision makers, health care providers, academia and key community members .	









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# The Findings





# Topics for Discussion

- **Community perception and participation with NHLP**
- **The effect on changing into HP environment .**
- **The Change In KAP and Health Status .**
- **Lessons learned .**
- **Ways forward.**





# **Community Perception and Participation With NHLP**

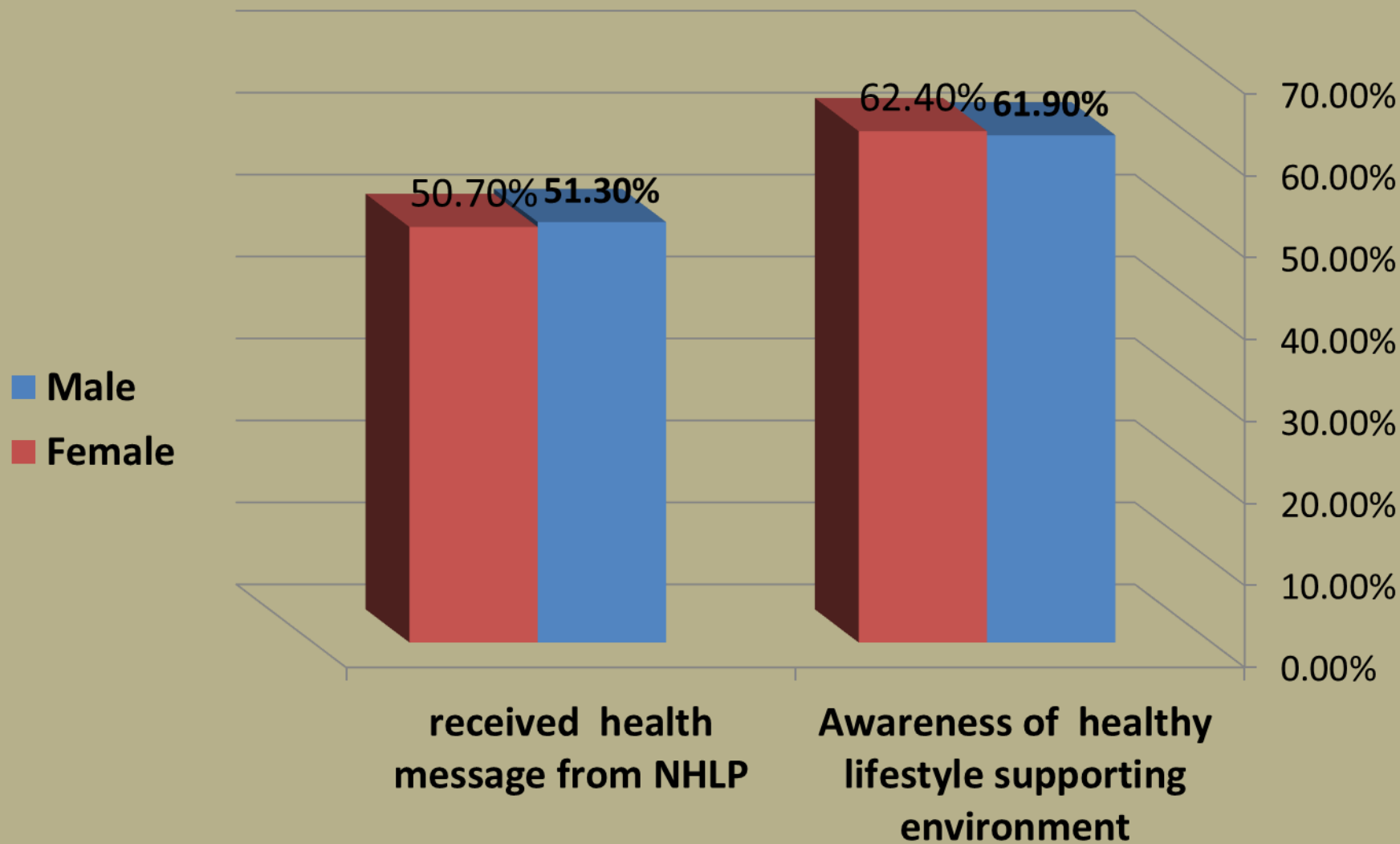
الجبيل الأخضر



## Community Perception and Participation With NHLP

- **Most of the people recognized that NHLP is an awareness raising project to improve the behaviors of people in relation to NCDs .**
- **Few knew about the interventions regarding the traffic and domestic accident prevention .**
- **Most people recognize it as a Ministry of Health project which is directed to the community.**





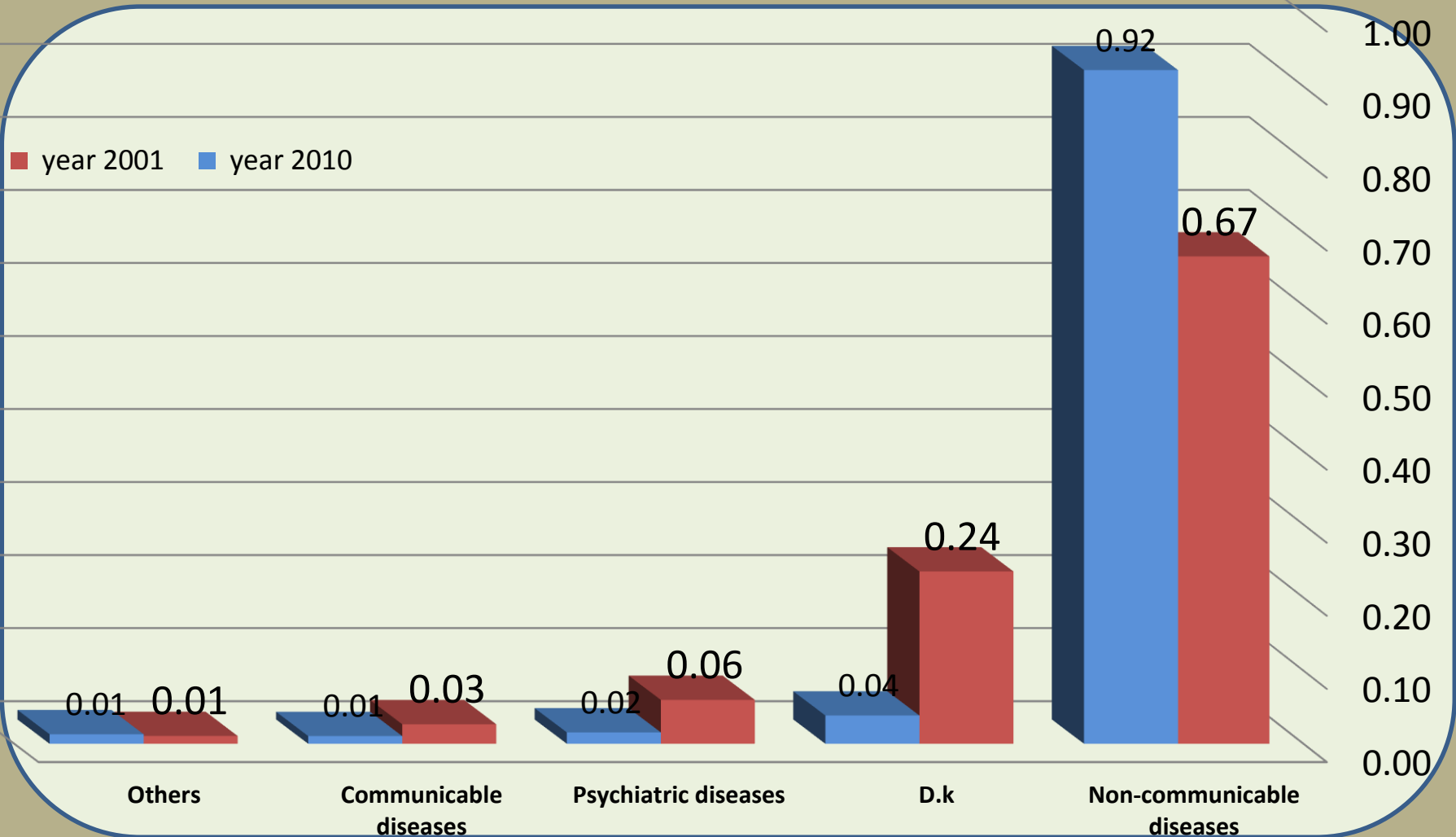


## Community Perception and Participation With NHLP

- The project responded to the community needs , as the intervention area e.g. ( smoking ,physical inactivity , diet ) are of community believes to be addressed .
- It had influenced positively some of the social norms such as women participation in using the walk paths (65.5% of women are physically active)



# General knowledge of survey population about Major Health Problem,





## Community Perception and Participation With NHLP

- **Participants believed that the project had succeeded in installing new ideas and objectives within the institutions and community members.**
- **Most people participated actively in the project activities....Some felt that they are only involved in the execution.**
- **Study participants mentioned that “Women Participation” was obvious and active (at higher level) (30% of committee members)**





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# The Effect On Changing Into HP Supporting Environment .





# **The Effect On Changing Into HP Supporting Environment .**

- **The construction of the walk path and the indoor sports areas was considered as a direct effect of the NHLP**
- **Impact of the NHLP on policy changes regarding the availability of healthy food at the schools (brown bread is now available as an option at the schools cantinas while selling chips was band).**
- **Establishment of healthy lifestyle clinics**
- **The demand for low fat items and brown bread was created in the community (83% availability in the market)**







# **The Effect On Changing Into HP Supporting Environment .**

- **NHLP succeeded in creating inter- sectoral cooperation and building partnerships with different community and academic organizations**
- **The project had an impact beyond Nizwa on the national level playing the role of a reference ( Healthy cities /Healthy Villages ).**



# Example Of Partnerships

## University of Nizwa



## Nizwa Club Rovers





# The Change In KAP and Health Status



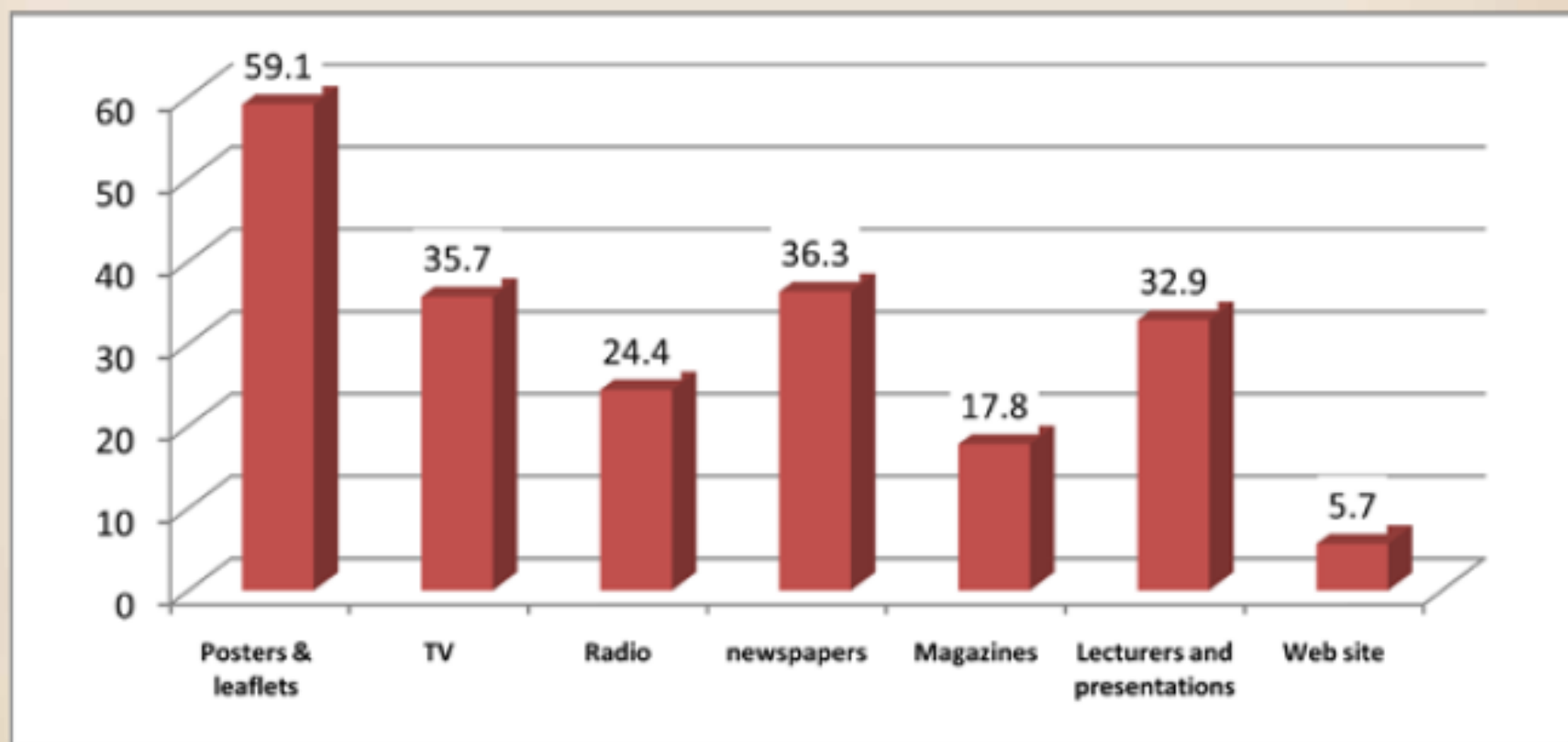


# The Change In Knowledge And Attitude



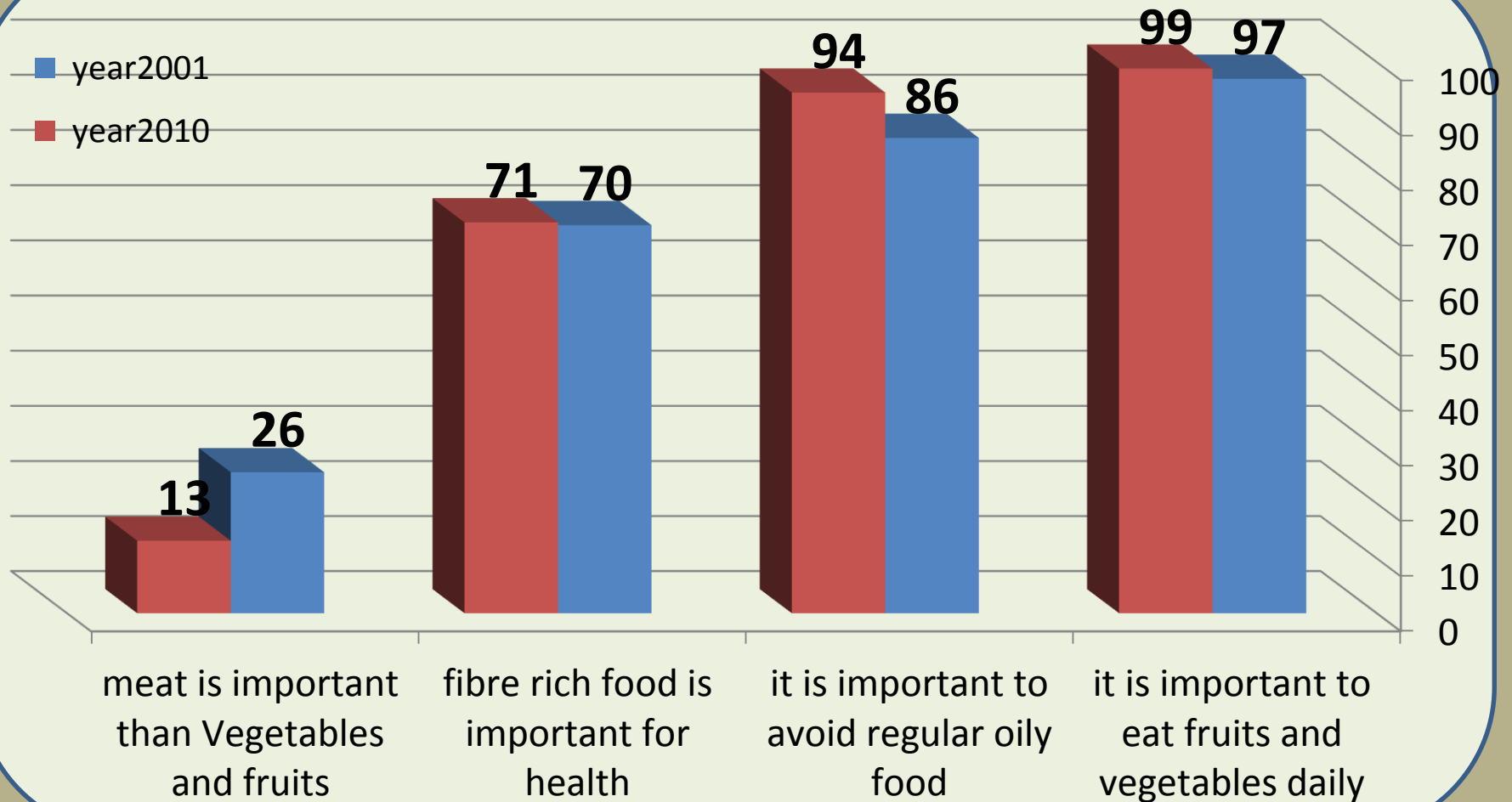
# Exposure to educational

Figure (10): Different Educational Materials And The Frequency Of Exposure To Them in 2010 Survey.



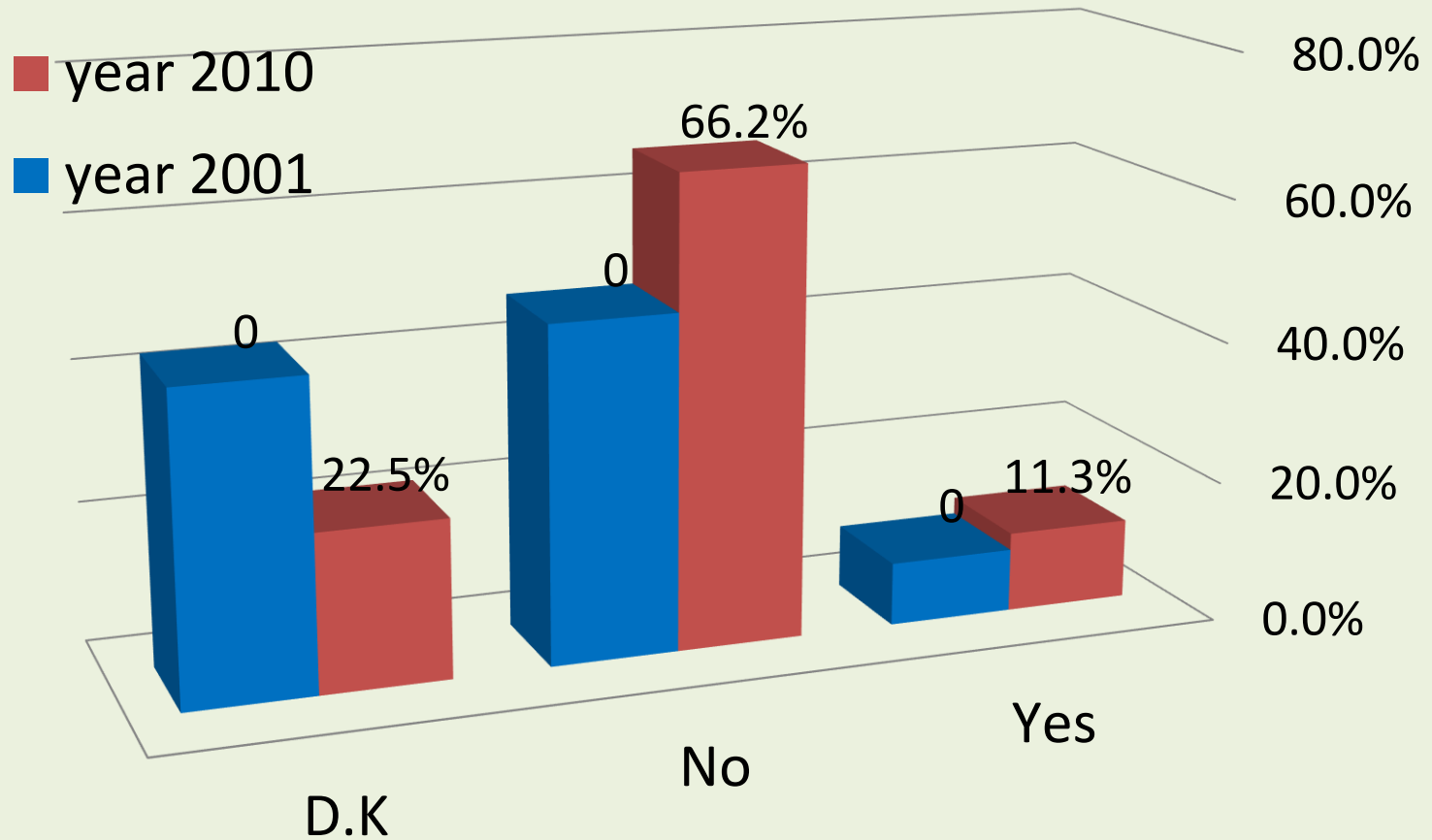


# Diet





# Prevalence Of Survey Population Who Believes That Smoking Shisha Is Less Harmful Than Cigarettes

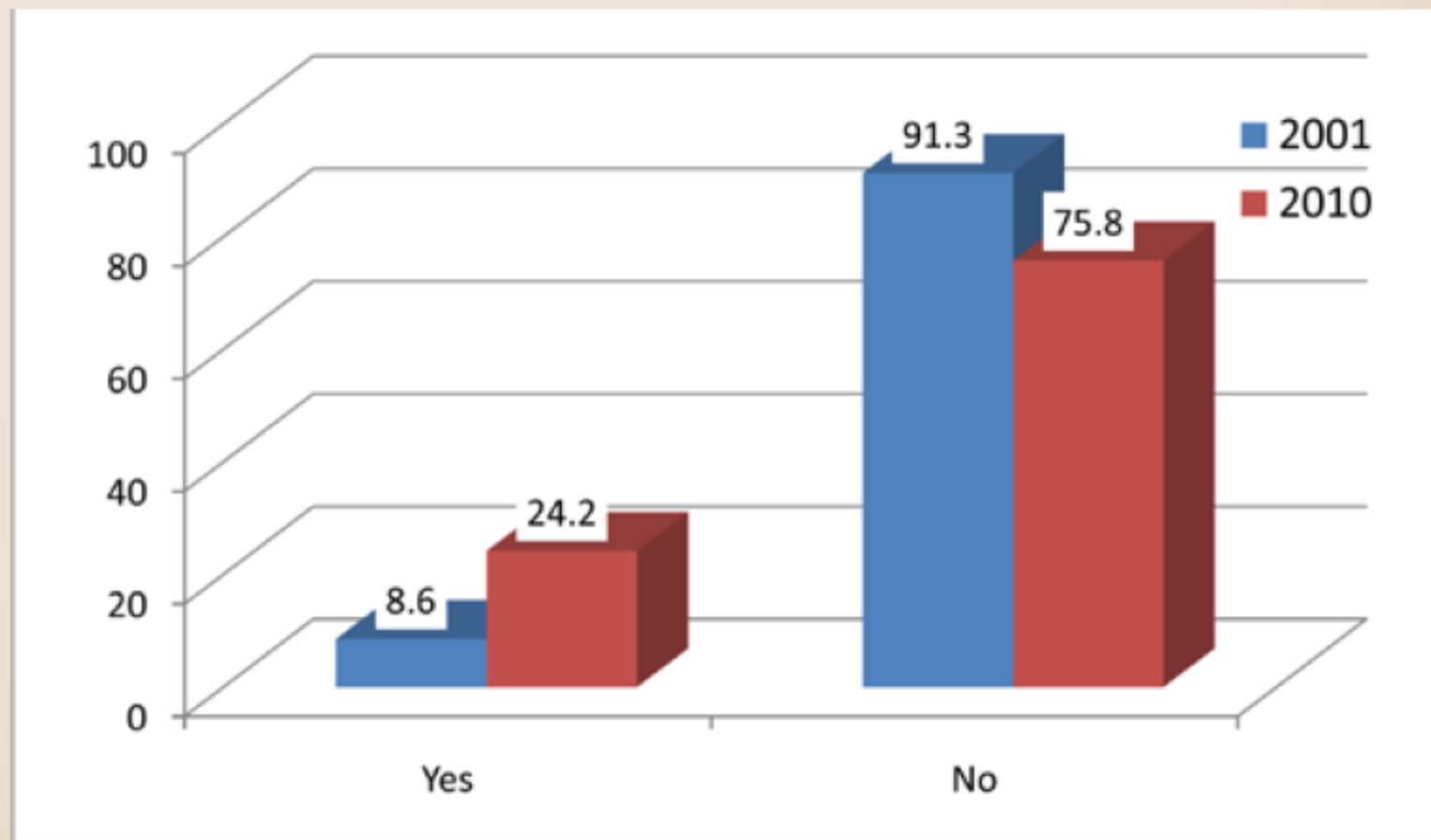




change in practice

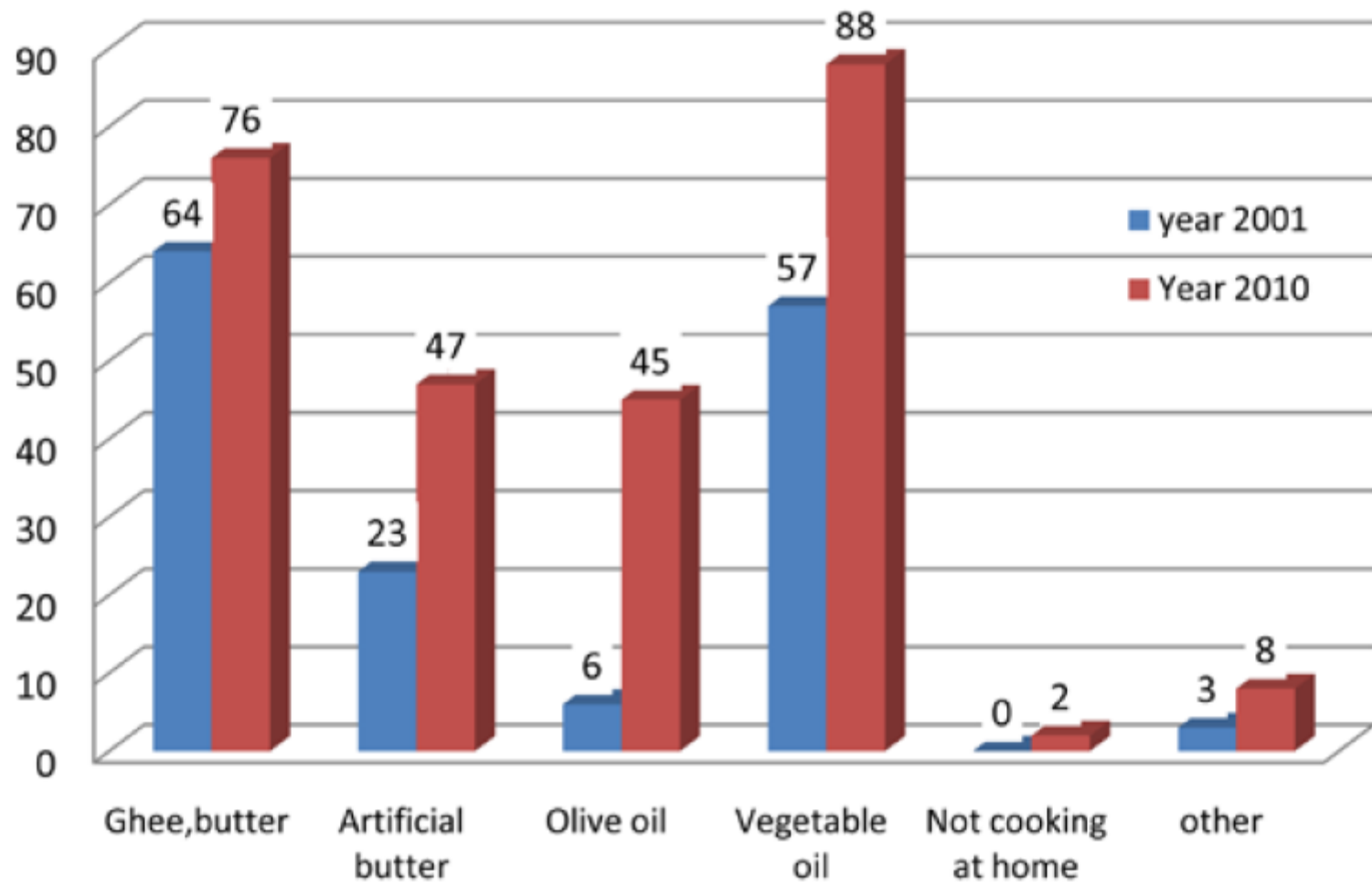


**Figure (20): Percentage Of Respondents Who Changed Their Diet During The Last Year**





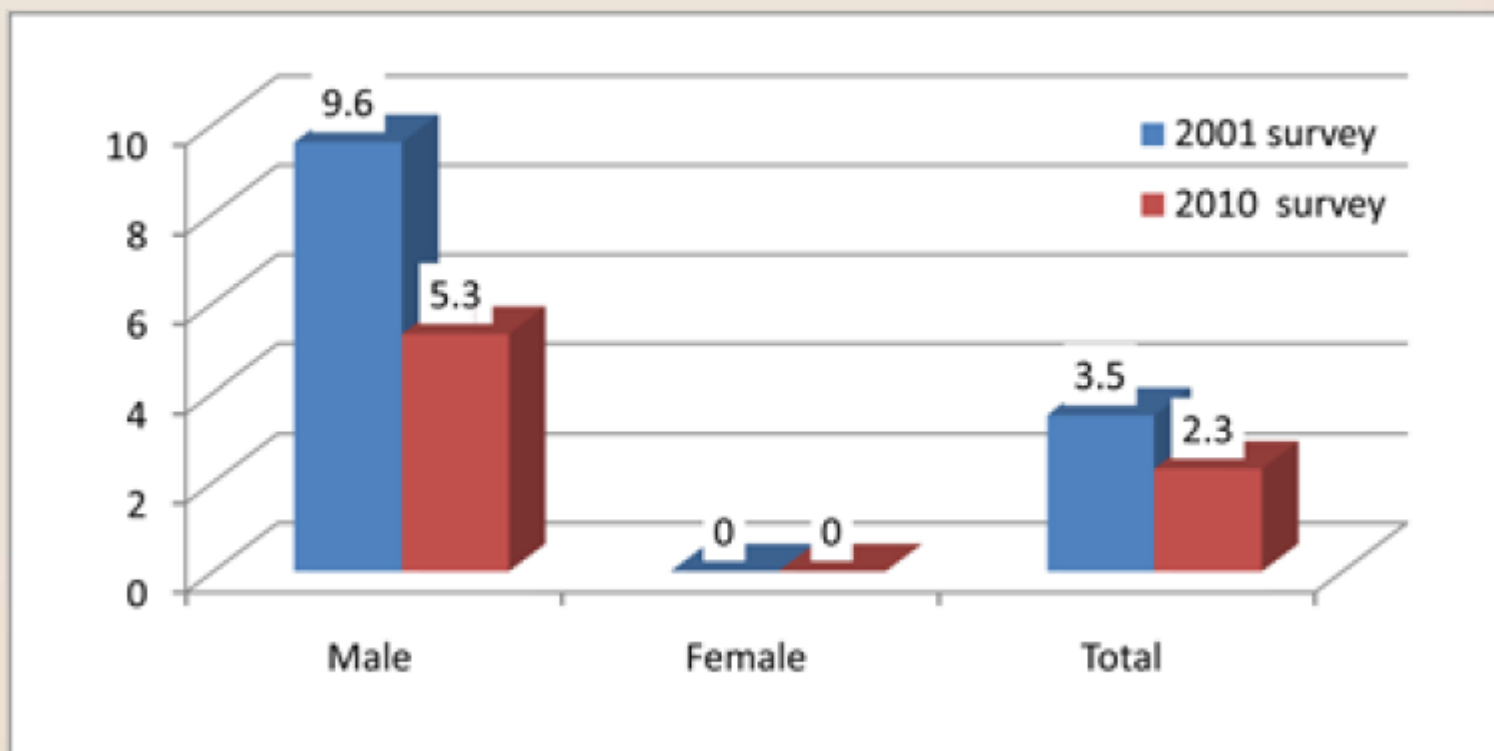
**Figure (21 ): Comparison Of Percentage Of Type Of Oil Used For Cooking Between 2001 And 2010**





# Tobacco Use

**Figure ( 26 ): percentage current smokers 2001 and 2010**

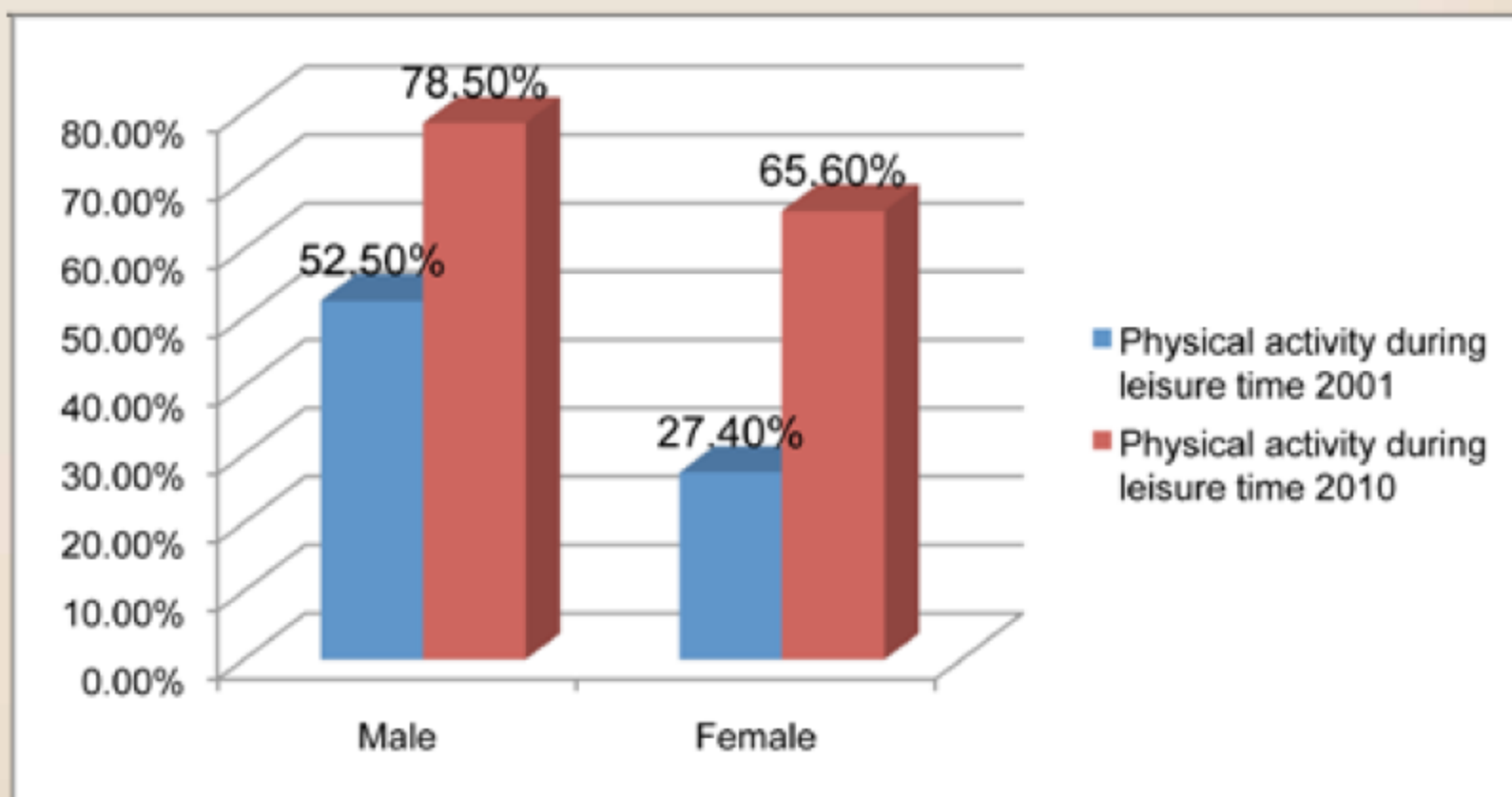




# Physical activity

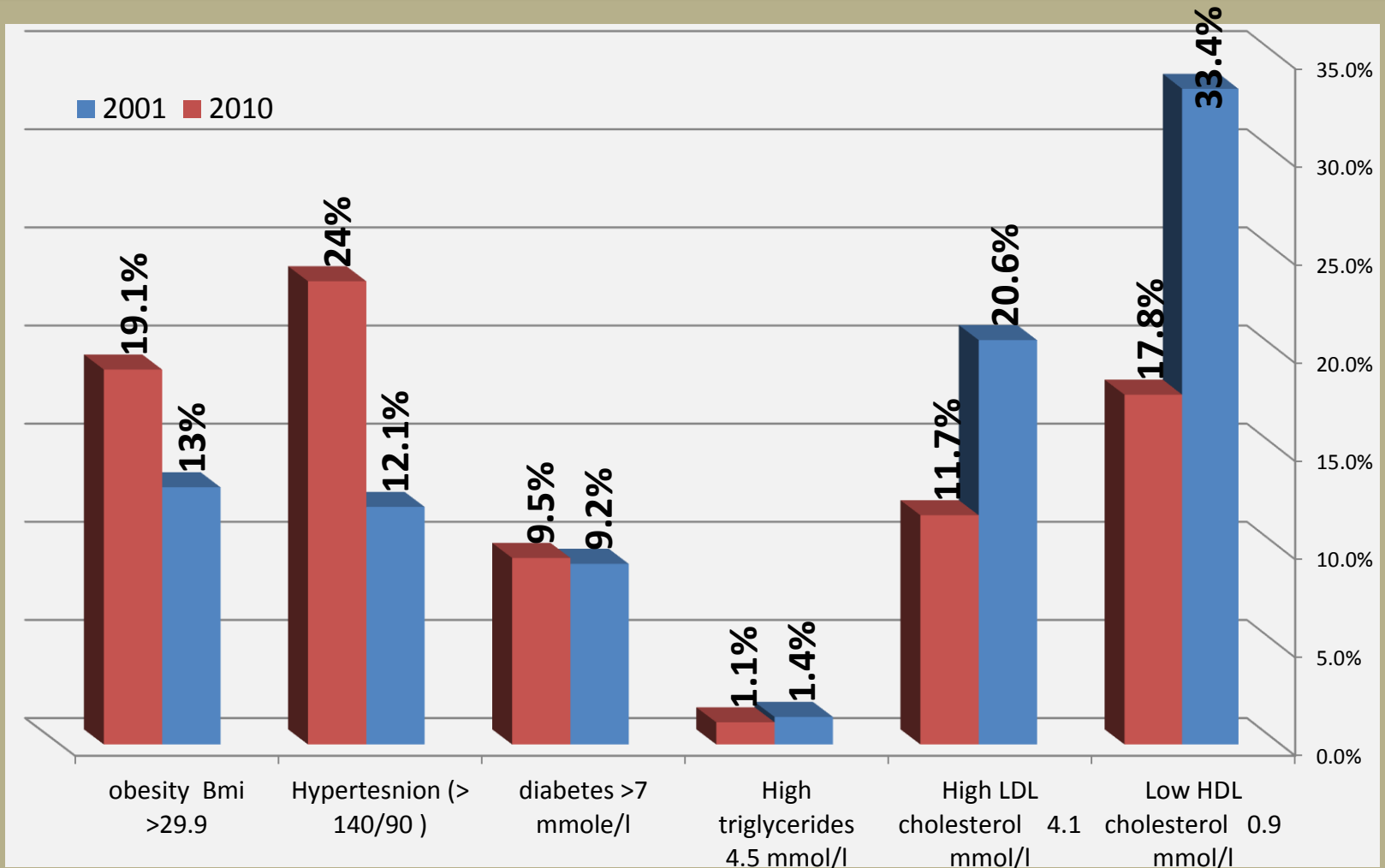


**Figure (23): comparasion of physical activity during leisure time between 2001 and 2010**





# Risk Factors and Morbidity





# Lessons Learned



# Lessons learned :

## The Evaluation Exercise .



- The evaluation needs to be an essential part of any health promoting strategic plan.
- The existence of a national evaluation system facilitates the process of evaluation.
- Adopting different evaluation methodologies increases the validity of the findings .
- Presence of a comprehensive documentary system facilitate easy evaluation process .



# Lessons learned :

## NHLP interventions

- To review and Integrate the successful interventions within the schools to ensure sustainability.
- To continue the capacity building .
- Revisit the concept of ownership of the project.
- Empower the project local committee with decision making representatives.
- Ensure sustainable source of resources from the various sectors.





# Ways Forward



## Ways Forward

- To perform further detailed analysis of the data.
- To disseminate the results
- To lay on the next strategic planning
- To plan to perform longitudinal study to assess the impact of the project .



# Dissemination of the results



## Nizwa Healthy Lifestyle Project Evaluation Report

Conducted By

Department of community based initiatives  
&  
Directorate General of Health Services in Dhakhlyya Region

Written by

Dr. Huda Al-Siyabi Dr. Zahir Al-Anquodi  
Dr. Halima Al-Hinai Dr. Saleh Al-Hinai



# Putting the 2nd 5 year plan





# Launching of the second 5 year plan





# Signing more partnership



University of Nizwa



National association of the elderly friends



National Antitobacco society



Nizwa Women Association



# Launching of a healthy traditional cook book





# Summary



# Summary

- The project has increased the knowledge of people about risk factors and how to adapt healthy lifestyles.
- Many factors have contributed to the success:
  - Political commitment
  - Partnerships
  - Readiness of the community



# Summary

- **Challenges include:**
  - The centralization of decision making in the other partnering sectors
  - Limited local experience in community management at the beginning of the project
  - A high level of turnover of members of the committees
  - The absence of local media
  - Burden of interventions at schools



# Summary

- **Using multi method evaluation systems is necessary to show the case the public and decision makers ( pre & post intervention).**
- **If the experience will transferred, all lessons learned should be taken into consideration**
- **Establishment of an independent HP structure ensures sustainability of such projects.**







With honor ...  
we present this experience and  
success stories to its owner !!!!!

## The Community In Nizwa



الرئيسية | المشروع | نزوى

## مشروع نزوى لأنماط الحياة الصحية

NIZWA HEALTHY LIFESTYLE PROJECT



أخبار... : قرب إجراء تقييم مسابقة المدارس الصديقة للمشروع :: أخبار :: المشروع يشارك في و

Welcome .. مرحبا بك

### عن المشروع

أن الإنجازات التي تحققت في مجال الوقاية الصحية الثانية والثالثة في مجال علاج الأمراض غير المعدية كثيرة. فقد انتشرت المراكز الصحية والمستشفيات المرجعية لعلاج هذه الأمراض . [المزيد>>](#)

### عن ولاية نزوى

تعد ولاية نزوى حاضرة المنطقة الداخلية وأكبر مدنها ومركزها الإداري، تبعد عن العاصمة مسقط بحوالي (175 كم) . وتعتبر ولاية نزوى القلب النابض للمنطقة [المزيد>>](#)

### مشروع نزوى لأنماط الحياة الصحية



[www.nizwahlp.org](http://www.nizwahlp.org)

[nizwahlp@gmail.com](mailto:nizwahlp@gmail.com)

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شكرا جزيل  
Thank  
You