Diabetes Prevention in the Community: The Singapore Story

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The community is a powerful setting

- The only setting to reach certain groups, including those at higher risk:
  - Elderly
  - Unemployed & socially isolated

- It is where families come together, after returning from work or school

The community setting – to address challenges of ageing population

- Ageing population with more years of chronic diseases
- Social isolation
- Less family support

There is a need to develop new systems of health and social networks in the community.

Support Ratio declining: the number of residents aged 15-64 yrs over the number of elderly resident aged >=65 yrs

More living alone or without children

Fewer younger to support the older residents

Source: Department of Statistics, Singapore

Building Healthy Community Ecosystems

Make Healthy Living Accessible, Natural and Effortless

Regional Symposium on Diabetes - Current Science and Multi-Stakeholder Approaches to Prevention & Management, October 4-5, 2017, Singapore
What does ‘easily accessible’ mean?

88% of residents have a health promoting option within 2km of their homes

45% of Singaporeans have access to health promoting options within 1km of their homes

Making it easier to get active

National Steps Challenge (NSC)

Exercise sessions in community & workplaces

Proportion of Singapore adult residents who engaged in >150 minutes of total physical activity per week increased from 50.7% in 2013 to 57.4% in 2016

Making it easier to eat healthily

Where Singaporeans play, shop...

Sundays@ThePark

Community Physical Activity

Health Promoting Malls

Go shopping and get a free workout too with free fitness classes held at malls

“Always on. Anytime. Anywhere”

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3,000 touch points islandwide (restaurants, fast food outlets, food courts and hawker centres) offering healthier options, and over 3,500 HCS products are across 70 food categories.
52% of Singaporeans have access to healthy eating options within 1km of their homes... eat and drink.

Supermarket tours of HCS products at supermarket chain outlets

Healthy dining options at shopping malls and hawker centres

1600/6800* (23%) F&B establishments such as Koufu, Kopitiam, NTUC Foodfare are on-board the Healthier Dining Programme

*restaurants, food outlets, coffee shops

Every Community a Healthy Community

HCE Expansion Plan – FY18

Regional Symposium on Diabetes - Current Science and Multi-Stakeholder Approaches to Prevention & Management, October 4-5, 2017, Singapore
The War Efforts

79,000 residents reached through 40 diabetes-related talks & roadshows in FY16

The challenge of early detection

- 8 in 10 Singaporeans 40 and older have been for screening in the last 3 years\(^1\)
- 1 in 3 diabetics are unaware of their condition
- An issue of follow-up post-screening? No confirmatory test?

Making screening and follow-up easier

**Enhanced Screen for Life subsidies**: 
- cost of the screening tests
- GP consultation charges for screening visit
- GP consultation charges for the first follow-up consultation

Detecting diabetes earlier

**Diabetes Risk Assessment** for 18 – 39 year olds (from 1 Sep 2017). Those at-risk also eligible for enhanced screening subsidies.

Increasing screening and follow-up touch points in the community - learning from the successful workplace model

**WORKPLACES**  
HPB partners ComfortDelgro to offer health screenings for taxi drivers  
- 3 in 5 followed up with a doctor  
- 50% saw at least 1 improvement in the biometric indicators (i.e. blood pressure, blood glucose and blood cholesterol) by post health screening  
- 1 in 4 improved from abnormal to normal health status in all aspects of their screening results

**Body Mass Index**  
12% of those with moderate/high BMI improved their BMI to the next better category. Of these, 36% have now achieved healthy BMIs

**Smoking**  
The prevalence of daily & occasional smoking decreased from 26% to 23%

**Increase in mean physical activity time** from 63mins → 139mins

**RELIGIOUS ORGANISATIONS**  
E.g. Health Promoting Mosques

**COMMUNITY HEALTH POSTS**  
Close-to-home screening, personalised health coaching

Regional Symposium on Diabetes - Current Science and Multi-Stakeholder Approaches to Prevention & Management, October 4-5, 2017, Singapore
What’s next

Initiating own health interest groups
Conducting diabetes prevention talks

Basic engagement with public at roadshows, programmes (transactional roles)
Leading workshops and interest groups (relational, leadership roles)

Building community ownership, developing local anchors

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<thead>
<tr>
<th>FY12</th>
<th>FY15</th>
<th>FY16</th>
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<td>3,000</td>
<td>12,400</td>
<td>15,300</td>
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- Conducting diabetes prevention talks
- Initiating own health interest groups

Health Ambassadors - as, or more, effective for health promotion to seniors

<table>
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<tr>
<th>Diabetes awareness talks at Senior Activity Centres</th>
<th>Health Ambassador</th>
<th>HPB Vendor</th>
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<tr>
<td>Number of participants</td>
<td>484</td>
<td>1600</td>
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<td>*Effectiveness based on post-talk survey</td>
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<tr>
<td>% of participants who answered the question correctly: “Poorly controlled diabetes can lead to stroke &amp; kidney failure” (True)</td>
<td>98.7%</td>
<td>97%</td>
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<tr>
<td>% of participants who would aim to adopt at least one lifestyle practice taught</td>
<td>99.3%</td>
<td>95.8%</td>
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<tr>
<td>No. of survey respondents</td>
<td>484</td>
<td>261</td>
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* Unpublished results, from Jul – Dec 2016. Based on self-administered survey forms after the talk.

From ecosystems to empowerment

**PAST**
Ad-hoc, once-off community events

**PRESENT**
Since 2013
Healthy Community Ecosystems
Focus on sustainability, “always on”

**FUTURE**
Community empowerment
Structures / resources for local partners to drive health & social promoting efforts

Regional Symposium on Diabetes - Current Science and Multi-Stakeholder Approaches to Prevention & Management, October 4-5, 2017, Singapore
Whip out your phones to know your risk now!

letsbeatdiabetes.sg/dra

No charge
Know your risk in 2 minutes
Links you to claim subsidised screening*

*Eligibility conditions apply for subsidy claims

Shameless Advertising

National Steps Challenge – Season 3
Back for the 3rd season – bigger, better and with a new look

Who can participate?
Participants must be at least 17 years of age

Challenge period
28 Oct 2017 – 30 Apr 2018

Visit stepschallenge.sg for details

MORE GAMES. BIGGER PRIZES. A HEALTHIER YOU. ALL WITH 10,000 STEPS A DAY.