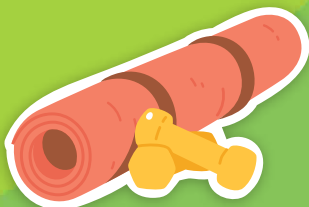


# Living Well



NHG is working closely with General Practitioners (GPs), community partners, and agencies in Central and North Singapore to build healthier, happier communities – by empowering residents to adopt healthy lifestyle behaviours and habits at work, at play, and at home. We are supporting the specific health and social care needs of residents to ensure they stay well in the community for longer.







# LIVING WELL



## INTEGRATING HEALTH AND SOCIAL CARE FOR BETTER QUALITY OF LIFE

### New Singapore Standard To Guide Nutrition And Food Services For Infants And Children

To help address rising childhood obesity rates, NHG collaborated with the Singapore Manufacturing Federation – Standards Development Organisation (SMF-SDO) and Singapore Standards

Council (SSC)-Enterprise Singapore (Enterprise SG) to develop the Singapore Standard (SS) 692 Guidelines for Nutrition and Food Services for Infants and Children.

Launched in May 2023, SS 692 is a comprehensive guide to support the nutritional needs of infants and children up to 12 years old, by empowering care centre operators, schools, and their food service providers to make informed decisions on providing

safe and nutritious meals. This includes identifying suitable food and beverage options, recommending portion sizes for different age groups, maintaining nutritional balance, and preventing foodborne illnesses. NHG is working with relevant agencies to develop resources based on SS 692 and to help school canteen committees implement these guidelines with their food service providers.

Recommended number of servings for breakfast/snacks		Recommended number of servings for lunch/dinner	
<b>6-12 months</b> 50g		<b>6-12 months</b> 50g    23g 25g    33g	
<b>1-2 years</b> 50g	<b>3-6 years</b> 100g    25g	<b>1-2 years</b> 75g    23g 25g    33g	<b>3-6 years</b> 100g    23g 50g    65g
<b>7-9 years</b> 100g    45g 50g    65g	<b>10-12 years</b> 150g    45g 50g    65g	<b>7-9 years</b> 150g    45g 50g    65g	<b>10-12 years</b> 150g    45g 50g    65g

Note: Sample grammage in the infographic is for mixed wholegrain rice, spinach, fish and apple.

## Extension Of FitterLife Programme To GP Partners

FitterLife is a community weight management intervention programme, which aims to prevent or delay the onset of chronic conditions such as diabetes in healthy residents through lifestyle changes. Introduced in 2017 and currently operating virtually, FitterLife participants undergo health education, group discussions, and physical exercise. To-date, 600 residents have participated in FitterLife and more than 50 per cent have achieved the desired target weight loss of at least 5 per cent. In line with *Healthier SG*, NHG will work with GP partners to offer FitterLife as one of its structured weight management programmes for enrolled residents.



## NCA WELLNESS LEARNING JOURNEY TO PREVENT FRAILTY

To help address rising frailty rates, Dr Ranjana Acharya, Clinical Lead of Tan Tock Seng Hospital (TTSH)'s Patient Education Steering Committee (PESC), in collaboration with frailty experts from National Healthcare Group Polyclinics (NHGP) and TTSH Geriatric Medicine, developed a personalised and engaging platform on the NHG Cares app (NCA) in January 2023 to help individuals better understand frailty and take preventive measures pre-emptively. Using the ADDIE Model and Kirkpatrick's Training Evaluation Model as references, the NCA offers educational resources tailored to different levels of frailty, along with quizzes to reinforce users' understanding of their health status. A goal-setting dashboard is also available for residents to set realistic goals and track their health achievements.



## Dance UP Programme To Support Residents To Live Well In The Community

Dance UP is a community dance and movement programme launched by Yishun Health in February 2022 that incorporates healthy activity with engagement between residents in North Singapore. Led by trained volunteers, the programme comprises weekly sessions of evidence-based exercises that focuses on lowering participants' risk of frailty and falls, and maintaining cognition and functional abilities. Apart from dance, the sessions also include stretching, conditioning, and mobility exercises to improve participants' balance, posture, mood, and confidence. Currently, there are four runs weekly in Yishun and Sembawang, led by 10 community dance leaders.

## ENHANCING SCREENING IN THE COMMUNITY

### Development Of AI Melanoma To Screen And Detect Skin Cancer

Melanoma, considered the most aggressive form of skin cancer, has the potential to spread extensively to various parts of the body if left undetected without treatment. Currently, diagnosis of melanoma is done via manual screening by a dermatologist, followed by an invasive biopsy for high-risk cases. Dr Lucinda Tan, consultant dermatologist at the National Skin Centre (NSC), together with scientists from the Agency for Science, Technology and Research (A\*STAR) Institute for Infocomm

Research (I2R), have co-developed an artificial intelligence (AI) algorithm called Skai Pro to perform image analysis of skin lesions and assist in the screening and detection of melanoma. By utilising deep learning techniques and large datasets of annotated images, the product helps identify suspicious features and patterns that may indicate melanoma, and escalate these skin lesions to clinicians for early diagnosis and intervention.

### Enhanced Capacity For Osteoporosis Screening

The National Healthcare Group Diagnostics' (NHGD) mobile bone mineral densitometry (BMD) initiative supports osteoporosis screening in primary care and community settings, monitoring bone health, facilitating early interventions, and contributing





to a paradigm of care focused on promoting a healthier population. To further enhance accessibility for residents living in Central and North Singapore, NHGD introduced two static BMD services at its X-ray centres in Yishun Polyclinic and Ang Mo Kio Thye Hua Kwan Hospital in June and February 2023, respectively. The BMD service at Yishun Polyclinic is equipped with a patient hoist system, ensuring a safe and comfortable transfer experience for both wheelchair users and staff.

NHGD also completed a cross-calibration of all four BMD machines in their service in May 2023. This enables accurate comparison of bone mineral density measurements taken by each machine, resulting in higher diagnostic confidence in the reporting radiologists.

### Roll-Out Of HIV Self-Testing Pilot Programme

In Singapore, most newly-diagnosed human immunodeficiency virus (HIV) infections are detected during clinical care and typically at a late stage of infection, with a very low proportion diagnosed from self-initiated testing. According to the National HIV Testing Recommendations, every adult aged 21 years and above should be tested at least once in their lifetime, regardless of risk factors, and people at higher risk of HIV infection should be tested more frequently. To complement the existing testing modalities, the National HIV Programme (NHIVP) under the National Centre for Infectious Diseases (NCID) introduced the HIV Self-Testing (HIVST) Pilot Programme in August 2022. With HIVST, NHIVP aims to increase access to testing services,



The patient hoist provides safe and comfortable transfers from wheelchair to BMD table.

and encourage individuals at risk to be tested and seek early treatment if they obtain a positive result. Under the pilot, individuals can purchase HIV self-testing kits from the Department of Sexually Transmitted Infections Control (DSC) Clinic and Action for AIDS (AfA), and test for HIV in the privacy of their homes by using a swab to collect their oral specimens.

As of 31 December 2022, over 650 HIVST kits were sold to over 350 unique buyers. Preliminary data showed that the HIV self-test kits were safe, easy to use, and facilitated take-up among first-time testers.

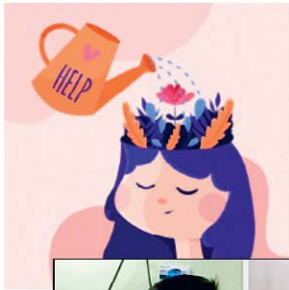
### ENABLING HEALTH TOGETHER

#### Engaging Seniors In Conversations On Future Healthcare Needs

In December 2021, Medical Social Workers from the TTSH Community Health Team (CHT) piloted a four-session programme called “Preparing for Your Future Healthcare Needs” to engage seniors in the community. Each session used group work to encourage participants to review their life values, personal beliefs, care goals, and preferences, and incorporated pre-planning tools on Advance Care Planning and Lasting Power of Attorney to facilitate discussions on real-life scenarios, such as end-of-life and health crises.



## Stress, Anxiety and Depression: Why is it important to understand them?



Mental health plays a crucial role in:

- Relationships
- Physical Health
- Curbing Suicide Rates
- Productivity and Financial Stability



RESTRICTED, SENSITIVE-NORMAL



Conducted in collaboration with two local Active Aging Centres (AACs) in Central Singapore, the programme had six runs, with 55 seniors completing the programme. Pre-and post-evaluation of participants showed an overall increase in self-reported awareness of personal values and preferences, confidence in discussing future healthcare needs, and knowledge of pre-planning tools. Eighty-nine per cent of the participants also created a formal Advance Care Plan (ACP) with the group facilitators.

### Workshops On Addressing Emotional Distress

From April to May 2022, three NHGP psychologists – Mr Tan Ee Xuen from Sembawang Polyclinic, Ms Goh Hui Ting from Woodlands Polyclinic, and Ms Jeanette Yeo from Yishun Polyclinic – participated in a three-part series of skills-based workshops on mental health and effective communication with distressed individuals. Catered for TOUCH Community Services' Home Care staff, the sessions also

featured psychologists from other organisations and focused on tips to identify possible signs of emotional distress among individuals in the community and to communicate effectively with them.

### Roll-Out Of Alcohol Related Frequent Attenders (ARFA) Programme

To address increasing alcohol-related visits to the hospitals in Singapore, Khoo Teck Puat Hospital (KTPH) launched the

Alcohol Related Frequent Attenders (ARFA) programme in 2020. Under the programme, the ARFA workgroup, comprising a doctor, nurses, and social workers trained in Assertive Community Treatment, manages patients according to a harm reduction approach, with an aim for abstinence. Patients who are enrolled in the programme are followed up over a period of six months, with weekly visits in the first two months.

With the support of the Institute of Mental Health (IMH)'s National Addictions Management Service (NAMS), the programme was subsequently rolled out in TTSH, Singapore General Hospital (SGH), and Ng Teng Fong General Hospital (NTFGH). To-date, the programme has recruited more than 100 patients from the Emergency Department (ED) of these hospitals and has achieved a success rate of 58 per cent, with success being defined as a 25 per cent or more reduction in the number of ED visits. Additionally, the ARFA programme tracks improvement in patients' social parameters such as attaining new employment, having stable housing, and completing the NAMS detoxification programme.

