

NATIONAL POPULATION HEALTH SURVEY 2021

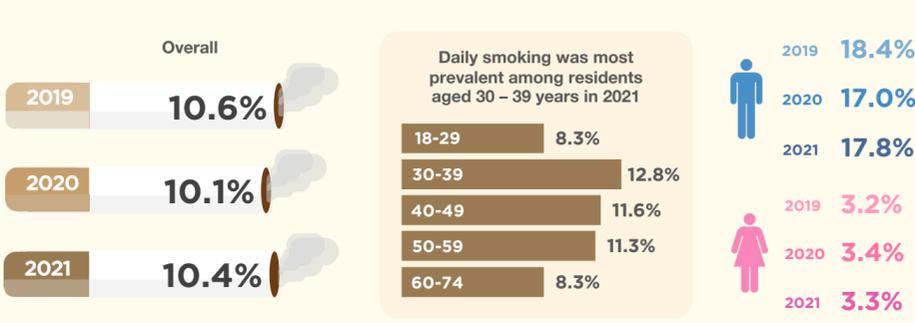


The National Population Health Survey (NPHS) is a cross-sectional population health survey series that monitors the health and risk factors as well as lifestyle practices of Singapore residents.

The following findings between 2019 and 2021 highlight the possible impact of COVID-19 on some of the health practices of Singapore residents¹.

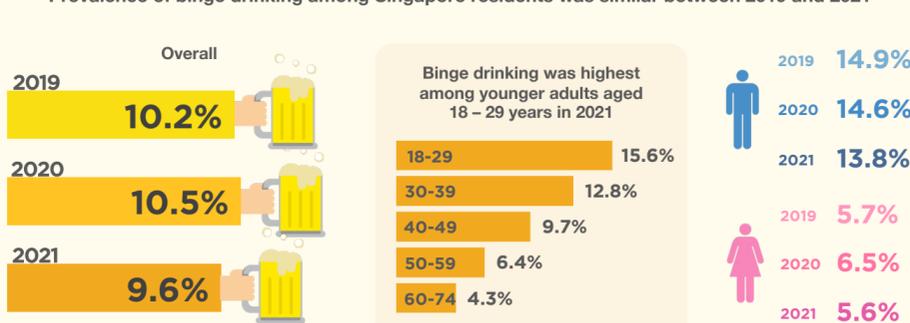
DAILY SMOKING

Prevalence of daily smoking among Singapore residents remained stable between 2019 and 2021



BINGE DRINKING²

Prevalence of binge drinking among Singapore residents was similar between 2019 and 2021



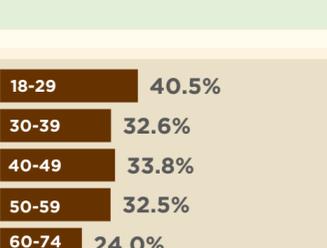
PHYSICAL ACTIVITY & REGULAR EXERCISE

While the fall in engagement in leisure-time regular exercise was not statistically significant between 2019 to 2021, fewer residents met the sufficient total physical activity guidelines as a result of temporary closure of sports and recreational facilities due to COVID-19 Safe Management Measures

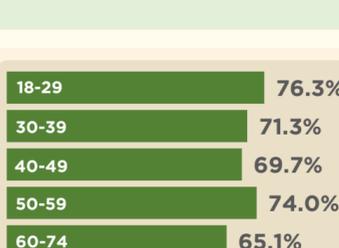
Leisure-Time Regular Exercise³



Sufficient Total Physical Activity⁴

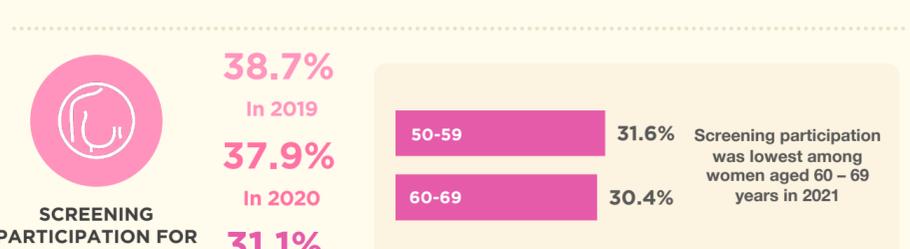
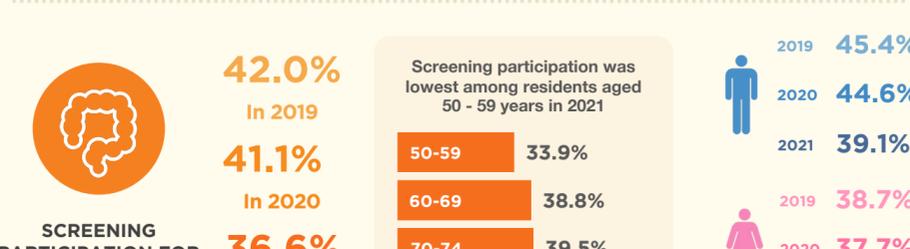
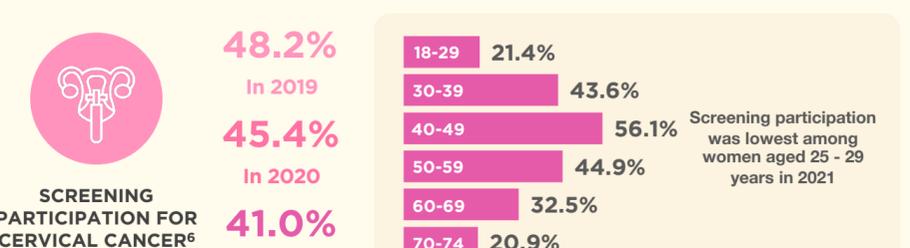


Residents aged 60 – 74 years had the lowest participation in regular exercise and lowest proportion with sufficient total physical activity in 2021



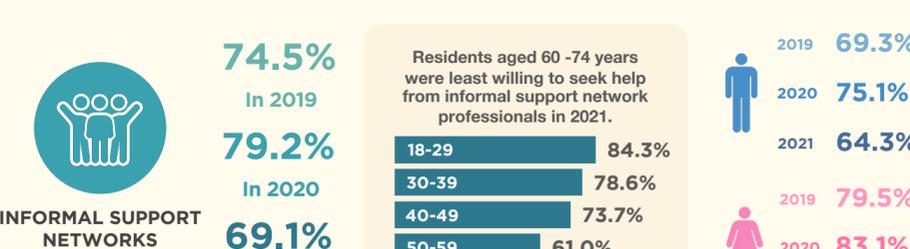
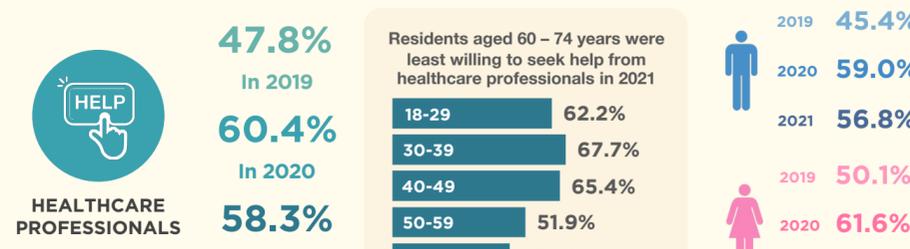
SCREENING FOR CHRONIC DISEASES AND CANCER

Fewer residents were screened for chronic diseases and cancers, likely due to COVID-19 Safe Management Measures implemented in healthcare institutions, e.g. the deferment of non-urgent services such as health screening



MENTAL HEALTH

Proportion of Singapore residents who were willing to seek help from healthcare professionals for their mental health increased while those who were willing to seek help from informal support networks⁹ declined between 2019 and 2021



WHAT CAN YOU DO?



Eat healthier

- ½ plate with fruits and vegetables
- ¼ plate wholegrains
- ¼ plate meat, bean-based foods and others
- Reduce intake of salt and sugar



Be Active

- At least 150 to 300 minutes of moderate-intensity physical activity per week
- Include some strength, balance and flexibility exercises at least 2 times per week.



Achieve better mental health and well-being

- Learn some relaxation techniques to cope with the stresses of everyday life.
- If you or your loved ones feel overwhelmed, do seek professional help.



Quit Smoking

- Quit smoking to protect your own health and the health of those around you
- Visit go.gov.sg/iqquit for resources and programmes to support you in quitting smoking



Manage Alcohol Intake

- Up to 2 standard drinks a day for males and 1 standard drink a day for females. (1 standard drink = 1 can (330ml) of regular beer or ½ glass (100ml) of wine or 1 nip (30ml) of spirit)



Screen Early

- Regular health screening helps to detect health risks at early stage

To learn more on tips, resources and programmes, visit HealthHub at www.healthhub.sg

Download the NPHS 2021 report for more detailed information about the survey at www.hpb.gov.sg/nphs2021report

1. NPHS 2021 results are compared with NPHS 2019 results to highlight changes in the health behaviours and health practices among Singapore residents possibly due to COVID-19. Fieldwork for NPHS 2019 was conducted from August 2018 to July 2019 where COVID-19 pandemic had not started yet (pre COVID-19). Fieldwork for NPHS 2020 was affected by COVID-19 as data were collected for only three-quarter of the survey year (July 2019 to March 2020) and fieldwork for April to June 2020 was cancelled due to the Circuit Breaker from 7 April to 1 June 2020 (inclusive). Fieldwork for NPHS 2021 was carried out from July 2020 to June 2021 and it was the first year where data collection was conducted with COVID-19 restrictions.

2. Binge drinking refers to the consumption of ≥ 5 alcoholic drinks for men or ≥ 4 alcoholic drinks for women in any 1 drinking session in the past month.

3. Leisure-time regular exercise refers to the participation in any sports or exercise for ≥ 20 minutes per occasion, for ≥ 3 days a week. Leisure-time regular exercise tends to be of higher intensity and will have greater health benefits.

4. Sufficient total physical activity refers to ≥ 150 minutes of moderate-intensity or ≥ 75 minutes of vigorous-intensity physical activities or its equivalent per week.

5. Screening participation for chronic diseases refers to the percentage of residents, aged 40 to 74 years with no previous diagnosis of chronic diseases, who were screened within the recommended guidelines. Chronic diseases refer to diabetes, high blood pressure and high blood cholesterol. The recommended screening guidelines are: once every 3 years for diabetes and high blood cholesterol and once every 2 years for high blood pressure.

6. Cervical cancer screening refers to women aged 25 to 29 years who had undergone a Pap test in the past 3 years and women aged 30 years old and above who took a human papillomavirus (HPV) test in the past 5 years.

7. Colorectal cancer screening refers to adults aged 50 to 74 years who had a Faecal Occult Blood Test (FOBT) in the past 1 year or a colonoscopy in the past 10 years.

8. Breast cancer screening refers to women aged 50 to 69 years who had a mammography in the past 2 years.

9. Healthcare professionals refer to counsellors, doctors, psychologists or psychiatrists and informal support networks refer to friends, family, religious leaders or teachers in school.

or scan the QR code for the NPHS report

