

Lesson 04

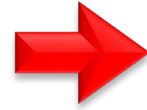
Health Promotion in Singapore

S2450C Health Promotion

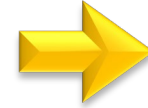
LET'S RECAP...

What did we cover in past lessons?

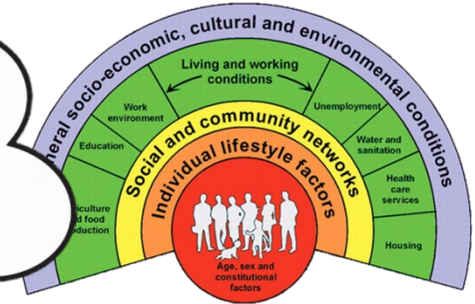
Definition of
Health &
Health Promotion



Evolution of
Health
Promotion



Key
Determinants
of Health



Health Canada, Population and Public Health Branch A620902



PROMOTION

HEALTH EDUCATION

PREVENTIVE

PROTECTIVE

CURATIVE

DEATH, DISEASE

Salutogenesis

QUALITY OF LIFE
WELLBEING

Drawing: Bengt Lindström
Graphic: Jonas Jernström



Learning objectives

- 🎗 What are the key **health concerns** in Singapore?
- 🎗 What is Singapore's health promotion **history**?
- 🎗 What are the broad health promotion **strategies** adopted?
- 🎗 What are the **programmes** and **services** available?
- 🎗 Who are the **key partners** in health promotion?
- 🎗 What are the **challenges** of doing health promotion in Singapore?

What's happening in our own
backyard?

Top causes of death
Key health concerns



Let's stop looking at 65 as our use-by date

Live long = live healthy??

In Singapore, people can expect to have 73.62 years of good health. It's time to shift mindsets and see ageing as opportunity, not decline.



Salma Khalik

Senior Health Correspondent

In Singapore, people are not just living longer, they are also living the highest number of years in good health, pipping Japan by almost half a year and the rest of the world by a year or more.

In 2016, Singaporeans with a life expectancy of 83.73 years enjoyed 73.62 years in good health.

The Japanese had a longer life expectancy of 83.94 years, but only 73.16 of those years were healthy ones.

Yet, much rhetoric around ageing in Singapore is rather negative, especially with regard to those aged 65 and above.

With Singaporeans remaining healthiest the longest in the world, it's time to shift mindsets on what ageing means for the country.

At a recent discussion on ageing at The Straits Times-AIA Roundtable, "Managing Singapore's health with an ageing population: What more needs to be done?", panellists were optimistic about the future, in spite of the country's rapidly ageing population.

Health-wise, Singapore appears to be doing quite well.

What came through in the hour-long discussion was that the problem is not so much the ageing population, but rather the attitude of people here towards ageing.

As Dr Jeremy Lim of consultancy firm Oliver Wyman put it: "There

Healthy years and life expectancy in the world

Rank	Location	Healthy years	Years in ill health	Life expectancy
1	Singapore	73.62	10.11	83.73
2	Japan	73.16	10.78	83.94
3	Spain	72.62	10.35	82.97
4	Switzerland	71.93	11.25	83.18
5	Italy	71.75	10.59	82.34
6	France	71.71	10.63	82.34
7	Australia	71.53	10.99	82.52
8	Norway	71.49	10.61	82.1
9	Iceland	71.48	10.79	82.27
10	Israel	71.44	10.7	82.14

Source: GLOBAL BURDEN OF DISEASE STUDY, INSTITUTE FOR HEALTH METRICS AND EVALUATION, UNIVERSITY OF WASHINGTON | STRAITS TIMES GRAPHICS

are cultural biases against seniors and the kind of stereotypical image is not a very positive one."

First, Singapore uses the international figure of 65 years to define the elderly.

The Government keeps putting out figures on dependency ratios, that is, the number of working adults it takes to support one elderly person aged 65 and older.

So the Prime Minister's Office puts out information like: "By 2030, the number of Singaporeans aged 65 and above is projected to double to 900,000.

"That means one in four

Singaporeans will be in that age group, up from one in eight today."

What such information does not say explicitly – but does imply – is that having people over 65 is going to be, at best, a challenge to be overcome or, at worst, a major problem.

But so what if there will be lots of people aged 65 and older? While it is true some among this group might be frail, how about the many who will remain healthy and productive?

Singaporeans are not just living longer – life expectancy has been going up by three years every decade – but staying healthier for

more years.

So if people here live 73.6 years in good health, isn't it about time to change the "use-by date"?

Back in 1965 when Singapore gained independence, life expectancy was just 65 years.

Using 65 years as a worldwide definition of the elderly makes sense, since according to the United Nations, global life expectancy is 70.5 years.

But as people here live more than 13 years longer than the global average, we should revisit the concept of ageing and dependency ratios to fit our national profile, and not just go with global figures that may paint a worse picture than is the reality in Singapore.

To a certain extent, the Government has acknowledged that when it extended the re-employment age here to 67 years.

It also recently announced that from April next year, to qualify for a levy concession for a foreign domestic worker under the aged person scheme, the "aged person" will have to be 67 years old, up from the 65 years today.

That suggests the "use-by date" might be extended by two years – a welcome if small shift in mindset.

But what is really needed is a paradigm shift in the way we look at the elderly. It should not be based on chronological age but rather on whether a person remains healthy and active.

And healthy does not mean that the person does not have any chronic ailments, but rather how well he is able to keep them in check to continue living a meaningful life.

Senior Minister of State for Health Amy Khor admits that there is "some bias, some ageism" in Singapore, but with the tight clamp on foreigners coming here to work, companies are increasingly looking at how they can retain their experienced older workers, and even modifying the way the work is done to accommodate them.

There are companies that employ people beyond the legal re-employment age of 67 years.

If this trend continues, then the working population gets a boost while the dependent population shrinks.

Dr Khor said it is obvious that future seniors will be very different from the older generation today.

There is already a big difference in attitude and ability between the Pioneer Generation, or citizens born in 1949 or earlier, and the newly coined Merdeka Generation comprising citizens born in the 1950s.

That being the case, the way we look at seniors must also change.

We should look at the proportion of the population who are seriously ill or frail, and not at the number who have just celebrated their XX birthday.

Healthy and active older people who choose not to continue working may still contribute to society, and not just by doing voluntary work or looking after grandchildren.

These are people who would likely be financially independent. They go to the cinemas, shop and travel, pumping money into the economy.

On a national level, there will still be some unhealthy years at the tail end of our lives. But if we start taking care of our health from a younger age, the number of years of ill health might be shortened, or those years of disability can be managed so that we can continue enjoying quality lives.

Then the entire equation changes. Instead of fearing an ageing population, we would welcome it as it would mean more productive years for everyone.

Like Dr Khor said, people would then look at ageing differently and positively, adding: "You embrace it because you can make better use of your longer life years."

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Quiz

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Take a look at the top 10 causes of death in Singapore.

	2013	2014	2015	2016	2017	2018
Total No. of Deaths	18,938	19,393	19,862	20,017	20,905	21,282
Cancer	30.5%	29.4%	29.7%	29.6%	29.1%	28.8%
Ischaemic Heart Disease	15.50%	16.00%	16.70%	17.0%	18.5%	18.2%
Cerebrovascular Disease (including stroke)	8.90%	8.40%	6.80%	6.6%	6.3%	6.0%
Hypertensive Diseases (including hypertensive heart disease)	3.10%	3.60%	3.90%	4.0%	3.4%	3.0%
Diabetes Mellitus	1.3%	1.4%	1.3%	1.7%	1.5%	1.3%



Cancer

COMMON CANCERS

INCIDENCE



Breast cancer is the most common cancer diagnosed in females, comprising **1 in 3** cancer diagnoses.



Colorectal cancer is the most common cancer diagnosed in males, comprising **1 in 6** cancer diagnoses.



MORTALITY



Lung cancer is the most common cause of cancer mortality, comprising **1 in 5** cancer deaths. **83% - 90%** of lung cancer patients die within 5 years of diagnosis.

About
6 Singaporeans die
prematurely from
smoking-related
diseases each day

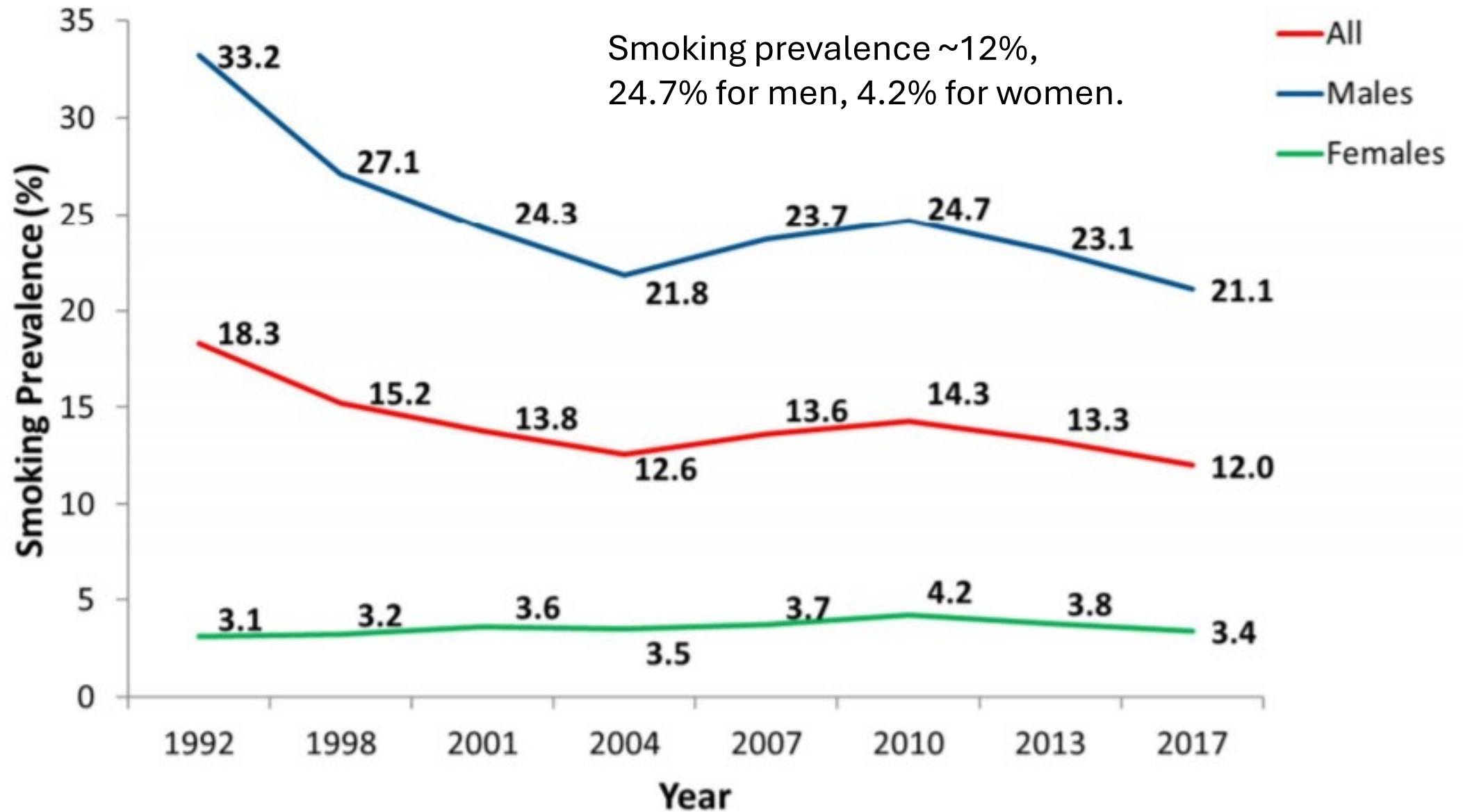
3 MOST COMMON CANCERS AMONG FEMALES



3 MOST COMMON CANCERS AMONG MALES



Prevalence (%) of daily smoking among Singaporean residents aged 18-69 years by gender



Source: National Health Survey (NHS) 1992, 1998, 2004 & 2010; National Health Surveillance Survey (NHSS) 2001, 2007, 2013; National Population Health Survey 2017 Pilot Study



Smoking in Singapore

- Chronic smoking substantially increases the risk for other cancers and diseases
 - heart disease, stroke and Chronic Obstructive Pulmonary Disease
- The social cost of smoking in 1997 ranged from S\$673 to S\$839 million.
 - Direct costs (payments for hospitalisation and healthcare due to smoking)
 - Morbidity costs (lost production due to smoking related illnesses)
 - Mortality costs (lost production from people who died early due to smoking)



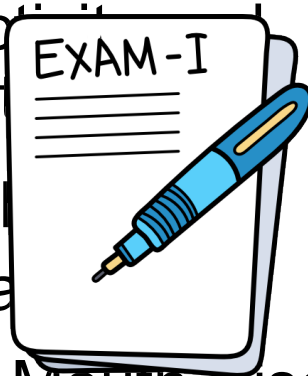


Key health concerns

For children:



- Nutrition, physical activity, and eye health management and Myopia
- Communicable diseases e.g. Hand, Foot and Mouth Disease





Keep children with HFMD at home.
Rest is best.

Stop the Spread of HFMD

Children infected with HFMD should be kept at home to minimise the risk of infecting others. Resting at home will also help them to recover from their illnesses.

[Find out more ▶](#)

**KEEP MYOPIA AT BAY.
TAKE YOUR KIDS
OUTDOORS TO PLAY.**



FIGHT MYOPIA! ENCOURAGE YOUR KIDS TO SPEND MORE TIME OUTDOORS AND LESS TIME ON COMPUTER AND HAND-HELD GAMES.

www.hpb.gov.sg/myopia





tal health clinic, HPB

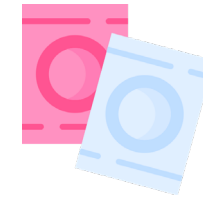
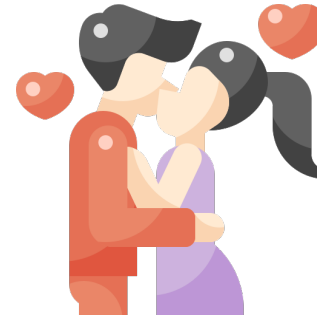


Key health concerns

For youths:



- Nutrition, physical activity and obesity management
- Mental wellness
- Smoking control and binge drinking
- Sexual health





Key health concerns



For adults:



- Obesity management and Diabetes prevention
- Mental wellness
- Smoking control
- AIDS/STIs
- Other communicable diseases e.g TB, H1N1



Key health concerns

For elderly:



- Diabetes & Obesity management
- Falls prevention, chronic disease management
- Mental wellness
(free from depression, anxiety and degenerative cognitive diseases)

*Figure 1: Crude Rate of Unintentional Falls**



Source: National Registry Disease Office, Singapore. 2014.

HPB (2015)

Healthcare and the health promotion landscape in Singapore



✓ Quiz

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The landscape of health in Singapore has changed significantly over the decades.

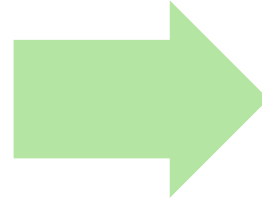
Recalling our lesson on social determinants, think about how Singapore has developed in the last 30 years, leading to better health status of Singaporeans.





Singapore's health promotion history

1980s

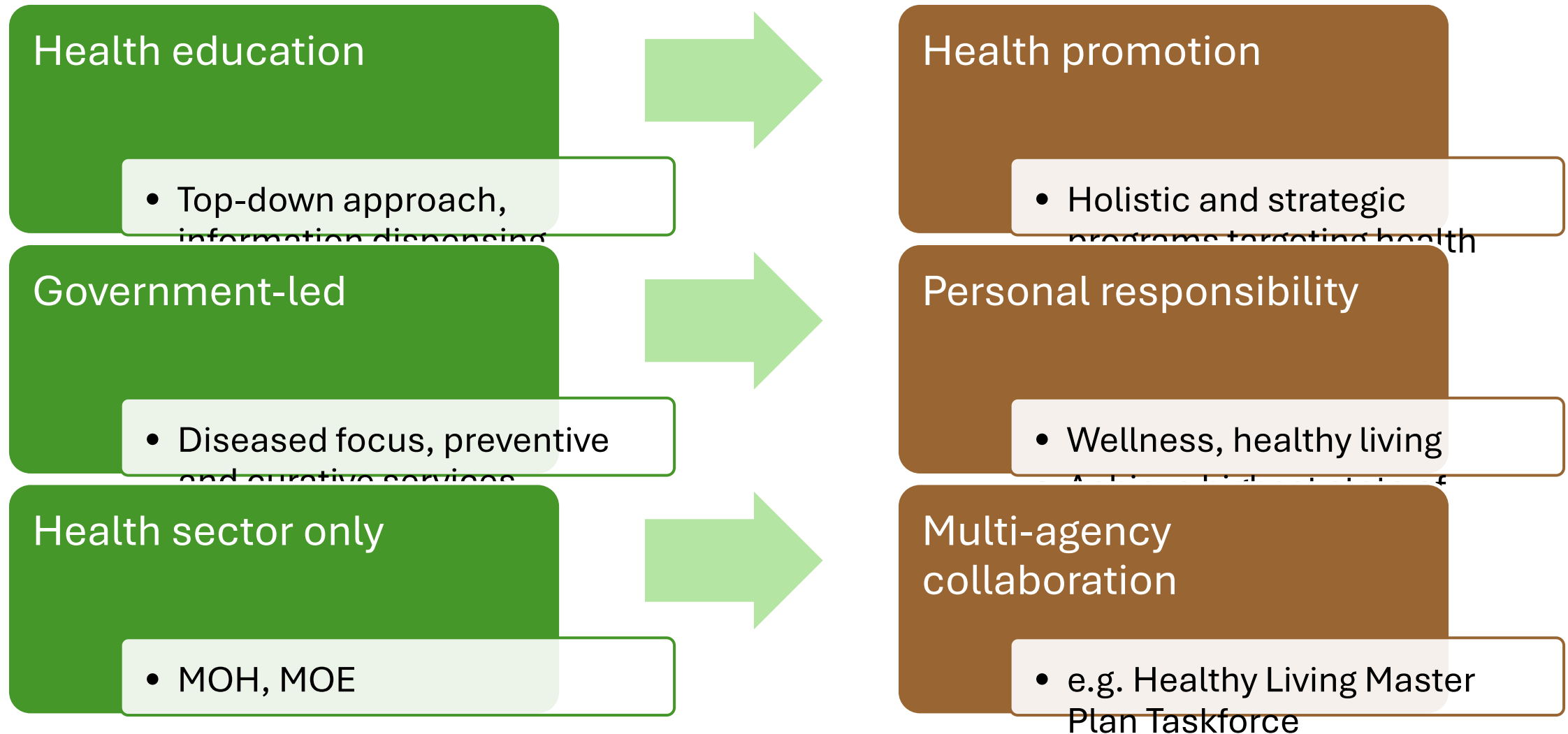


2020s





Singapore's health promotion history





Singapore's health promotion history - example

Healthy Living Masterplan Taskforce:

- MOH, MEWR, MOM, MND

3 key strategies:

- Building a healthy workplace ecosystem
- Integrating physical and social environments in the community setting
- Creating greater awareness for healthy living among the young



PARKS WITH HEALTHY LIVING
ACTIVITIES, AMENITIES
AND HEALTHIER DINING

HEALTH PROMOTING MALLS
WITH HEALTHY LIVING
ACTIVITIES AND
HEALTHY DINING OPTIONS

The need to shift from education to changing behaviours.

2001 → 2014 → 2020

Strategic Shift

*New Order of
Health Promotion*

Public Education
and Campaigns

Behavioural
Change

Changing the Context and Environment...
Making healthier choice default and
accessible

Integrating
social environments in
the community setting

PATHS
WALKWAYS

IS

HDB ESTATES

FITNESS AREAS & PLAYGROUND
IN HDB ESTATES

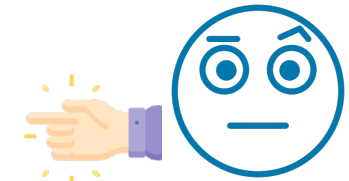
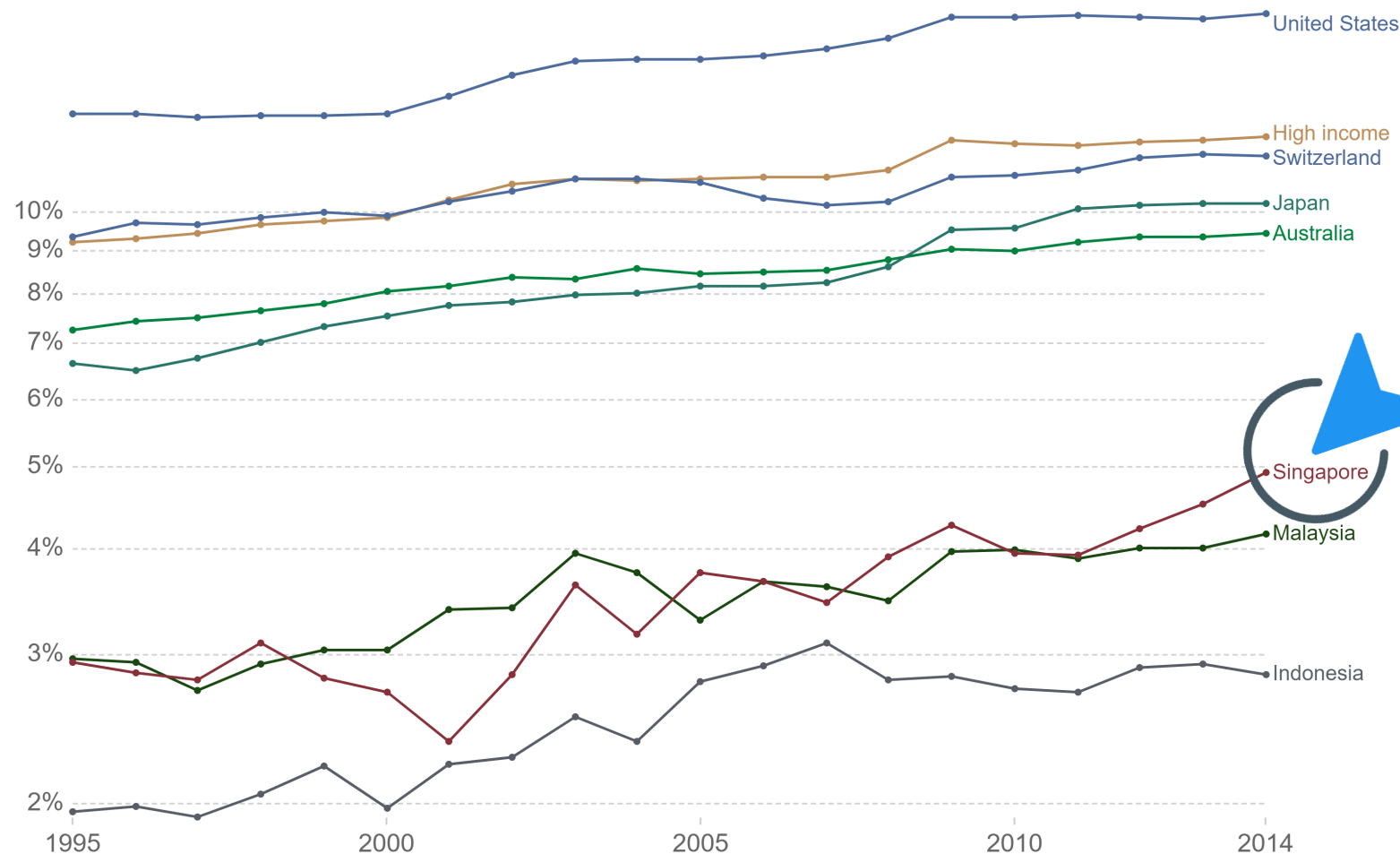


Promoting health reduces healthcare costs

Healthcare expenditure, 1995 to 2014

Total healthcare expenditure as the share of national GDP.

Our World
in Data



4.6%

Singapore's national healthcare spending as a percentage of GDP, which is lower than most developed countries.



Optional video – Human Capital Summit 2018



... Future challenge

The World Bank has ranked Singapore No. 1 in their Human Capital Index, but we have not arrived. We must continue updating our policies to support the changing needs of the economy and the aspirations of our people.

For education, this includes starting earlier in life, improving pre-school and making it more affordable, to bring all children to a more equal starting point.

We need to moderate examination pressures and excessive competitiveness in schools, emphasising character, values and soft skills like teamwork, critical thinking and cross-cultural appreciation. We are investing in lifelong learning, and building an attitude of personal responsibility so that we keep reskilling throughout our working lives.

For healthcare, one challenge is to keep medical costs affordable as medical science progresses, with new and expensive treatments and personalised medicine.

Another is to manage lifestyle-related diseases like diabetes and heart disease. We also have to cope with a rapidly ageing population, which will need more healthcare services – hospitals and nursing homes – and manpower.

Our job is never done, because there will be new levels to reach, and higher expectations to fulfil. But we can be proud of what we have achieved. Our goal is to improve the lives of all Singaporeans. By investing in our people, we have enabled citizens to take charge of their lives, think about their future and decide what they want for their children. This is the way for us to progress together.



Promoting health reduces healthcare costs





Our healthcare system – 3 key strategies

The '**3 Beyonds**': Singapore's strategy to sustain quality healthcare as demand rises.

HEALTHY LIFE EXPECTANCY

THREE KEY SHIFTS FOR A FUTURE-READY HEALTHCARE SYSTEM

1. Beyond healthcare to health

A healthier nation requires less of the healthcare system



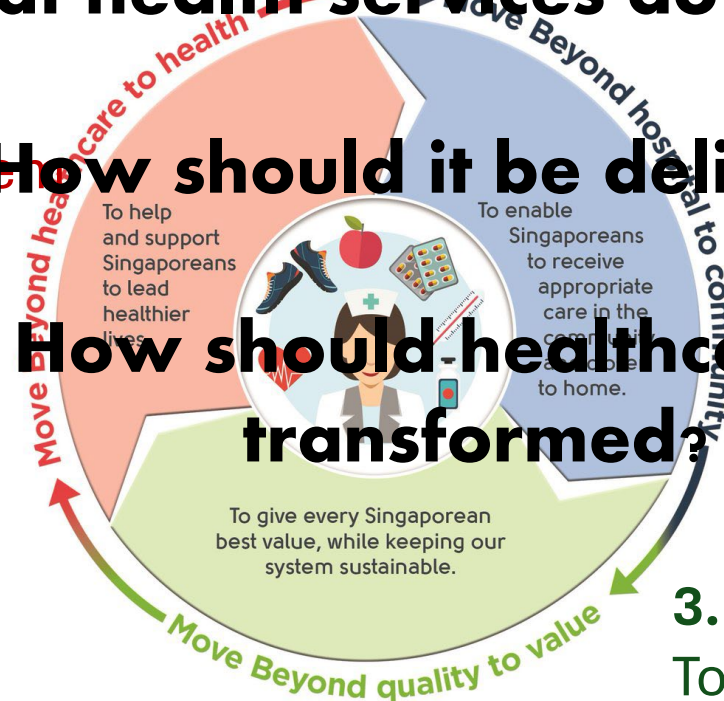
Healthy life expectancy refers to the average number of additional age can expect to live in good health, taking into account mortality from full health due to disease or injury.

Sources: Ministry of Health, "Life Expectancy in Singapore Information", Ministry of Health, Population and Vital Statistics, <https://www.moh.gov.sg>

What health services do we need?

How should it be delivered?

How should healthcare be transformed?



2. Beyond hospital to community

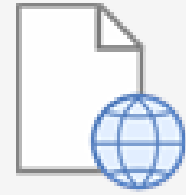
Providing appropriate care in the community/home so people can stay well and avoid frequent hospital admissions

3. Beyond quality to value

To retain or increase quality of care while ensuring value for money

OLD AGE SUPPORT RATIO





Web Object

Select this object and click
the **Web Object** button to edit





Our healthcare system – regional health systems

2000

The Health Ministry says each new integrated cluster will have a fuller range of facilities, capabilities, services and networks



Healthier together

BETTER ACCESS TO CARE

For our ageing population, closer to home

Expansion of polyclinic network: 30 – 32 polyclinics by 2030

- **By 2023:** 6 new polyclinics in Bukit Panjang, Eunos, Kallang, Khatib, Sembawang & Tampines North
- **By 2025:** 2 new polyclinics in Serangoon & Tengah



Expansion of Community Nursing teams

- From 18 to 29 neighbourhoods by 2020
- Helping more seniors get health assessment and advice

AFFORDABLE AND SUSTAINABLE CARE



For current and future generations

Merdeka Generation Package

Singaporeans born in the 1950s will get more help:

\$1000

MediSave top-ups over five years

- Extra MediShield Life premium subsidies

- CHAS subsidies

\$100

top-up to Passion Silver card

- Further **25% off** subsidised bills at polyclinics and SOC's

Enhanced CHAS subsidies

- Extended to cover all Singaporeans with chronic conditions – new **Green tier**
- Increased subsidies for chronic conditions for Blue and Orange
- New subsidies for common illnesses for Orange

INVESTING IN HEALTH PROMOTION

Working with individuals, families and community partners

Managing Diabetes

- Risk-stratified diabetic foot screening, management and escalation framework across primary and tertiary care
- National Diabetes Reference Materials on HealthHub
- Care team training framework for professionals and volunteers



Supportive Environment for Healthier Living

- Non-fasting tests under Screen for Life programme
- Ban Partially Hydrogenated Oils in our food supply
- National school-based HPV vaccination programme

Healthier together

Multi-pronged approach:

- ✓ Preventing infectious diseases
- ✓ Capitalising on technology
- ✓ More support for smokers to quit
- ✓ Equity in health by supporting families of lower SES to adopt healthier lifestyles.
- ✓ Deployment of health ambassadors
- ✓ Age-specific exercise programs
- ✓ Integrated platform to view all exercise programs island-wide
- ✓ Healthier dining ecosystem
- ✓ Support healthier living in the community



Promoting health in Singapore:

The Health Promotion Board





The Health Promotion Board (HPB)

- Govt organisation established 2001

Promote healthy living



Empower with knowledge and skills, to take ownership of healthy living

Formulate policies and public programs for health and disease prevention

Programmes and Services – community



The 'Quit Journeys' campaign shared real-life smoking cessation experiences through both online and offline platforms to inspire smokers to quit smoking.

Pictures from HPB's Annual Report



Visitors at the 'Kita Dah Cukup Manis, Kurangkan OK?' Ramadan event learnt about healthier, lower-sugar beverages.



HPB's Active Ageing Programmes for seniors to stay healthy and socially active are accessible islandwide at locations such as community centres and residents' committee centres.

Programmes and Services – national



**Pioneer Generation
(PG)**

\$0



**Merdeka Generation
(MG)***

\$2



**Community Health Assist
Scheme (CHAS) Card
Blue or Orange**

\$2



**Community Health Assist
Scheme (CHAS) Card -
Green* / Eligible Singapore
Citizens**

\$5



An expanded number of activations across different touchpoints such as supermarkets and malls led to increased participation in the Eat, Drink, Shop Healthy Challenge.



Hawker trail participants learning about healthier dishes at a hawker centre.

Pictures from HPB's Annual Report



National
Steps
Challenge

stepschallenge.sg | #my10ktoday

Programmes and Services – policy



National Tobacco Control Coordinating Mechanism

Legislation and Interventions

Implementing Agencies

Health Promotion Board,
Ministry of Health

Tobacco (Control of Advertisements and Sale of Tobacco) Act 1993

Ministry of Health, Health Sciences Authority

Smoking (Prohibition in Certain Places) Act 1992

National Environment Agency (NEA)

Customs Regulations (excise duties, detection and deterrence of contraband and counterfeit products)

Singapore Customs, Ministry of Finance

Educational initiatives (curriculum, school-based prevention and cessation programmes, self-regulatory policies)

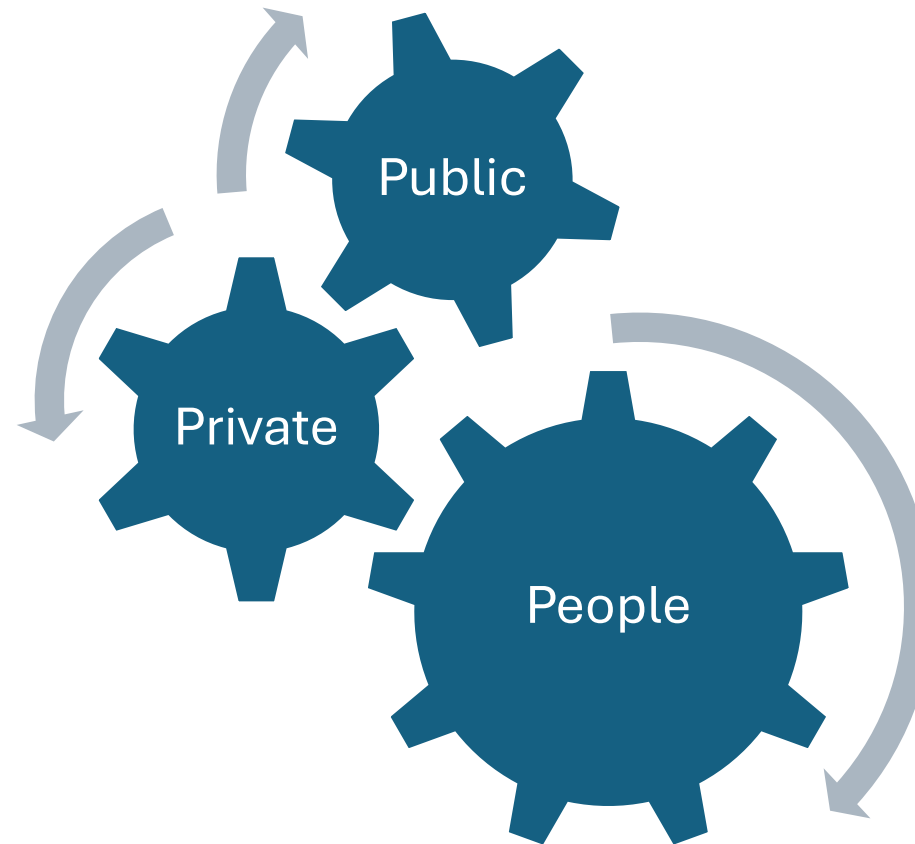
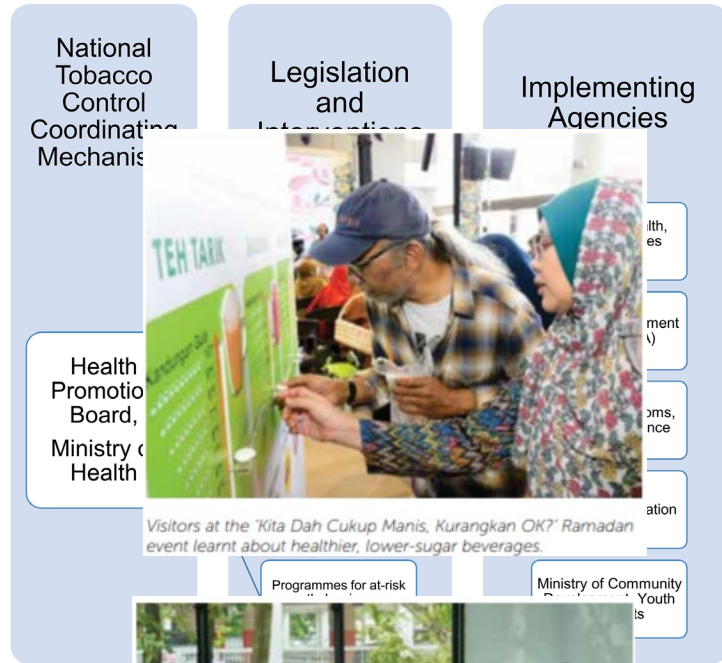
Ministry of Education

Programmes for at-risk youth, low-income families

Ministry of Community Development, Youth and Sports

Amul & Pang (2017)

The approach – 3P partnerships




WOW PROGRAMMES

CHRONIC DISEASE SCREENING & FOLLOW-UP

For chronic diseases, it is always "the earlier, the better" - this applies to both detection and management so that serious health risks can be mitigated.

Help your employees detect and manage their chronic diseases with a basic health screening that covers: BMI, blood pressure, fasting blood glucose and fasting blood cholesterol.

As a follow-up from the health screening, health coaches will provide 1-to-1 lifestyle coaching session, to interpret individual health results and provide bite-sized advice and tips for participants to work towards improving their overall health.

GENERAL WORKPLACE HEALTH PROGRAMMES



HPB's Active Ageing Programmes for seniors to stay healthy and socially active are accessible islandwide at locations such as community centres and residents' committee centres.



Health Promotion Strategies – *A Grounds Up Approach*



- Designing programmes based on **specific target** audience.
- Using **age-appropriate** outreach strategies.
- Collaborating with like-minded governmental, corporate and non-governmental **organisations** in health promotion activities.
- Developing **advocacy groups** for different health topics e.g ambassadors
- Providing **training** for personnel involved in health promotion work
- Providing **grants** for various health promotion initiatives.
- Creating a pro-health **environment and culture**.
- Developing **public education** to provide knowledge, skills and services to target audience.
- Developing **evidence-informed** practices on health promotion.



Example – the Citizen's Jury on WoD



Challenges!

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Challenges in Health Promotion



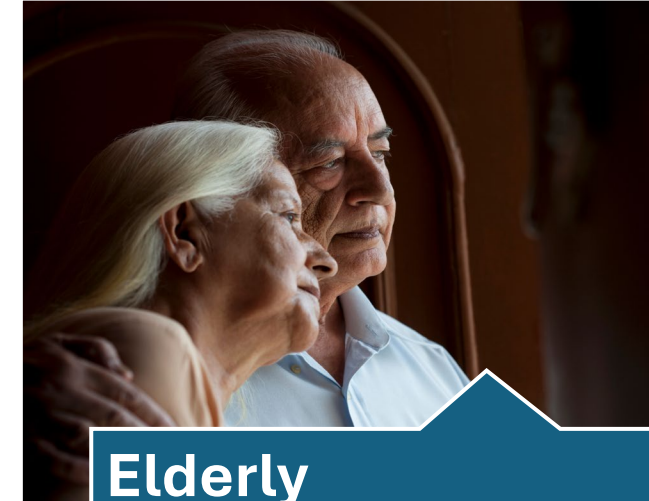
Children and Youth

- difficult to obtain **evidence**-informed practices
- health is **not** at top **priority**
- difficult to engage **parents**
- competition from **other initiatives** in schools



Adults

- habits and beliefs are difficult to change
- health is not at top priority
- absence of a control platform to develop sustainable in-depth health promotion initiatives



Elderly

- multi-dimensional that requires a lot of inter-agency collaborations
- fairly new area of health promotion in Singapore

Future challenges in Singapore Healthcare

(Straits Times, 13 Oct 2018)

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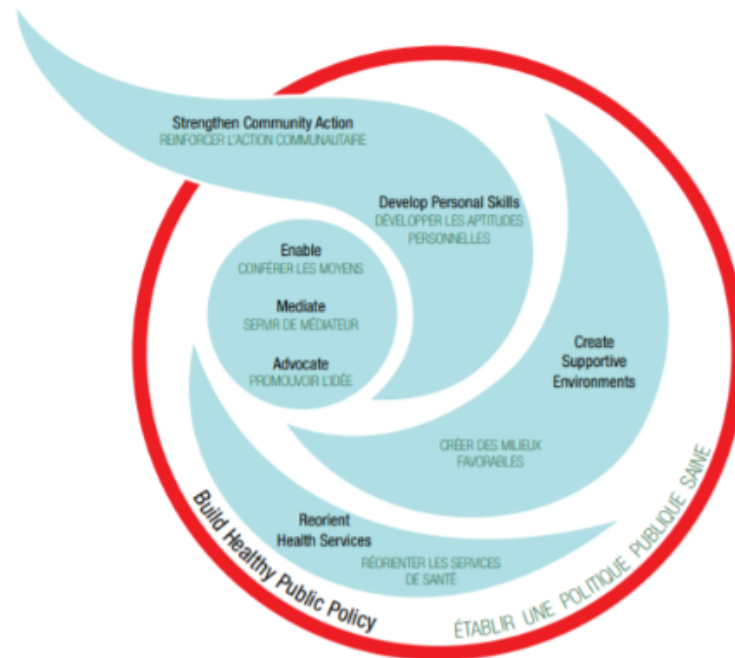
Singaporeans. By investing in our people, we have enabled citizens to take charge of their lives, think about their future and decide what they want for their children. This is the way for us to progress together.

Quiz!

✓ Quiz

Click the **Quiz** button to edit this object

The Ottawa Charter in Action



The three wings originating from the inner spot and the big outer circle represents the five key **action areas** for health promotion.

Reflecting on the nation's efforts to fight chronic diseases, think of programs in Singapore that are examples of these 5 action areas and answer the following questions.

Summary

A large, solid green curved shape that starts from the bottom left and curves upwards and to the right, filling the right side of the slide.



What did we learn today?

- Singapore's vision for health promotion is to have a nation of **healthy** and **happy** people.
- The Health Promotion Board is the **key driver in health promotion**.
- Other **key partners** are like-minded government agencies, corporate partners, non-government agencies and the people themselves.
- Taking reference from the Ottawa Charter for Health Promotion, the key health promotion strategies for Singapore are **customising, age-appropriate and comprehensive programmes**, creating **pro-health environment**, engaging in **partnerships** and providing **funding**.
- The key health concerns evolves around the **4 pillars of healthy lifestyle**; physical activity, nutrition, mental wellness and smoke-free lifestyle.
- Other health concerns, in addition to the above 4, are specific to a particular population group.
- The **Healthier Together, HealthSG Taskforce** serve as the blueprint of projects towards achieving the common whole-of-government goal of healthy living for all Singaporeans



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Thank you