



Additional Details on the HealthySG Taskforce Recommendations

Subsidies for vaccines recommended under the National Adult Immunisation Schedule (NAIS) for Singaporeans and Permanent Residents

MOH established the NAIS in November 2017 to provide guidance on vaccinations that persons aged 18 years and older should adopt to protect themselves against vaccine-preventable diseases.

Based on the pilot National Population Survey 2016/2017, the vaccination coverage for some of the existing recommended adult vaccines has been estimated to be low – around 14% for influenza vaccination and 12% for pneumococcal vaccination in persons aged 65-74 years.

To enhance vaccination coverage and help Singaporeans pay for the recommended NAIS vaccines, Singaporeans are able to use up to \$500 of their MediSave per year. To further encourage Singaporeans to take up the recommended NAIS vaccinations, the HealthySG Taskforce recommends to increase affordability by extending subsidy to NAIS vaccinations. The subsidies are targeted to be rolled out before end 2020.

With the introduction of subsidies, we hope to reduce the barriers for vaccination. In conjunction with other initiatives to promote take-up of the vaccines, such as public education, we aim to more than triple the current vaccination coverage for these recommended adult vaccines to over 50% within five years from the roll out of the subsidies.

List of vaccines recommended under NAIS

NAIS Vaccines	18-26 years	27-64 years	≥ 65 years
Influenza	1 dose annually		1 dose annually
Pneumococcal*	1 or 2 doses		1 dose
Human papillomavirus	3 doses		
Tetanus, diphtheria and pertussis	1 dose for each pregnancy		
Measles, mumps and rubella	2 doses		
Hepatitis B	3 doses		

Varicella (Chickenpox)	2 doses
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*Pneumococcal vaccines in the NAIS include PCV13 and PPSV23

	Recommended for adults who have not been previously vaccinated or lack evidence of past infection/immunity
	Recommended for adults with specific medical conditions or indications

Piloting new smoking cessation support models at public healthcare institutions

One in six smokers contemplates quitting, but only three in 100 actually take action. We believe we can do more to enhance the success of cessation programmes in Singapore by nudging smokers towards taking action.

MOH will work with public healthcare institutions (PHIs) to better identify and refer contemplating smokers to structured smoking cessation programmes in our healthcare settings and the community. We will systematically reach out to all smokers who receive treatment at the PHIs and offer fully subsidised nicotine replacement therapy tied to these pilots, such as nicotine gum and patches, to complement existing cessation counselling.

The new pilot programmes by the PHIs to test out various care models will run for a year between March 2020 and March 2022, to target smokers seen in the inpatient and outpatient settings, as well as pregnant smokers and their spouses. We plan to roll this out at all public hospitals and at least three polyclinics across the island.

We will invest \$5 million into these pilots and will increase funding if these prove to be effective in helping smokers quit. Healthcare settings have proven to be effective and can achieve quit rates up to 20% at six months and we envision to better this.

The enhanced cessation support will contribute to existing efforts towards lowering smoking prevalence to below 10%. The pilot programme is expected to reach at least 10,000 smokers over the next two years.

Targeted help for disadvantaged groups to improve health

MOH's national population surveys have shown that disadvantaged groups, such as lower income families, generally smoke more, have higher BMI, exercise less and eat more unhealthily. This is similar to observations made in many other countries.

The Taskforce recognises this and will offer more support to help these families on their healthy living journey.

This is a shift in approach as HPB's efforts to date are mostly developed for the general public, taking into consideration cultural and ethnic nuances where relevant. For the

first time we are customising health promotion messages and efforts to the needs and circumstances of the lower-income groups.

The healthy living 'passport scheme' is aimed at encouraging lower income families to participate in healthy living activities. Participants will accumulate stamps in a 'passport' by attending a series of activities that nudge them towards adopting healthier living habits. The activities could include guided healthier eating trails in the community, guided healthier supermarket tours, cooking classes and nutrition workshops. After accumulating stamps, participants will get to enjoy healthy incentives such as HPB's Healthpoints or redeem a free healthy grocery pack.

Trained HPB Health Ambassadors would partner and support families in this journey. HPB will also work with and tap on community and neighbourhood networks under People's Association and platforms under the Ministry of Social and Family Development (MSF) or Community Development Councils to reach out to disadvantaged groups to support them. We will also work with voluntary welfare organisation (VWO) partners such as Children Wishing Well and others.

While the initial focus is on improving nutrition, we will weave in mental wellness, disease screening, and smoking cessation into this programme to make the support more comprehensive.

A preview of the initiative will begin in the third quarter of 2019. We aim to launch the full programme in the second quarter of 2020 and reach at least 15,000 residents.

Targeted active living programmes for young working adults and seniors

SportSG and HPB will pilot the Young Working Adults Project targeting professionals, managers, executives and technicians (PMET) aged 25 to 40 years old, which will introduce Active Health Lab's physical activity readiness assessments at weekly HPB-run exercise sessions to help individuals understand their health and fitness baseline.

The active living programme for seniors aims to raise awareness of strength, balance and flexibility exercises to aid in fall prevention and help maintain or improve the functional fitness of seniors. This will be rolled out in selected ActiveSG and People's Association venues by the fourth quarter of 2019.

Together, the programmes target to shift about 200,000 people from sedentary to occasional or regular physical activity by 2024.

Common, one-stop service platforms for better access to public services

A facilities booking initiative jointly developed by the Ministry of Culture, Community and Youth and SportSG will provide Singaporeans with a seamless and simple booking process for the full range of facilities for sports and community activities, starting with public agencies and their partners.

An incentives exchange will be created in the second quarter of 2020 to enable convertibility of Healthpoints to ActiveSG credits for Singaporeans to enjoy the incentives and offerings from HPB and SportSG.

A joint physical activity calendar will also be rolled out by the third quarter of 2020, which will allow Singaporeans to view and choose programmes provided by HPB and SportSG throughout the year.

Enhance community activation via quality volunteer engagement

HPB's Health Ambassador network was formed in 2011 to inspire Singaporeans and build a social movement for healthy living. HPB will enhance the outreach of its health volunteers by shifting from quantity to quality engagements. HPB will pilot the integration of the HPB Health Ambassador network with public hospital volunteers, to cross-train and deploy to optimise the volunteer pool. The integrated volunteer programmes will be implemented across the public hospitals by the first quarter of 2020.

Healthy Precinct Toolkit

The MOH Office for Healthcare Transformation (MOHT) will develop a Healthy Precinct Toolkit to empower the community and its leadership to take ownership of and shape their social and physical environment based on their needs. MOHT will work with the community to understand their needs, collaboratively plan and coordinate solutions with relevant stakeholders, as well as evolve and refine the initiatives to support healthy living. Examples could be community-led setting up of interest or activity groups such as walking and cycling clubs, or starting edible garden farming and healthy cooking communities, supported by MOHT and relevant collaborating government agencies.

The Healthy Precinct Toolkit will be piloted with the People's Association (PA) grassroots network in Jurong Spring, Woodlands, and other potential precincts over the next year. The first precinct to begin will be Jurong Spring in the fourth quarter of 2019.