

➤ SRI LANKA COUNTRY FACTS

The main island of Sri Lanka, formerly called Ceylon, is an island in the Indian Ocean belongs to Sri Lanka, located in Southern Asia, southeast of India, in a strategic location near major Indian Ocean sea lanes. Sri Lanka is situated to the southwest of the Bay of Bengal. As an island nation, Sri Lanka does not share land borders, but does have maritime borders with India. Sri Lanka has nine provinces that serve as governing bodies of the country. The capital of Sri Lanka is Sri Jayawardenepura Kotte, which is sometimes simply called Kotte.

Continent	Asia
Capital	Sri Jayawardenepura Kotte, Colombo
Largest city	Colombo
Area	65,610 km ² (25,332 sq mi) Water (%) 4.4
Population	20,277,597 (2012 Census)
Lat Long	7° 0' 0" N, 81° 0' 0" E
Official Language	Sinhalese, Tamil
Calling Code	+94
Time Zone	SLST (UTC+5:30)
Airport	17 Airports
Neighbour countries	India, Nepal, Pakistan, Bangladesh, Iran, Afghanistan
Internet TLD	.lk
Currency	Sri Lankan Rupee (LKR)
Literacy rate	Literacy Rate: 92.5 %(2003 est) School enrollment, primary (% gross)99% 2010 (Source: www.gov.lk)

➤ MAJOR MODIFIABLE RISK FACTORS

1. Tobacco use
2. Unhealthy diet
3. Lack of exercise
4. Alcohol use

(Source: *Prevention and Control of Selected Chronic NCDs in Sri Lanka: Policy Options and Action* :Michael Engalgau, Kyoko Okamoto, Kumari Vinodhani Navaratne, and Sundararajan)