

MEDIA FACTSHEET

DATE OF ISSUE: **11 January 2015**

Healthy Living in Tampines

Health Promoting Initiatives in Tampines

- In line with the Healthy Living Master Plan (HLMP), health promoting initiatives have been implemented in Tampines to make healthy living accessible, natural and affordable for all the residents there. This includes healthier dining options, healthy lifestyle programmes, and health promoting schools and community spaces.
- Twenty food establishments including food courts, restaurants and fast food outlets are on board the Health Promotion Board's Healthier Dining Programme, making available healthier food options to residents. More such food establishments, including coffee shops and hawker stalls, and a café, will be made available to the Tampines community this year.
- In order to build an active community and encourage residents to get fit, the Sundays @ The Park programme offers free activities such as Yoga and Zumba classes at the Sun Plaza Park for residents to stay active and get fit.
- The Health Promotion Board will continue to implement the Health Promoting Malls programme to provide healthier dining options and healthy lifestyle programmes in the malls.
- Health promoting pre-schools and schools are also a feature in Tampines. Eighteen pre-schools are already on board the Health Promotion Board's programme to offer healthier meals such as wholegrain options, fruits and vegetables for their students, and encourage more physical activity in the young. The programme will be progressively extended to more pre-schools. All 22 schools in the area, including primary, secondary schools and Junior Colleges, have also been accredited as health promoting schools.
- ECHO (Eastern Community Health Outreach), a community screening programme, has active follow-up interventions which include encouraging participants with abnormal screening results to follow-up with a doctor; conducting workshops aimed at enabling participants to lead a healthier lifestyle; as well as reminding participants to attend annual health screening. More than 2,600 participants were screened in 2014. Of which, almost 76% attended one of the activities organised under ECHO.

Healthy Pathway @ Tampines – an extension of the Healthy Community Ecosystem

- The Healthy Pathway @ Tampines is another example of the Healthy Living Master Plan in action in the Tampines community. It is a 1km-long park connector between Tampines and Simei MRT, linking activities, infrastructures and facilities to create a conducive and healthy living environment, offering affordable and accessible health-

promoting facilities and amenities so that staying healthy becomes a natural part of everyday life.

- The project is an extension of the Healthy Community Ecosystem (first showcased in Sembawang and Choa Chu Kang) that enables Singaporeans to have easy and convenient access to a menu of healthy lifestyle options at their doorstep.
- Taking advantage of the existing facilities along the park connector, the Health Promotion Board and its partners, including the National Parks Board, Land Transport Authority, Tampines Town Council, Sport Singapore, Housing & Development Board, Urban Redevelopment Authority and People's Association, will introduce various initiatives to make it more attractive and conducive for residents to engage in physical activity.
- Some of the highlights and activities available at the pathway and around the area include:
 - Group exercise programmes
 - Free 10-week trial of popular group exercise programmes like Zumba, Cardio Dance and Bollyrobics
 - Visual cues
 - 35 lamp post banners carrying messages on healthy living and health tips in the four official languages
 - 50 HDB blocks in the area dressed up with visual cues in lift lobbies and stairwell areas to encourage residents to use stairs instead of lifts
 - Rewards for activity
 - Residents can use self-monitoring IT tools such as the Healthy Pathway tags to collect points by tapping on readers along the pathway. The more they walk, the more points and rewards they can get.
 - The IT tools also provide suggested walking trails within Tampines for residents. Currently, there are two routes – one with a distance of 2.3km and the other is 1.3km. These IT tools are currently being tested on a trial basis.