






WHAT IS **Lighter Life**?

Lighter Life is a structured 6-month, group weight management programme for patients with chronic conditions, anchored in primary care. It focuses interactive learning on nutrition, exercise & behaviour change.

-  **Multidisciplinary-led Group Education & Experience**
-  **SMART Goal Setting**
-  **Community Peer Support**

Lighter Life OUTCOMES

Effective in **↓HbA1c ↓Weight/BMI ↑Patient Activation**

-  **HbA1c: ↓ 0.5% in 12 months**
-  **Weight/BMI: 50% participants** ↓≥5% weight loss / ↓ ≥1 Unit BMI
-  **Patient activation: ↑Perception of Healthy Eating and Physical Activity Healthy**

IMPLEMENTATION PHASES

Phase 1: Referral

IDENTIFICATION

- Have chronic conditions (diabetes, hypertension, asthma, OA knee)
- Overweight/ Obese (BMI≥23)

ENROLLMENT PATHWAYS

- Care Team (Drs/Nurse/AHPs) introduce & refer
- Patient self-registers

Phase 2: Recruitment

RECRUITMENT

- LL Admin coordinators call patients for recruitment

PATIENT PREPARATION

- Lighter Life info guide/ packet
- Completion of pre-programme questionnaire.

Phase 3: Session Delivery

SESSION FLOW (3 HOURS)

1. Welcome (10 min)
2. Lecture (1hr 30 min)
3. Exercise (20 min)
4. Goal Setting (1 hr)

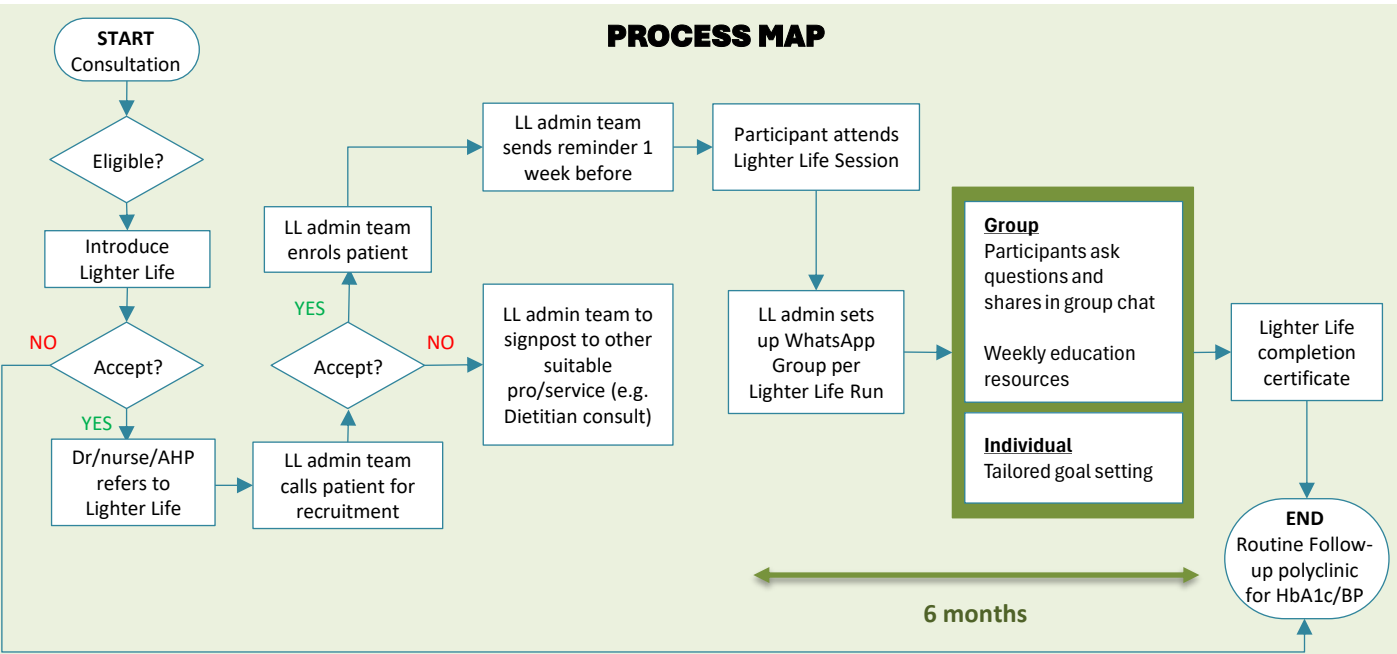
Phase 4: Follow-through











FOLLOW-UP

- SMART goals & Action plans
- Weekly measurements
- Outcome tracking:
 - Reduced BMI, HbA1c, BP, PROMS
 - Sustainable weight loss
- Peer Support

QUALITY ASSURANCE

- Post-session surveys



ROLES & KEY TASKS			PATIENT TESTIMONIAL	
Role	Key Tasks	Resources	<div>“After participating in <i>Lighter Life</i>, I’ve learnt to be more discipline in my food intake and started to enjoy working out in the gym.”</div> <div><div>Mr Samuel Chew,  Weight loss: 5kg *Source: NHGP Lighter Life</div></div>	
Care Team (Drs/CMs/AHPs)	 Identify and refer eligible patients	<ul style="list-style-type: none">• NGEMR Smartlink• Intranet resources		
Lecturers (AHPs, nurse)	 Conduct lectures and exercises  Live Q&A	<ul style="list-style-type: none">• Session notes• Pre-recorded Zoom sessions		
Facilitators	 Facilitation and Goal Setting  Support WhatsApp chats	<ul style="list-style-type: none">• Facilitation guide		
Project Team	 Recruitment and logistics Data Management	<ul style="list-style-type: none">• Playbooks	<div><div>For enquiries: 9829 7465 Register your interest: https://for.sg/registerinterest</div></div> <div> MOHT MOH OFFICE FOR HEALTHCARE TRANSFORMATION</div>	