

NATIONAL POPULATION HEALTH SURVEY 2024

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.



Prevalence of obesity¹ has continued to increase

Prevalence of Obesity

2019-2020	10.5%
2021-2022	11.6%
2023-2024	12.7%



More Singapore residents participated in health screenings and received influenza³ and pneumococcal⁴ vaccinations

Chronic disease screening participation⁵ has increased

Diabetes

2022	77.4%
2023	76.7%
2024	79.3%

Hypertension

2022	80.7%
2023	82.7%
2024	85.7%

Hyperlipidaemia

2022	75.0%
2023	74.7%
2024	76.8%

Screening participation for colorectal cancer⁶ has increased, while cervical⁷ and breast cancer⁸ screening participation are generally stable

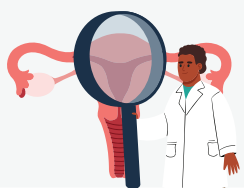
Breast Cancer

2022	37.6%
2023	34.7%
2024	35.2%



Cervical Cancer

2022	43.1%
2023	45.4%
2024	44.9%



Colorectal Cancer

2022	38.1%
2023	41.7%
2024	44.9%



Uptake of influenza and pneumococcal vaccination has continued to improve

Influenza

2022	18.0%
2023	21.7%
2024	28.2%



Pneumococcal

2022	26.5%
2023	35.0%
2024	49.7%



Prevalence of diabetes² and hypertension² has remained stable, while the prevalence of hyperlipidaemia² has decreased

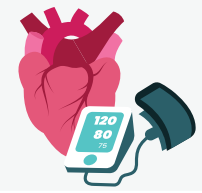
Prevalence of Diabetes

2019-2020	9.5%
2021-2022	8.5%
2023-2024	9.1%



Prevalence of Hypertension

2019-2020	35.5%
2021-2022	37.0%
2023-2024	33.8%



Prevalence of Hyperlipidaemia

2019-2020	39.1%
2021-2022	31.9%
2023-2024	30.5%



Percentage of residents engaging in sufficient total physical activity⁹ has increased

Prevalence of Sufficient Total Physical Activity

2022	74.9%
2023	78.5%
2024	84.7%

Prevalence of daily smoking has continued to decrease

Prevalence of daily smoking

2022	9.2%
2023	8.8%
2024	8.4%



Prevalence of poor mental health¹⁰ has remained stable and there is greater willingness to seek help for mental health issues

Prevalence of poor mental health

2022	17.0%
2023	15.0%
2024	15.4%



Proportion who were willing to seek help from healthcare professionals¹¹ if they were unable to cope with stress

2022	56.6%
2023	62.8%
2024	64.0%



Proportion who were willing to seek help from informal support networks¹¹ if they were unable to cope with stress

2022	79.7%
2023	78.4%
2024	81.8%

We encourage everyone to...

Eat Healthier

- Choose foods that are lower in sodium, sugar and saturated fat
- Use less salt and sauces when cooking, and avoid finishing soups and gravies when eating out
 - Follow 'My Healthy Plate' with a quarter of wholegrains, a quarter of protein, and half of fruit and vegetables for a balanced diet
- Visit [go.gov.sg/nutrition-hub](https://www.go.gov.sg/nutrition-hub) to learn about the benefits of a balanced meal plan



Be Active

- Engage in at least 150 to 300 minutes of moderate-intensity physical activity per week
- Include strength, balance and flexibility exercises at least 2 times per week
- Visit [moveit.gov.sg](https://www.moveit.gov.sg) for resources and ideas to get moving!



Care for your Mental Well-Being

- Practise self-care and adopt healthy coping techniques (e.g. time management, relaxation) to better cope with daily stresses
- Reach out for support when feeling overwhelmed
- Visit [MindSG.gov.sg](https://www.MindSG.gov.sg) for more mental well-being tips



Quit Smoking/Vaping

- Quit smoking/vaping to protect your health and the health of those around you
- Visit [go.gov.sg/quit](https://www.go.gov.sg/quit) for resources and programmes to support you in quitting smoking/vaping



Screen Regularly

- Go for regular health screening and follow up to detect diseases early for better management of health
- For eligible residents, enrol in Healthier SG for special subsidies on Healthier SG screening tests
- Visit [healthhub.sg/programmes/healthiersg-screening](https://www.healthhub.sg/programmes/healthiersg-screening) to book your screening appointment and check which screening tests you are eligible for



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

Download the NPHS 2024 report for more detailed information about the survey at www.hpb.gov.sg/nphs



or scan the QR code for the NPHS report

- Obesity refers to a body mass index equal to or greater than 30 (kg/m²) (BMI ≥ 30 (kg/m²)).
- Chronic disease refers to diabetes, hypertension or hyperlipidaemia. Chronic disease prevalence estimate is a composite indicator of (i) those who reported that they were diagnosed with the chronic disease by a doctor and on medication, (ii) those who reported that they were diagnosed with the chronic disease by a doctor and not on medication but were found to have chronic disease during health examination and (iii) those who had been newly diagnosed with the chronic disease during the health examination and did not self-report doctor-diagnosed chronic disease.
- Influenza vaccination uptake refers to the proportion of Singapore residents aged 18 to 74 years who reported having received influenza vaccination in the past 12 months.
- Pneumococcal vaccination uptake refers to the proportion of Singapore residents aged 65 to 74 years who reported ever having received pneumococcal vaccination.
- Chronic diseases screening participation refers to the proportion of Singapore residents aged 40 to 74 years with no previous diagnosis of chronic diseases, who were screened for all three health conditions within the recommended guidelines. The recommended screening guidelines are: once every 3 years for diabetes and hyperlipidaemia and once every 2 years for hypertension.
- Colorectal cancer screening participation refers to the proportion of Singapore residents aged 50 to 74 years who had a Faecal Immunochemical Test (FIT) in the past 1 year or a colonoscopy in the past 10 years.
- Cervical cancer screening participation refers to the proportion of women aged 25 to 29 years who had gone for a Pap test in the past 3 years and women aged 30 to 74 years who took a human papillomavirus (HPV) test in the past 5 years.
- Breast cancer screening participation refers to the proportion of women aged 50 to 69 years who had gone for mammography in the past 2 years.
- Sufficient total physical activity refers to engagement in ≥ 150 minutes of moderate-intensity or ≥ 75 minutes of vigorous-intensity physical activities or its equivalent per week. This is equivalent to achieving a minimum of at least 600 Metabolic Equivalent of Task (MET) minutes per week.
- Mental health is measured using the 12-item General Health Questionnaire (GHQ-12). Poor mental health refers to having a score of 3 or more.
- Healthcare professionals refer to counsellors, doctors, psychologists, or psychiatrists. Informal support networks refer to friends, relatives, colleagues, religious leaders, or teachers in school.