

**A STUDY OF KNOWLEDGE, ATTITUDES AND PRACTICES TOWARDS  
RISK FACTORS AND EARLY DETECTION OF NON-  
COMMUNICABLE DISEASES AMONG EMPLOYEES: WITH  
SPECIAL REFERENCE TO SEMI-GOVERNMENT SECTOR  
EMPLOYEES**

A. K. Uditha Gunasekara

National Library and Documentation Services Board, Colombo, Sri Lanka  
*udithagunasekara2@gmail.com*

Health and labour forceS are the keys for secure and sustainable economic development in a country. Poor health is a hurdle towards developing or using skills, and then improving health could raise labour force participation and economic output. Therefore, health is one of the most important assets of a labour force. At present, health is considered a risk factor for human being because of unexpected diseases. Non-communicable diseases (NCDs) are a huge disease burden and have a substantial impact on individuals, communities, and societies around the globe. Then, NCDs are increasingly acting as a constraint in forming a healthy labour force in Sri Lanka. This study was undertaken to explore the awareness, attitudes and practices of semi-government sector employees regarding NCDs and their risk factors. However recently NCDs have been identified as the most common health problem among many aged working populations. The Census and Statistics Department of Sri Lanka estimated that among the 8.2 million (2019) employed people NCDs related deaths were accounted for 83% from all of the deaths in Sri Lanka. The main objective of the study was to understand the awareness of knowledge and attitudes toward risk factors and early detection of NCDs among employees. This study was based on primary data which was obtained from semi-government sector employees. This research was conducted using a mixed method and it included both qualitative and quantitative approaches. Data was collected using questionnaire and secondary data was obtained from statistical reports, journals and websites. Data was analyzed using SPSS. These research findings indicate that high risk factors listed among employees and the majority of them are between age 35- 49 age group category. Among them the majority of the employees suffer from high blood pressure, cholesterol and diabetes. Most employees do not have sufficient knowledge and attitudes on preventing these types of diseases and NCDs related risk factors. As well as responsible authorities still do not have a proper agenda to prevent these high risk diseases. Guidance from the government regarding potential schemes and policies along with continued awareness programmes may be required to improve the prevention and control of non-communicable diseases in this community.

***Keywords:*** *Non Communicable Diseases, Risk Factors, Early Detection, Semi Government Sector*