

## **LAUNCH OF HEALTH UP! PROGRAMME ON 27 NOVEMBER 2021, SATURDAY, 12.30PM TO 1.30PM AT OUR TAMPINES HUB**

### **Speech Pointers for:**

**Dr Koh Poh Koon,**

**Senior Minister of State, Ministry of Health & Ministry of Manpower**

### **Introduction**

1. A very good morning to our residents here at Our Tampines Hub (OTH), Minister Masagos and fellow Tampines Grassroots Advisers, guests, and partners from the Health Up! programme.
2. I am very happy to be able join all of you here at the launch of the Health Up! programme for our Tampines residents.

### **The challenge of improving health outcomes for all residents**

3. When I first heard about Health Up!, I was very excited as the idea of bringing together the expertise and reach of healthcare providers and community partners into a single programme will bring about tremendous benefits to our residents.
4. Over the last few years, many health promoting initiatives and services, such as those offered by our partners here today have been implemented in Tampines to make healthy living accessible for our residents.
5. Each of these programmes have served specific objectives. For example,
  - a. health screening by our GPs and Polyclinics,
  - b. promotion of exercise by ActiveSG,
  - c. inculcating sports interest groups by our Community Sports Clubs etc
6. However, to get better population health, we need to tackle 3 challenges:
  - a. First, how can we better integrate these services, and offer our residents a collective and guided approach towards better health?
  - b. Second, how can we reach those with health needs that they themselves are not aware of and are currently also not known to our healthcare system? In other words, how can we better identify those with health issues early; and address them in a timely manner before complications develop.

- c. Third, is reaching out and reconnecting with those who have known health issues but are lost to follow up by the healthcare system and helping them to get back on the path to better health.

## **Health Up! programme**

7. Health Up! is a multi-agency and multi-phased initiative
  - a. that starts with a health screening and a fitness assessment,
  - b. followed by a customised exercise program and dietary counseling with specific goals for the individual (weight loss, cardio fitness, diabetic control etc)
  - c. progressing to adoption of more active lifestyle with involvement in community sporting activities through peer networks and support
8. We are thus taking a more holistic approach to population health, focussing on lifestyle changes that are integrated with clinical treatment providers.
9. This process will be coordinated by a Well-Being Coordinator that helps participants progress through the various components of the program.
10. Today, we are starting with a pilot phase of the programme for 250 Tampines residents, where we work through the processes with our partners to ensure ease of navigation by residents, and assess the effectiveness of interventions that adopt an integrated clinical and lifestyle approach.
11. For the later phases, we hope to use IT enablers and wearable devices to help our residents to continue to stay fit, healthy, and more importantly, engaged and activated to care for their own health.
12. This pilot phase will be led by SingHealth Polyclinics in partnership with our community GPs, the Grassroots Organisations, Sport Singapore, and the Health Promotion Board. We will learn from this pilot and fine-tune our processes and interventions, taking into account feedback from residents and partners, coupled with a robust evaluation of pilot outcomes.

## **Expanding and scaling Health Up!**

13. I am glad to share that our GPs in Tampines, several of whom are with us today, expressed strong interest to be involved in this programme when I spoke with them recently. Their participation will move us closer to our vision of “One Resident, One GP”, strengthening the role that our GPs play in upstream health promotion and disease prevention through lifestyle changes.
14. In addition to these clinical and lifestyle interventions, we will also be progressively expanding our outreach efforts to complement current community outreach events. We are prepared to visit our residents where it is most convenient, be it your home, workplace or school.

15. In this regard, we will leverage on existing outreach efforts such as those by the Silver Generation Ambassadors and our own Tampines Block Ambassadors, and augment with other outreach efforts if needed to close the gap on unmet health needs in the community.
16. The SingHealth Regional Health System will play the role of the population health manager to lead, integrate and coordinate these various workstreams, ranging from outreach, enrolment, to matching of clinical and lifestyle interventions to health needs and evaluation of outcomes. The Health Up! programme will complement our Tampines in a Garden vision where we seek to transform our green spaces to promote more active lifestyles among our residents.

### **Working together**

17. The plans and vision that I have shared on Health Up! today is an ambitious one.
18. It is what we must do to intervene upstream and move population health towards “Health Care” and not “Sick care”.
19. Making positive lifestyle changes will give our aging population more healthy years and more fulfilling lives.
20. This will be a challenging long-term effort. but I am confident that if all of us -- healthcare providers, community agencies and partners, residents and volunteers -- all work, learn and grow together, we can improve the health and quality of life of all residents in Tampines.

### **Closing**

21. In closing I would like to express my deepest appreciation for SingHealth, Changi General Hospital, our GP partners, People’s Association, Health Promotion Board, and Sport Singapore, who have taken the leap, to envision, plan and bring this programme to life.
22. I look forward to the successful rollout of Health Up! in Tampines and enhancing the health of our fellow Singaporeans. Thank you.