



# HEALTHIER TOGETHER



Gain valuable insights on the essentials of weight management in our series of exclusive videos.

## The Psychology of Eating

Explore the various motivations underlying eating, from fueling our bodies to seeking pleasure, emotional coping, and social bonding. Find out how your relationship with food affects your health and learn various strategies to strike a balance between enjoying food and staying healthy, manage emotional overeating, and navigate social dining situations.

## Healthier Eating Out

Is it possible to eat healthy while enjoying the convenience of dining out? Learn 5 practical tips for making healthier choices while eating out, ensuring that even in the busiest times, you can still keep to your diet goals.

## Movement Matters!

Unravel the key components of the FITT principle and use these strategies to optimize your exercise regimen. Learn to use the Talk Test as a way to gauge your exercise intensity.

## Overcoming Obesity – Beyond Lifestyle

Wondering about your options beyond exercise and diet control? This concise guide provides useful information about weight loss medications to empower you to make informed choices on your weight management journey. Discover the medications available in Singapore, understand how they work, know more about their benefits and side effects, and learn who is suitable for these medications.

SCAN  
HERE!



## Caloric Density

Not all food gives us the same amount of energy for every 100g. Learn about the caloric density of the 4 food groups to help you make healthier choices for effective weight loss without having to eat less.

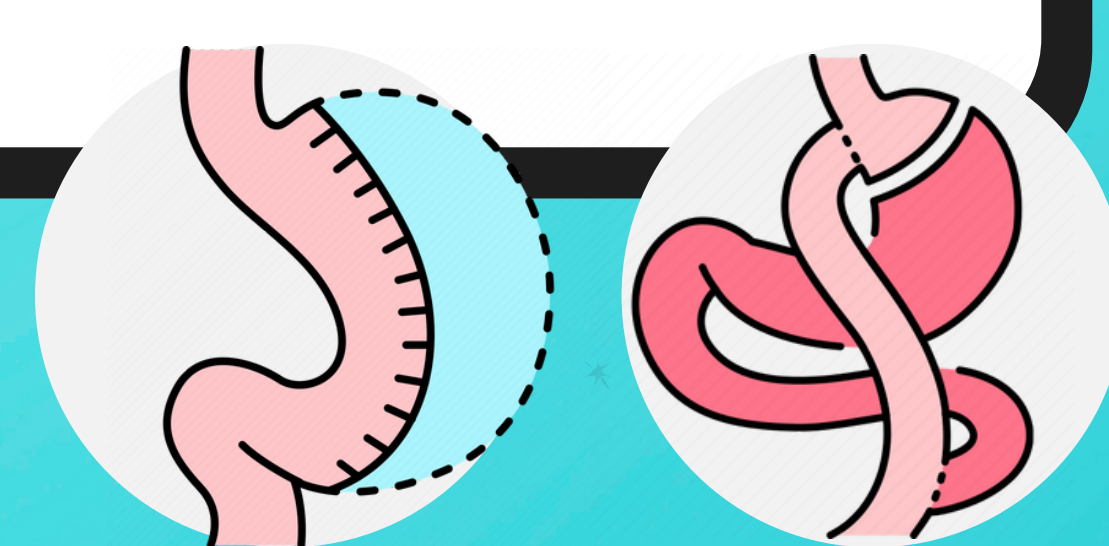
## Let's Get Moving!

Finding it hard to start exercising? Uncover the common barriers to initiating exercise and learn practical strategies to overcome these hurdles. With this knowledge, you will be on your way to beginning a successful and sustainable exercise routine!

## Bariatric Surgery – Surgical and Endoscopic Procedures

Join us as we dive into the 2 most common bariatric surgeries performed in NHG: the Sleeve Gastrectomy and the Roux-en-Y Gastric Bypass. Find out who is suitable to undergo bariatric surgery, how it is performed and what happens after surgery.

If you are not keen or not suitable for bariatric surgery, there are non-surgical interventions available for weight loss like the Intra-Gastric Balloon and the Endoscopic Sleeve Gastroplasty. Explore how these non-surgical interventions work to bring about weight loss and explore their indications.



Visit [www.for.sg/nhgwod](http://www.for.sg/nhgwod) for more information.

Organised by NHG Diabetes & Metabolic Steering Committee:





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## Your Guide to Obesity Management Resources



I am overweight with a BMI of 25kg/m but I've had no medical issues so far. I'm worried about getting diabetes as my mother has this issue. How should I go about losing weight?

If you have a BMI of 23 - 37.5kg/m<sup>2</sup> and have no medical problems, consider signing up for:

1. FitterLife Programme by NHGP
2. Self-directed Programmes by SportSG
3. Programmes by Health Promotion Board
  - National Steps Challenge
  - Eat Drink Shop Healthy Challenge

I have a BMI of 28kg/m<sup>2</sup> & I have just been diagnosed with diabetes and hypertension. How do I go about losing weight to improve my medical issues?



If you have a BMI of 23.0 - 32.4kg/m<sup>2</sup> and have obesity-related medical issues like diabetes, hypertension or hyperlipidaemia, consider consulting your family doctor or polyclinic for advice on managing your weight.

You can also consider signing up for:

1. Lighter Life Programme by NHGP
2. Active Health Targeted Programmes by SportSG

I am obese with a BMI of 35kg/m<sup>2</sup> and have hypertension. I've tried to make changes to my lifestyle but have been unsuccessful at losing weight. Where can I go to for help?



If you have a BMI of  $\geq 37.5$ kg/m<sup>2</sup>, or a BMI of  $\geq 32.5$ kg/m<sup>2</sup> with obesity-related medical issues like diabetes, hypertension or hyperlipidaemia, consider getting a referral to tertiary weight management centres.

These include weight management centres like:

1. Khoo Teck Puat Hospital Integrated Care for Obesity & Diabetes
2. Tan Tock Seng Hospital Weight Management Service
3. Woodlands Health Obesity & Metabolic Service

KTPH



NHGP



TTSH



WH



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