

## Progress update on recommendations

### 1 EDUCATION AND AWARENESS

#### Public outreach programmes targeted at residents of HDB heartlands

- HPB's latest public education effort emphasises that pre-diabetes can be reversed, with appropriate lifestyle modifications, such as adopting a healthier diet, exercising regularly and maintaining a healthy weight.
- HPB has partnered with community and workplaces to disseminate the importance of lifestyle changes through roadshows.

#### Inclusion of the at-risk solitary, elderly and illiterate groups through face-to-face interaction

- MOH is developing educational materials for patients, caregivers and the public and has begun testing the viability of these materials with the target audience.

#### Introduction of the "Go Green Guide"

- The recommendation is being explored.

#### Diabetes awareness campaign and curriculum for children

- In addition to diabetes awareness, information has been weaved into relevant topics within the Upper Secondary Science curriculum. An educational video on diabetes has also been uploaded on MOE's online learning portal, the Student Learning Space.

#### A platform/repository to consolidate diabetes-related material

- HealthHub is being enhanced to host these resources. Date of completion is targeted to be 2019.

#### Raise awareness of this consolidated platform

- MOH is working with National Council of Social Services to list health-related community programmes on the Social Service Navigator.



### 2 HEALTHY LIVING

#### Supportive Environment

##### Re-examine the "Healthy Meals in Schools" Programme and encourage wider adoption

- Within the schools, HPB is advocating 'My Healthy Plate' to encourage healthy eating and will ramp up efforts to include the use of healthier ingredients such as wholegrains within the Healthier Meals in Schools Programme.

##### Popularise "My Healthy Plate" guidelines

- "My Healthy Plate" (MHP) is just one measure of HPB's slew of measures to educate the public on healthy eating. Other examples include the annually-held Calorie Literacy series and the on-going Eat, Drink, Shop Healthy campaign. We will continue efforts to incorporate MHP into the schools' curriculum and HealthHub.

##### A "Healthy Hawker" competition

- HPB is working with CityGas on a "City Hawker Food Hunt". Public will be voting for the Top Ten Healthier Choice stalls. Two will be selected to People's Choice Hall of Fame.

##### Limit on fast food and snacks advertisements/Restrictions on the use of garnish in food advertisements/Limit promotion on or shelf placement of nutritionally poor foods.

- The recommendation is being explored.

##### Celebrity/mascot endorsements for healthier foods

- HPB has been working with influencers such as LadyIronchef and Michelle Chong. The Eat, Drink, Shop Healthy campaign has featured Chua Enlai, Chef Mastura and Vasantham actors to promote healthier eating to Singaporeans.

##### Use emotionally targeted counter advertising to improve behaviours

- Research has shown that people want hope and positive motivation to encourage them to improve their health. In this instance, HPB will continue to explore innovative approaches when communicating on public messages.

#### Social Movement

##### Citizen-led "Drink Water" campaign

- NEA has installed water dispensers at 28 hawker centres owned by Ministry of Environment and Water Resources (MEWR), and would approach Town Councils for their buy-in to install water dispensers at HDB-owned hawker centres

##### Healthy food preparation and cooking competitions/Expand, popularize and collaborate with existing organisations that offer cooking courses

- The CJs organized a cooking workshop in June 2018, while HPB provided healthier recipes, which are also available on HealthHub.

#### Incentives

##### Healthpoints/travel rebates as incentives to encourage physical activity

- HPB has a loyalty programme where HealthPoints earned from participation in various HPB's programmes on healthy living can be redeemed for transport vouchers such as Transitlink to top up the participant's travel card.

##### A rewards/incentives scheme to encourage better disease management among people living with diabetes

- HPB has introduced incentives aimed at the general population to encourage them to start leading healthy lifestyles (eg NSC, EDSH). As these rewards serve mainly to kick-start desired behavior change, Ministry of Health will focus on other challenges in self-management to sustain healthy behaviours beyond the initial phase.



### 3 ENHANCING SKILLS OF HEALTHCARE PROVIDERS AND CAREGIVERS

#### Communication-focused Diabetic Care Clinic that may adopt motivational interviewing as an approach to influence positive behavior/Expand the role of the Singapore Association for Counseling (SAC) to include clinical communication and chronic disease counselling

- MOH will be developing a care team education framework to equip professionals and volunteers with essential skills to empower their patients. We aim to develop and prototype training from end-2019.

#### Expansion of the responsibilities of the Association of Diabetes Educators Singapore (ADES)

- As part of the care team education workstream, MOH aims to build a diverse pool of supervisors, including diabetic nurse educators from ADES, to provide ongoing support to different care team members.



### 4 PEER AND COMMUNITY SUPPORT

#### Increase peer support by expanding the number of peer groups/More effective peer matching through a central health platform.

- MOH's care team education framework aims to equip care team members, including lay volunteers, with essential skills to empower their patients. We aim to develop and prototype training from end-2019.

- MOH is working with National Council of Social Services to list health-related community programmes, including peer support groups, on the Social Service Navigator.



### 5 MEDICAL CARE COSTS AND OUTCOMES

#### Raise the Medisave-claimable amount for Chronic Disease Management Programme (CDMP) to \$750

- In June 2018, the Government has raised the Medisave withdrawal limit for the Medisave400 scheme from \$400 to \$500 per year for outpatient treatment of chronic diseases, including diabetes.

- CDMP has also been extended to cover pre-diabetes to support early management of the disease, as well as self-monitoring blood glucose consumables - namely lancets and test strips - for diabetics who are on insulin, to help with the cost of disease management.

#### Adoption of a Patient-Outcomes funding model

- MOH is developing indicators, based on existing patient-reported outcome measures, to capture and track patient-outcomes as part of programme evaluation.

