

ABSTRACT

Today the total strength of Sri Lanka Navy is reached to 55000. There are different branches in SLN according to the trades. There are seven area commands according to the geographical areas. The physical and medical grounds of the persons are highly considered in par with stipulated standards when enlisting to the Navy. In SLN, the personnel wellbeing and good health are regarded immensely by taking enough measures.

There are no sufficient assessments carried out to observe the effectiveness of all wellbeing actions and to observe the contemporary situation of the NCDs. But the medical records show that medication for the NCDs are considerable and on the raise. This study mainly aimed to assess the level of selected NCDs and it's risk factors in SLN regular sailors.

The researcher narrowed down the total strength to 200 regular sailors of SLN who are above forty years old as a sample. This sample is only selected from the area of Western Naval Command. The data are mainly collected using a questionnaire from individuals and individual medical records from SLN medical department. Apart from the main findings, this study has been received many information, opinions and ideas from the expertise on Sri Lanka Navy with regard to NCDs.

The researcher found that there are 34.87% NCD patients those who have at least any of the NCD. Some have more than one illness. Out of that, High Blood Pressure, Diabetes and High Cholesterol are identified as high amount of NCDs existing in the SLN. The study identified the risk factors for NCDs are as alcohol consumption, smoking, Inadequate physical activities and BMI not qualification (over weight).

The study found that raised BMI and PET failing have a great relationship to increase the amount of raised blood pressure patients high. Inadequate physical activities, food habits, the standard of the physical efficiency test, individual behavior/life style and work life imbalance are identified as reasons for that. The risk factors of smoking and liquor consumption are not shown a significant relationship with NCDs in this study. Military back ground of the persons or technical matter of this study are speculated as reason for that. However the repercussions of over consumption of liquor and over smoking will be followed in the future. Moreover the mental health also do not a show significant results in this study.