

Gains and Challenges: the NIROGI Diviya Experience

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NIROGI Diviya 2009-2016 demonstrates that empowering the general public to prevent diabetes and cardiovascular risk, by applying a holistic health promotional approach that addresses their underlying determinants of risk behaviour through collective action, is successful and achievable at low-cost in suburban and highly urban settings in the district of Colombo. Transfer of knowledge, skills and ownership of the program was visible from formal and informal non-health sector leaders to others within communities, workplaces and schools. Yet, many challenges have been experienced in relation to sustainability, which need to be addressed if we wish to take promising "grass-root" lessons to the program level.