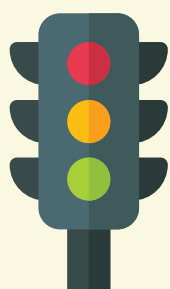


NATIONAL POPULATION HEALTH SURVEY 2019



The National Population Health Survey 2019 is the first of a series of cross-sectional population health surveys that measure the health and risk factors of Singapore residents

AREAS THAT ARE ENCOURAGING



DAILY SMOKING



1 in 10 (10.6%)
smoke daily

but



PHYSICAL ACTIVITY



8 in 10 (80.1%)
have sufficient
total physical activity¹

but

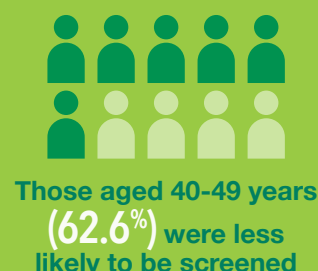


SCREENING FOR CHRONIC DISEASES



2 in 3 (66.3%)
had been screened for
diabetes, high blood pressure and
high blood cholesterol³

but



AREAS THAT NEED WATCHING



BINGE DRINKING

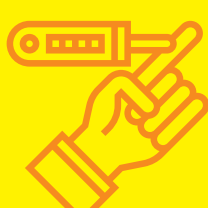


1 in 10 (10.2%)
binge drink⁴

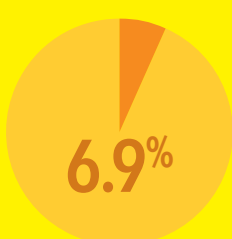
Young adults are more likely to binge drink

Age 18-29 years: 16.6%

Age 30-39 years: 13.8%



DIABETES



6.9%
report
having
diabetes



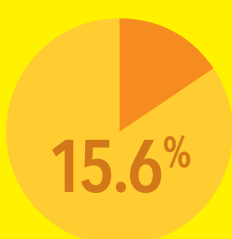
HIGH BLOOD CHOLESTEROL



13.6%
report
having
high blood
cholesterol



HIGH BLOOD PRESSURE



15.6%
report
having
high blood
pressure



Men are more likely to report having diabetes, high blood pressure, or high blood cholesterol

AREAS THAT CAN BE IMPROVED



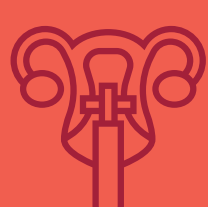
SCREENING FOR COLORECTAL CANCER



Only 4 in 10 (42.0%)
had a FOBT⁵ in the past
1 year or colonoscopy in the
past 10 years

Women were less
likely to go for
colorectal cancer
screening

38.7%



SCREENING FOR CERVICAL CANCER



Fewer than
1 in 2 (48.2%)
women went for a Pap smear test
in the past 3 years

Women aged
25-29 years old
were less likely to go
for cervical cancer
screening

21.0%



SCREENING FOR BREAST CANCER



Fewer than
1 in 4 (38.7%)
women took a mammogram
in the past 2 years

Women aged
60-69 years old
were less likely to go
for breast cancer
screening

36.9%

Download the NPHS 2019 report for more detailed information from the survey at www.hpb.gov.sg/nphs2019report

- Sufficient total physical activity refers to ≥ 30 minutes of at least moderate-intensity activities or equivalent for ≥ 5 days a week.
- Regular leisure-time exercise refers to the participation in any sports or exercise for ≥ 20 minutes per occasion, for ≥ 3 days a week. Leisure-time exercise refers to be of higher intensity and should have greater health benefits.
- Adults aged 40-74 years, who do not have chronic diseases should be screened for high blood pressure every 2 years, and for diabetes and high blood cholesterol every 3 years.
- Binge drinking is the consumption of ≥ 5 alcoholic drinks for men or ≥ 4 alcoholic drinks for women in any 1 drinking session in the past month.
- Faecal occult blood test (FOBT) is a blood stool test to determine if the stool contains blood for detection of colorectal cancer.

or scan the QR code
for the NPHS report

