

KAKIHEALTH

Theme: Neighbourhoods

A social-health integration programme that focuses on preservation of physical and mental health of less resourced families with chronic illnesses through:

- Improving families' access to adequate food choices
- Increasing knowledge on healthy lifestyle
- Forming a supportive community to sustain the healthy lifestyle.

IMPACT

- Participants reported an average confidence level of 7/10 in eating healthier and 9/10 in managing stress more effectively.
- The grocery support provided enabled families to explore healthier dietary options.
- Three participants shared that they had lost between 5-10kg.

WORK IN PROGRESS

- Pilot run will end in July 2025
- Moving towards programme evaluation
- Finding resources for upcoming runs

Offer

- Sharing about insights of running groupwork relating to social-health integration
- Opportunities to collaborate for future runs