Empowering Health through Sport and Physical Activity: Active Health Lab as a Key Enabler

Biography

Dr. Hock Woon Chiang is Deputy Chief Executive Officer of Sport Singapore. He initiated the nation-wide Active Health social movement that aims to transform the way Singaporeans manage their health and physical well-being. Working closely with like-minded partners, Active Health has established an ecosystem of Active Health Lab network in various parts of Singapore to better serve the needs of the community. He also leads the organization’s push towards digital transformation and human capital transformation efforts.

Abstract

Singapore has a world-class healthcare system. Even then, we are facing an aging population and the increasing prevalence of chronic health issues such as diabetes, cardiovascular disease, hypertension and obesity. One in four Singaporeans aged 40 years and above has at least one chronic disease. This issue is compounded by the escalating health costs as citizens continue to ‘outsource’ their health to health care providers. Not only will healthcare and related costs continue to escalate, but the overall capacity of the health care sector will also struggle to catch up with demand, thereby lowering the quality of living for Singaporeans, especially in the final eight to ten years of their lives.

The journey of staying healthy can be challenging but is not insurmountable. We can do more through social reinforcement to empower citizens to rally themselves, not just for health and wellness, but also to build cohesiveness and resilience as a community. In this regard, Active Health seeks to strengthen Singapore to become a more cohesive and resilient society, by providing all Singaporeans accessibility to high quality shared experiences in sport, physical activities, health and wellness to inspire active living for all. This is enabled by mainstreaming Active Health through an infrastructure network of Active Health Labs integrated with ActiveSG platform, and forging a strategic partnership from a WOG perspective to extend the reach and impact.