

# CDC in Burma (Myanmar)

The Centers for Disease Control and Prevention (CDC) established a country office in Myanmar in 2015. Through the U.S. President's Emergency Plan for AIDS Relief (PEPFAR), CDC supports the National AIDS Program, the National Health Laboratory, and other partners to develop strategies and guidelines for HIV/AIDS prevention and treatment. CDC also works to strengthen surveillance and laboratory systems to help Myanmar better tackle its HIV, malaria and tuberculosis epidemics.



## CDC STAFF

- 1 U.S. Assignee
- 3 Locally Employed



## AT A GLANCE

- Population: 53,370,609
- Per capita income: \$5,830
- Life expectancy at birth: F 69/M 64 years
- Infant mortality rate: 52/1,000 live births

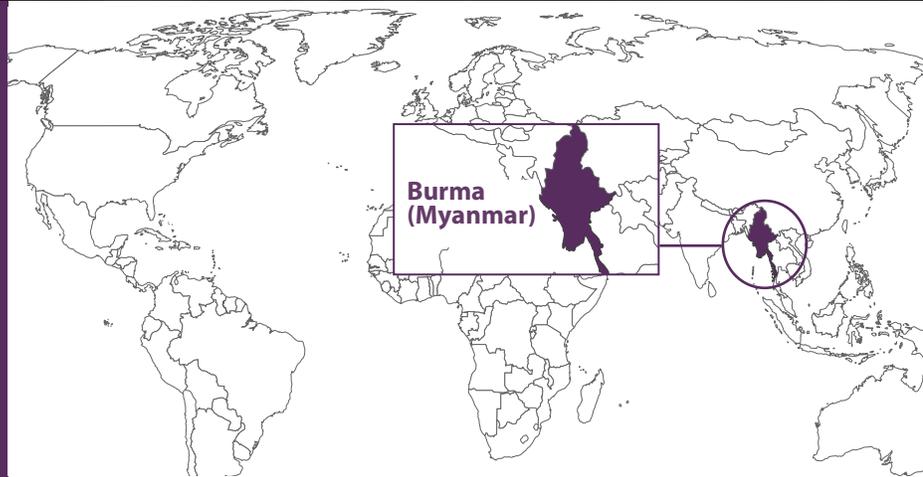
Sources:  
World Bank 2018, Myanmar (Burma)  
Population Reference Bureau 2018, Myanmar (Burma)



## TOP 10 CAUSES OF DEATH

1. Chronic Obstructive Pulmonary Disease (COPD)
2. Stroke
3. Ischemic heart disease
4. Diabetes
5. Cirrhosis
6. Lower respiratory infections
7. Asthma
8. Alzheimer's disease
9. Tuberculosis
10. Neonatal disorders

Source:  
GBD Compare 2018, Myanmar (Burma)



## HIV and Tuberculosis

HIV is a leading cause of death and a health threat to millions worldwide. As a key implementer of the U.S. President's Emergency Plan for AIDS Relief (PEPFAR), CDC works with Myanmar to build a sustainable, high impact national HIV response program to accelerate progress towards the UNAIDS global targets to control the HIV epidemic.

CDC supports the National AIDS Program, the National Health Laboratory, and other partners to develop strategies and operational guidelines for HIV/AIDS prevention and treatment and to strengthen surveillance and laboratory systems.

With tuberculosis (TB) emerging as the leading cause of death among people living with HIV, CDC supports efforts to address the TB epidemic in Myanmar through health systems strengthening, as well as the implementation of the national tuberculosis prevalence survey.

CDC support in Myanmar focuses on technical assistance to improve the clinical cascades for HIV prevention, testing, and treatment of key populations affected by HIV, ongoing high-risk behaviors, and limited access to HIV services. In collaboration with the Ministry of Health and Sports and other partners, CDC provides technical assistance to develop



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national strategies to increase the yield of HIV testing (number of cases detected), to increase early enrollment in treatment, and to achieve high rates of retention in treatment services and ensuring viral load suppression, and TB prevention, diagnosis, and therapy.

CDC works with key partners, such as the National AIDS Program and the National Health Laboratory, to strengthen HIV testing quality assurance systems and provide training to build capacity for a national scale-up of routine HIV viral load monitoring to optimally curb the transmission of HIV. CDC is providing technical assistance to support key populations surveillance, and collection and use of data to inform program monitoring and planning at national and sub-national levels.

### Field Epidemiology Training Program

CDC also supports Myanmar in strengthening the capacity of its workforce to investigate and respond to communicable disease outbreaks through the establishment of a Field Epidemiology Training Program (FETP). Globally, FETPs train the workforce of field epidemiologists or “disease detectives” to identify and contain outbreaks before they grow in size, impact or geographic range. Training focuses on “learning by doing” to develop the skills for gathering critical data and turning it into evidence-based action. In Myanmar, 15 fellows completed the program in 2019, and the next cohort will begin in early 2020.

## CDC IMPACT IN MYANMAR



In 2019, supported the national HIV program reviews. Now CDC is supporting revision of the National Strategic Plan for HIV, 2021-25.



Provided training on community-based HIV screening that will facilitate the start of the national rollout of this important HIV case-finding approach. CDC plans to further assist the Ministry of Health with integrating case-based surveillance with the innovative modality of index testing.



Following WHO guidance in 2019, CDC provided technical assistance to validate the national HIV testing algorithm which uses three rapid test kits for diagnosis.



Provided technical assistance to complete the second HIV and hepatitis behavioral survey among people who inject drugs. CDC is now supporting a second survey among men who have sex with men and female sex workers.

**For more country information, visit:**  
[www.cdc.gov/globalhealth/countries/mali](http://www.cdc.gov/globalhealth/countries/mali)

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