



Health Promotion Board  
3 Second Hospital Avenue Singapore 168937  
Tel. 6435 3500  
Fax. 6438 3848  
[www.hpb.gov.sg](http://www.hpb.gov.sg)

**9 December 2012**

## **FIRST HEALTHY LIFESTYLE CENTRE OPENS IN HONG KAH NORTH**

*New community based health initiative to encourage residents to  
adopt and maintain healthy behaviours*

**Singapore, 9 December 2012:** Follow-up and referral services are imperative for the community to adequately maintain healthy behaviours. In response to this HPB has today launched Singapore's first Healthy Lifestyle Centre. This follows on from last year's establishment of a health corner at Hong Kah North Zone 6 Residents' Committee (RC).

2. Following the basic health screening and healthy lifestyle advice provided by health ambassadors at the Health Promoting RC corner, residents between the ages of 18 to 69 years who have been identified to have a higher risk of chronic conditions will be referred to the Healthy Lifestyle Centre for customised health programmes and services.

3. The HLC will educate residents on the benefits of leading a healthy lifestyle and equip them with the knowledge and skills to do so. It also aims to encourage residents to adopt a healthy lifestyle through interventions in physical activity, nutrition and mental well-being and provide referrals and facilitate follow-up for individuals who may require them.

4. The HLC services will be operated by HPB's team of Health Promotion Managers in collaboration with Health Ambassadors. Jointly, they will proactively reach out to the community to provide the following services:

- One-on-one consultations
- Health assessments
- Personalised health advice
- Health interventions such as exercise classes, talks and workshops
- Follow-up and referral services

5. Residents who have undergone screening or have been identified as at-risk will be invited to attend the one-on-one consultations and health activities at the HLC. Each consultation will see the resident undergoing a 3 As Framework to:

- **Assess** the resident's knowledge, attitudes, behaviours, beliefs and concerns related to their health;
- **Advise** the resident through the development of a personalised health action plan;
- **Assist** the resident to ensure they receive adequate support beyond the HLC such as appropriate programme or services in the community and referrals to their neighbourhood GP.

6. Dr. Amy Khor, Minister of State for Health and Manpower and Mayor for South West district said "Over the past year, we have been working to bring healthy lifestyle opportunities to the door step of residents of South West CDC. We have introduced various programmes at all 18 constituencies in South West CDC, and have put in place 6 health promoting RCs and CCs, 7 healthier hawker centres and coffeeshops, and recruited more than 700 Health Ambassadors who help design and implement programmes like health screening for their fellow residents. I am pleased to note that as a result nearly 8 in 10 residents aged 18-69 years have been screened for at least one of the chronic diseases. The Healthy Lifestyle Centre is therefore the next step in protecting the health of the residents as they will now have direct and convenient access not just for regular consultations and follow-up services with HPB's team of healthcare professionals but also access to a suite of services, such as personalised health assessment and lifestyle modification advice, which will allow them to better manage their health."

7. Said Ang Hak Seng, Chief Executive Officer, HPB “Over the last year, more than 3,000 Hong Kah North residents have participated in various health promotion activities and programmes, including basic health screening carried out by Hong Kah North Health Ambassadors. Following on from the success of the health screening and demand for the various health-related programmes that have been put in place by our Health Ambassadors in the South West CDC, HPB is now co-locating the Healthy Lifestyle Centre with the Health Promoting RCs and CCs to further strengthen our health promotion services at the community level. HPB’s team of allied health professionals will be working in partnership with Hong Kah North’s Health Ambassadors to provide twice weekly consultation services on the ground. As they are specially trained in physical activity, nutrition and mental well-being, they will be able to heighten the level of expertise available when providing one-on-one consultations, personalised health advice and the necessary follow-up services for the at-risk residents.”

8. The HLC will also serve as a health resources centre where residents can expect to find educational materials on various topics including:

- Cancer screenings
- Chronic diseases
- Dementia
- Depression
- Falls
- Mental well-being
- Nutrition
- Obesity
- Osteoporosis
- Physical activity
- Smoking
- Weight management

9. The HLC will be piloted in the South West District over a period of three years. Following which it will be rolled out nation-wide.

\*\_\*\_\*

Annex 1 Factsheet on Healthy Lifestyle Centre

**Issued by Health Promotion Board**

## **Annex 1 - Factsheet On Healthy Lifestyle Centre**

To empower Singapore residents to lead a healthy lifestyle, the Health Promotion Board (HPB) is launching the Healthy Lifestyle Centre (HLC), a community based health initiative that aims to encourage residents to adopt and maintain healthy behaviours through convenient and accessible support programmes and services. These include one-to-one consultations, health assessments, personalised health advice, health interventions (e.g. exercise classes, talks and workshops) and follow up and referral services.

The HLC, which will be roving to different constituencies, will be operated by a team of Health Promotion Managers, who are allied health professionals trained in physical activity, nutrition and mental well-being.

To improve health literacy of the community, the HLC will also serve as a health resource centre where residents can expect to find education materials on various health topics including physical activity, nutrition, mental well-being, depression, dementia, smoking, obesity and weight management, chronic diseases, cancer screenings, osteoporosis and falls.

The HLC is targeted at the at-risk adult population aged 18-69 years. The objectives of the HLC include:

- Educate residents on the benefits of leading a healthy lifestyle and equip them with the knowledge and skills to do so.
- Encourage residents to adopt a healthy lifestyle through interventions in physical activity, nutrition and mental wellbeing.
- Provide referrals and facilitate follow-up for individuals who may require them.

### **3As Framework (ASSESS – ADVISE – ASSIST)**

Residents who have undergone health screening (i.e. Integrated Screening Programme, National Wellness Programme, Community Functional Screening Programme) or are identified as “at-risk” via HPB’s health programmes (i.e. Lose to Win), CCs or RCs’ health programmes and General Practitioners (GPs), will be invited to attend the one-on-one consultations and health activities at HLC.

Each consultation lasts up to 30 minutes and will take place at various CCs or RCs. Upon registration, residents will undergo a three stage framework that is administered by the health promotion managers.

#### **1) Assess**

A short profiling questionnaire will be used to collect personal information, including health status and information about their health conditions from the resident. Depending on the needs of the resident, various health assessment tools will be used to assess resident’s knowledge, attitudes, behaviours, beliefs and concerns in relation to their health. The assessment tools include:

- Healthy Lifestyle Index
- Physical Activity Readiness Questionnaire (PAR-Q)
- Mental Well-Being Scale

#### **2) Advise**

Based on the information given by the residents, the Health Promotion Managers will discuss the health concerns raised and correct any inaccurate knowledge or understanding that the residents may have regarding their conditions and the risk factors. The Health Promotion Manager will then jointly set health goals and develop a personalised health action plan that will help the residents take small steps towards adopting or changing their behaviours to achieve a healthy lifestyle. The Health Promotion Managers will also develop appropriate interventions such as a personalised exercise sequence and follow-up with the residents during subsequent consultations.

#### **3) Assist**

To ensure that residents can sustain the behaviour change or receive the support they need beyond HLC, Health Promotion Managers will also provide appropriate programme or service referrals to residents. This includes other HPB and non-HPB programmes and services in the community and referrals to GPs within their vicinity for further follow-ups.