Singapore’s War on Diabetes

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DIABETES BURDEN IN SINGAPORE AT A GLANCE

1 in 3 lifetime risk\(^a\)

\~440K diabetics in 2014\(^d\)

1 in 3 diabetics are undiagnosed\(^b\)

\~670K diabetics in 2030\(^a\)

1 in 3 known diabetics have poor control\(^c\)

\~1MIL diabetics in 2050\(^a\)

REGIONAL SYMPOSIUM ON DIABETES - CURRENT SCIENCE AND MULTI-STAKEHOLDER APPROACHES TO PREVENTION & MANAGEMENT, OCTOBER 4-5, 2017, SINGAPORE

UNDERSTANDING THE RISK FACTORS

NON-MODIFIABLE:

MODIFIABLE:

1 in 3 individuals with impaired glucose tolerance develop diabetes in 8 years\(^b\)

Family history\(^a\)

High body mass

1 in 10 mothers with a history of gestational diabetes develop diabetes in 5 years\(^c\)

Unhealthy eating

Increasing age

Low body mass

1 in 3 individuals with impaired glucose tolerance develop diabetes in 8 years\(^b\)

Physical inactivity

High blood pressure

OUR VISION

To create a supportive environment for Singaporeans to lead lives free from diabetes and for Singaporeans with diabetes to manage their diabetic condition well.

PM Lee: Diabetes a ‘serious problem’

TWO KEY PRONGS TO ADDRESS MODIFIABLE LIFESTYLE RISK FACTORS

DIET

- Healthier meals eaten out
- Healthier meals eaten at home
- Healthier beverages

PHYSICAL ACTIVITY

- Sit less, move more
- Exercise & play sport
- Healthy & Active ageing

Prevent Diabetes
Screen for Diabetes
Manage Diabetes

NATIONAL STRATEGIC FRAMEWORK FOR WAR ON DIABETES

PREVENT DIABETES
- PROMOTE HEALTHY LIVING
- SCREEN FOR DIABETES
- STRENGTHEN EARLY DETECTION AND FOLLOW-UP
- MANAGE DIABETES
- ENHANCE DISEASE MANAGEMENT & PREVENT COMPLICATIONS

ENABLING PUBLIC EDUCATION AND OUTREACH

WE ARE INFLUENCING THE FOOD & BEVERAGE INDUSTRY TO IMPROVE SINGAPOREANS’ DIET

As of March 2017, the number of healthier meals sold has increased three-fold from 7.5 million in 2014 to 26 million.

Eating out with the Healthier Dining Programme

- Partner F&B operators to incorporate healthier options in menus
- Nudge consumers towards healthier options through point of sale decals
- More than 3,000 touchpoints islandwide across restaurants, fast food outlets, food courts and hawker centres

Source: The Straits Times, 9 Jan 2016
WE ARE INFLUENCING THE FOOD & BEVERAGE INDUSTRY TO IMPROVE SINGAPOREANS’ DIET

The market share of Healthier Choice Symbol products grew from 15% in 2012 to 18% in 2016, through deepening partnerships with supermarkets and food manufacturers.

- 70% of Singaporeans recognize the HCS and have used it to make healthier food choices*
- As of July 2017, there are over 3,500 HCS products available across 70 food categories, including staple food items such as rice, bread, noodles and others such as sauces and beverages.

*Source: Quantitative survey results from Asia Insights (2015)

We are influencing the food & beverage industry to improve Singaporeans’ diet.

Prevent Diabetes  Screen for Diabetes  Manage Diabetes

PUBLIC SECTOR IS TAKING THE LEAD IN INTRODUCING THE HEALTHIER CATERING & DRINKS REQUIREMENTS

Compulsory healthier catering for all government catering on government premises was introduced on 1 Apr 2017.

Over 120 caterers trained, providing over 50,000 healthier meals per day

Whole-of-Government Healthier Drinks policy will cover all vending machines, retailers and eateries selling both pre-packaged (water and HCS-labelled) and freshly prepared sweetened beverages (no added sugar by default).

Proportion of Singapore residents aged 18–74 years who have at least 150 minutes of physical activity (exercise/walking) a week

National Steps Challenge
- Successfully motivated about 500,000 participants to become more physically active since 2015
- Third season in Oct 2017: target to reach 400,000 new participants with new and enhanced features like Community Challenge and Corporate Challenge

Free and diverse sport & exercise sessions islandwide
- There are now more than 350 weekly exercise sessions available in the community and workplaces

WE HAVE INSTITUTED AN ECOSYSTEMS APPROACH TO INCREASE PHYSICAL ACTIVITY AMONG SINGAPOREANS

Our programmes have had a positive impact on population physical activity level

Proportion of Singapore residents aged 18–74 years who have at least 150 minutes of physical activity (exercise/walking) a week
WE ARE RAMPING UP SCREENING TO REDUCE UNDIAGNOSED DIABETES

We have launched the Diabetes Risk Assessment tool and made screening and follow-up more affordable.

STRENGTHEN TIMELY DETECTION

- Diabetes Risk Assessment for 18 – 39 year olds (from 1 Sep 2017)
- Routine Gestational Diabetes Screening in public healthcare institutions - KKH, NUH and SGH.

IMPROVE POST-SCREENING FOLLOW-UP

- Enhanced Screen for Life subsidies* to cover cost of the tests and GP consultation charges for the screening visit, and the first follow-up consultation (from 1 Sep 2017).

*For eligible persons, i.e. according to recommended screening interval, or identified by the Diabetes Risk Assessment to be at high risk for undiagnosed diabetes.

WINNING THE WAR ON DIABETES

1. Adopt both a population-based and high-risk approach in prevention of diabetes
2. Multi-stakeholder involvement: industry, schools, community, workplaces
3. Harness behavioral insights, technology, payment models to nudge desired behaviour
4. Targeted programmes tailored to delay/manage specific complications
5. Data collection: measure outcomes, identify gaps

WE WILL OPTIMISE CARE AND PREVENT COMPLICATIONS

We are enhancing primary care to anchor diabetes care in the community.

- Transform primary care to achieve goal of “One Singaporean, One Family Doctor”
  - Develop longstanding good relationships between patients and their regular family doctors
  - Facilitate early detection of diabetes and complications, lifestyle change, and optimal disease control

- Increase capability in chronic disease management:
  - Develop GP Primary Care Networks (PCNs) and polyclinic teamlets
  - Upskill primary care doctors through postgraduate Family Medicine training

- Grow primary care capacity:
  - At least double the no. of polyclinics from the current 18, by 2030

- Scale up proven primary care-based programmes to prevent / retard complications:
  - National roll-out of HALT-CKD (Holistic Approach Towards Lowering & Tracking Chronic Kidney Disease) in polyclinics, to initiate and optimise kidney protective medication for patients with early signs of chronic kidney disease