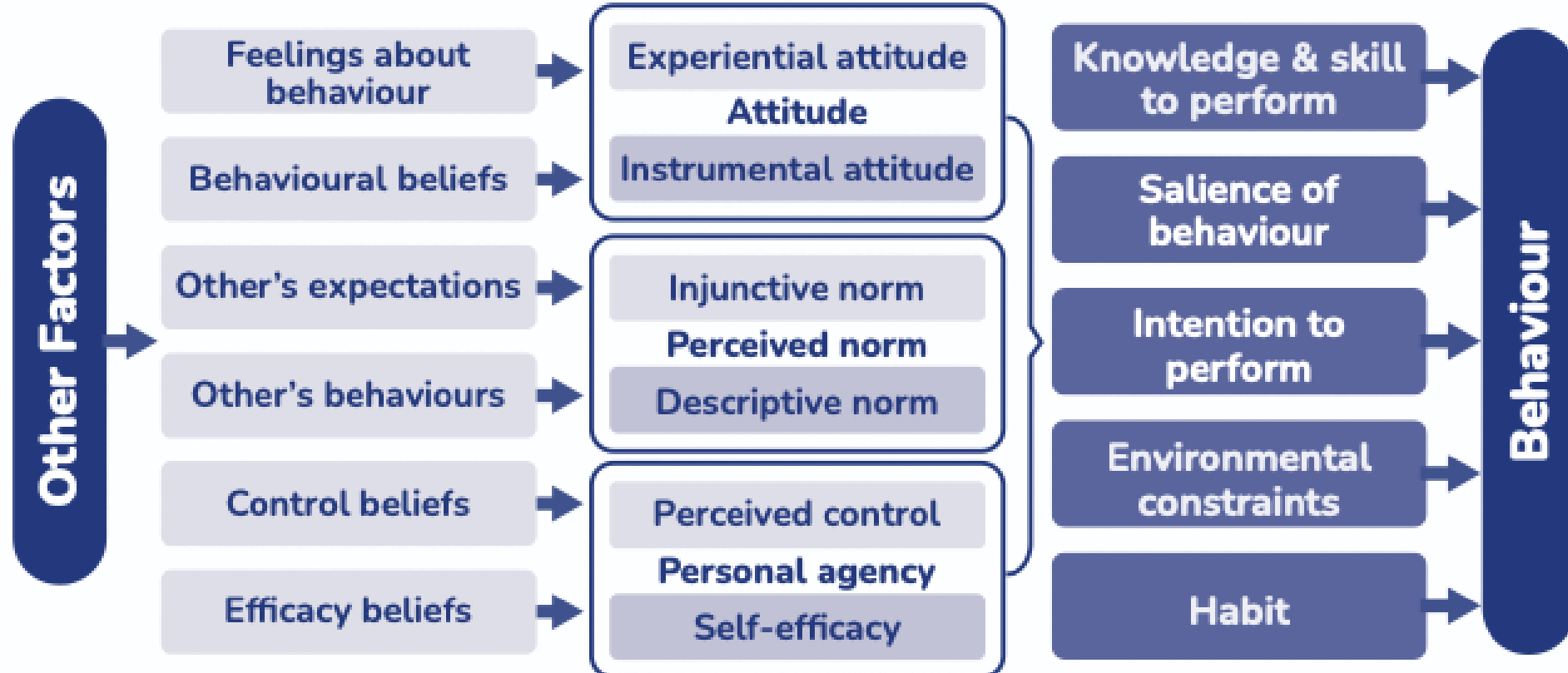


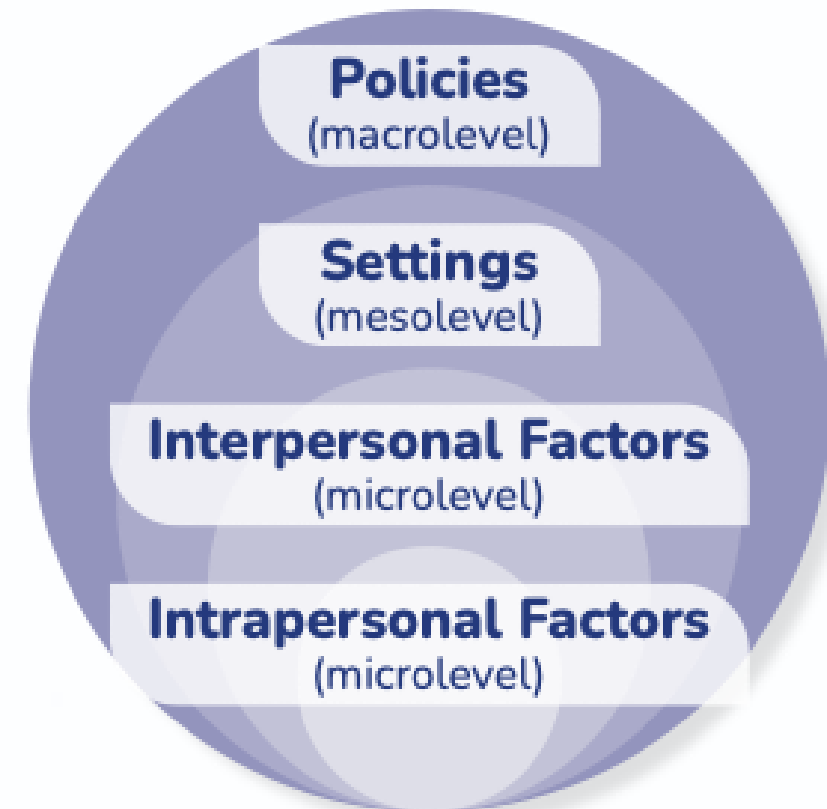
Fostering a Workplace Culture for Healthier Habits

1

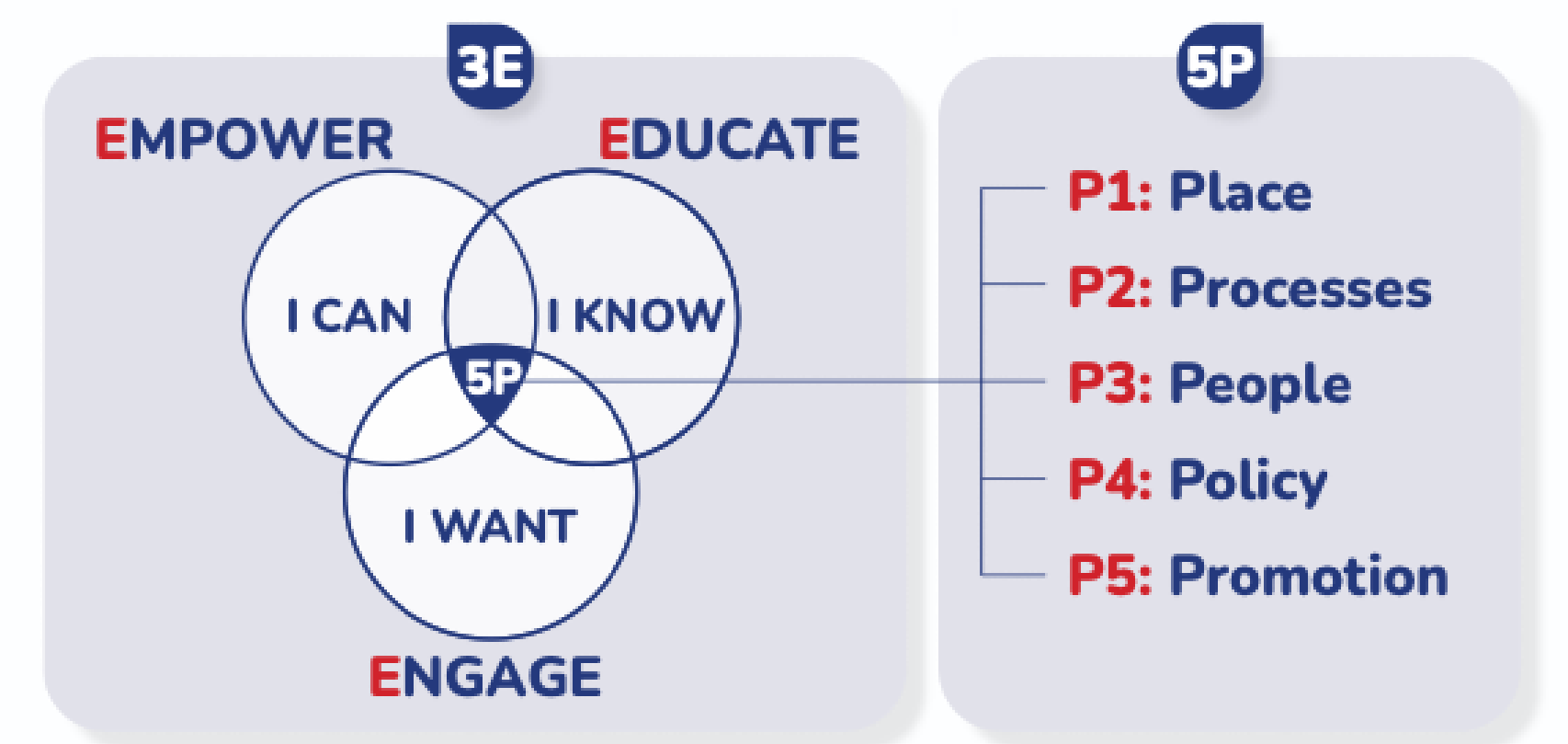
Programme Intervention Behavioural Change Models



Focus on Key Determinants of Change
Integrated Behavioural Model



Need to establish Social Support
Socio-Ecological Model for Health Behaviour



People Centric Implementation
NHG's 3E5P Framework

2

Intervention Approach



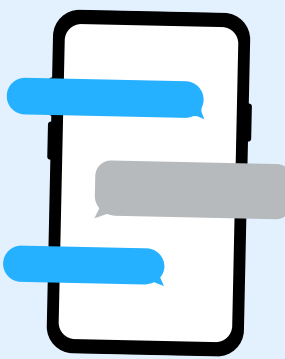
Activation

Raise awareness of the long-term harm of prevalent lifestyle habits and empower employees to make positive changes.



Monthly events

Bite-sized gamified events to remind and educate employees on the knowledge and strategies needed for behaviour change.



Communication nudges

Mass messaging reminders to keep up with the challenges.

1

Health Manager

- **Assess** company's needs,
- **recommend** and **curate** programmes



Company Leader

Leadership engagement

Company leaders are aligned and participate as role models, showcasing the feasibility and impact of behavior change challenges.

My doctor says that I can be off my high cholesterol medication!



Implement agreed plan to **build a community of health seeking employees** with healthy behaviours

Advise and encourage companies to create a **health promoting environment**

2

Behaviour Interventions

3

Health Promoting Policies & Practices



Environmental nudges

Make healthier options more accessible: Unsweetened options available

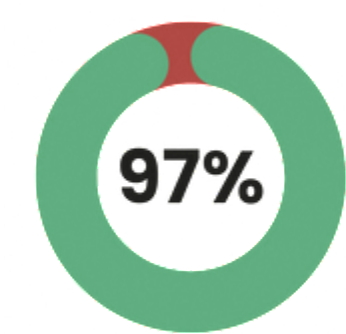
3

Testimonials Pre and Post Results

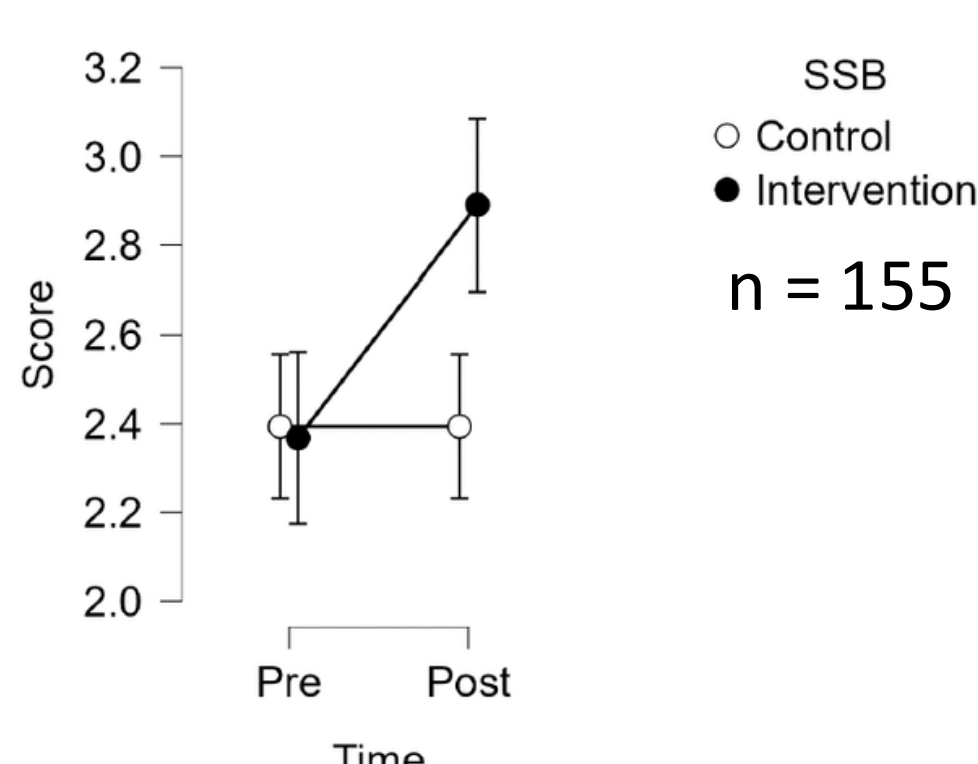
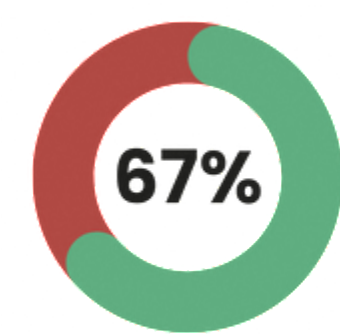


% of employees who reported Reduction of sugar sweetened beverages

Partner Companies



Control



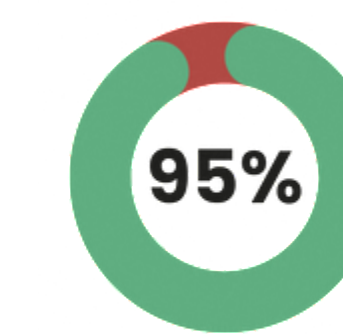
Scoring legend:

Frequency of consumption of sugar sweetened beverages

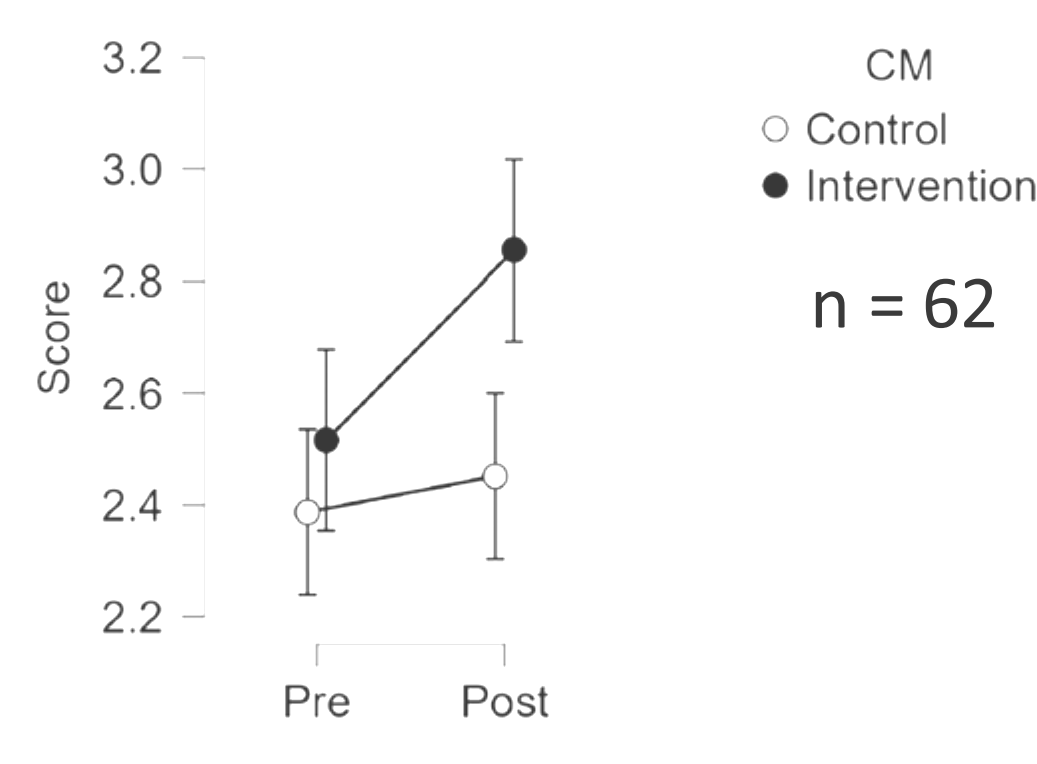
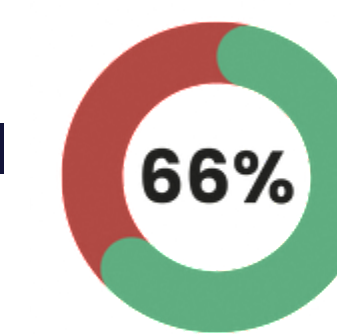


% of employees that reported Reduction in consumption of Unhealthy, high calorie meals

Partner Companies



Control



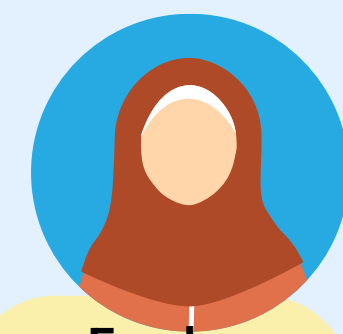
Scoring legend:

Frequency of avoiding unhealthy, high calorie meals



Employee Company A

I was **prediabetic** with a HbA1c of 6.4%. After one month of lifestyle advice and encouragement from the SOC team and my colleagues, and without using any diabetes medication, my **HbA1c has dropped to 5.8%**.



Employee Company B

I used to drink coke and green tea everyday, but after SOC, I cut out all sugar and **managed to lose 12 kg in 3 months**. I have a better figure now and feel more confident.



Employee Company C

When I first started drinking **kosong**, my mum thought I had diabetes. Now, even she orders Kopi O Kosong. **My colleagues have no choice but to order kosong drinks** with me because we always lunch together.

Interventions for the following were also carried out with positive outcomes ✓:

- 🍷 Reduction in intake of High sugar snacks;
- 🥬 Increase in vegetable intake
- 🕒 Reduction in sedentary hours; 🏃 Increase in step count
- 👣 Increase in MVPA; 🚶 Increase in habit of walking the stairs

2 x 2 Repeated Measure ANOVA statistical test was conducted at for the pre and post programme survey between our partner companies and control group at a significance level of $p < 0.05$.