



PRESS RELEASE

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Combined effort by healthcare students and professionals to screen and educate Jurong residents

Singapore, 13 October 2018 — About 680 volunteers and staff from secondary and tertiary schools, hospitals and healthcare organisations in Singapore are coming together on 13 and 14 October to provide free comprehensive health screening and education for residents in Jurong. It is estimated that 1,500 Singaporeans and Permanent Residents aged 40 years old and above will be screened.

For the first time, Public Health Service (PHS) is collaborating with Health Promotion Board (HPB) and Agency for Integrated Care (AIC) to provide the whole range of functional screening, comprising visual acuity screening, oral health screening and hearing screening for seniors aged 60 and above. Participants with abnormalities picked up for any of these screenings will be referred by HPB to relevant medical centres for further tests at subsidised rates. Other screenings include common chronic diseases such as cardiovascular diseases and various cancers.

Organised by students of NUS Yong Loo Lin School of Medicine (NUS Medicine) and involving students from the Alice Lee Centre for Nursing Studies, Pharmacy, Dentistry, Social Work, Nanyang Technological University's Lee Kong Chian School of Medicine, Duke-NUS Medical School, Singapore Institute of Technology Physiotherapy students, Nanyang Polytechnic nursing students, as well as healthcare professionals from hospitals and staff from partner organisations, PHS aims to promote good community health through preventive measures, and spread awareness of the need and ways of looking after one's health through education programmes.

Started with four screening components in 2004, PHS has since expanded its scope to include a wide range of screening modalities. Into its 13th year, the screening has benefited more than 18,000 residents in neighbourhoods such as Toa Payoh, Clementi and Jurong. It is now one of the biggest health screening events in Singapore. To remain inclusive for the disabled, PHS 2018 is wheelchair-friendly, with volunteers on standby to provide assistance. Sign language interpretation services are also available for the hearing-impaired.

“PHS is an excellent student-led community health screening, education and service experiential learning initiative. I am glad to see strong inter-professional collaboration and learning among students from various healthcare professions during the planning and execution of the event. The greater emphasis on patient education and empowerment with the involvement of the Young Health Ambassadors' Programme is also a strategic move, as prevention and early detection of chronic illness, coupled with good follow-up care and healthy lifestyle changes are the three keys to moving beyond healthcare to health,” said Associate Professor Lau Tang Ching, Vice-Dean for Education at NUS Medicine.

Prevention through health awareness and healthy diet

Stronger emphasis is being placed on health education this year. PHS has expanded its outreach to more than 30,000 households living in Yuhua, Jurong Central and Bukit Batok. Apart from publicising the annual screening event, the students have been conscientiously educating the public on metabolic syndrome and healthy living.

Under the Young Health Ambassadors' Programme, PHS has mentored around 80 junior college and secondary school students. These students are imparted skills to pass their knowledge on metabolic syndrome and healthy living to their families, friends and communities.

The event will include an inaugural Health Carnival helmed by junior college and secondary school students. The carnival features interactive booths where screening participants and general public can learn more about metabolic syndrome and healthy living. Pledge boards will be set up for them to pen down their thoughts and resolutions for healthy living. This will hopefully encourage them to make tangible changes to their lifestyles beyond screening and at the same time, create a platform for the public to exchange ideas on making healthier lifestyle choices. Health education is also incorporated into the screening journey via a screening passport that gives participants more information about the various screening modalities and educational posters throughout the screening flow.

"This year, PHS is increasing our focus on disease prevention in an effort to help our participants and the general public make simple lifestyle modifications to reduce their risk of chronic diseases. At the same time, we endeavour to develop students enrolled in our Young Health Ambassadors' Programme into competent health ambassadors that will help to spread the message of healthy living at our health carnival and beyond even in their communities," said Mr Ryan Lim, Director, Public Health Service 2018.

The Singapore Nutrition and Dietetics Association (SNDA) is also joining in the screening this year. The Association's dietitian staff will be on hand to advise on healthy food choices and consumption, while doctors on-site will refer participants who require follow-on consultation and treatment to polyclinics.

These efforts complement the ongoing health campaigns spearheaded by various government agencies, such as the Ministry of Health's War on Diabetes and HPB's National Steps Challenge.

Stronger follow-ups for a sustainable impact on community

In recent years, PHS has also strengthened its follow-up processes by working with primary care providers from the National University Health System's partner clinics in the Jurong area to provide free first consultations to eligible participants with abnormal blood test and blood pressure results.

There will be a robust follow-up process for participants complaining of urinary incontinence – also a first in its 13 years of screenings. The Society for Continence Singapore will have a booth at the exhibition manned by Nanyang Polytechnic nursing students and nurses from Singapore General Hospital (SGH): they will educate the public on urinary and faecal incontinence and participants who require medical attention will be referred to a physician for consultation.

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About the National University of Singapore (NUS)

A leading global university centred in Asia, the National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education and research, with a focus on Asian perspectives and expertise.

NUS has 17 faculties and schools across three campuses. Its transformative education includes a broad-based curriculum underscored by multi-disciplinary courses and cross-faculty enrichment. Over 38,000 students from 100 countries enrich the community with their diverse social and cultural perspectives. NUS also strives to create a supportive and innovative environment to promote creative enterprise within its community.

NUS takes an integrated and multidisciplinary approach to research, working with partners from industry, government and academia, to address crucial and complex issues relevant to Asia and the world. Researchers in NUS' Schools and Faculties, 30 university-level research institutes and centres, and Research Centres of Excellence cover a wide range of themes including: energy, environmental and urban sustainability; treatment and prevention of diseases common among Asians; active ageing; advanced materials; risk management and resilience of financial systems. The University's latest research focus is to use data science, operations research and cybersecurity to support Singapore's Smart Nation initiative.

For more information on NUS, please visit www.nus.edu.sg.

About the NUS Yong Loo Lin School of Medicine (NUS Medicine)

Established in 1905, the NUS Yong Loo Lin School of Medicine is the first institution of higher learning in Singapore and the genesis of the National University of Singapore.

The School offers one of the finest undergraduate medical programmes in the Asia Pacific region and commands international recognition and respect. The Times Higher Education World University Rankings 2016 by subject and Quacquarelli Symonds (QS) World University Rankings by Subject 2017 list NUS Medicine as a leading medical school in Asia.

It admits 300 students to the MBBS degree programme annually and its principal missions are to educate and train the next generation of healthcare professionals, and foster research that will help to advance the practice of medicine.

The 18 NUS Medicine departments in the basic sciences and clinical specialties work closely with the Centre for Medical Education, the Centre for Biomedical Ethics, the Centre for Healthcare Simulation as well as the restructured public hospitals to ensure that teaching and research are aligned and relevant to Singapore's healthcare needs. The School is a founding institutional member of the National University Health System.

For more information about NUS Medicine, please visit <http://nusmedicine.nus.edu.sg>.

PHS 2018 Fact Sheet

When: 13 to 14 October 2018 (Saturday to Sunday), 8am to 6pm (Last Registration 5pm)

Where: Canopy @ J Link (next to JCube and Jurong Regional Library)

Who is eligible: All Singaporeans & Singaporean PRs aged 40 and above

Cost of entry: Free of charge

PHS 2018 SCREENING MODALITIES, EXHIBITION SITE AND HEALTH CARNIVAL IN A NUTSHELL

- **Cardiovascular Screening**
 - Diabetes mellitus and dyslipidemia screening: phlebotomy
 - Hypertension screening: blood pressure measurement
 - Body Mass Index (BMI)

- **History Taking**
 - Past Medical History: guides recommendation to selected Exhibition Booths and/or Social Support Booth
 - Urinary Incontinence screening

- **Cancer Screening**
 - Colon cancer screening (*only ≥50yrs are eligible*): free Faecal Immunochemical Test kits
 - Breast and cervical cancer screening: awareness and education, registration for mammogram and pap smear (*only ≥40yr old females are eligible*)

- **Geriatrics Screening (*only ≥60yrs are eligible*)**
 - Visual acuity screening
 - Fall risk and frailty assessment
 - Hearing and audiometry assessment
 - Mental health screening for dementia and depression
 - Physiotherapist and Occupational Therapist consult

- **Oral Health Screening**
 - Awareness, education and basic screening for oral health

- **Follow-up**
 - Free on-site Doctor's Consultation
 - On-site Dietician's Consultation (referral from Doctor's Consultation)
 - Screening Review booth

- **Exhibition Site**
 - Exhibition Booths: aimed at health promotion
 - Social Support Booth: consultation and registration for support services
 - Health quiz with lucky draw prizes to be won

- **Health Carnival**
 - Interactive booths put up by junior college and secondary school students on metabolic syndrome and healthy living
 - Stage with performances
 - Photo booth
 - Pledge boards

Our Partners

SCREENING

- Feiyue Community Resource, Engagement and Support Team (CREST)
- Health Promotion Board
- Housing Development Board
- Jurong-Clementi Town Council
- National Health Group Diagnostics
- National University Cancer Institute, Singapore
- National University Hospital, Department of Laboratory Medicine
- National University Hospital, G-RACE
- National University of Singapore, Faculty of Dentistry
- People's Association
- Singapore Cancer Society
- Singapore Association of Occupational Therapy
- Singapore Physiotherapy Association
- Yuhua Community Centre

EXHIBITION

- ActiveSG
- Agency for Integrated Care
- Alzheimer's Disease Association
- Feiyue Community Resource, Engagement and Support Team (CREST)
- Health Promotion Board
- National Kidney Foundation
- Singapore Heart Foundation
- Society for Continence (Singapore)
- Podiatry Association (Singapore)
- NUS Dentistry Society
- Singapore Cancer Society
- Singapore National Stroke Association
- Singapore Nutrition and Dietetics Association
- SIGNAPSE
- Yakult

CARNIVAL

- Anglo-Chinese School (Independent)
- Dunman High School
- Methodist Girls' School
- Hwa Chong Institution
- Raffles Institution

Our Sponsors

MONETARY

- Goh Keng Swee Foundation
- Hong Leong Foundation
- National University of Singapore, Community Engagement Fund
- National University of Singapore, Yong Loo Lin School of Medicine, GoHelp
- National University of Singapore, Interprofessional Education Fund
- NYC YoungChangemakers Grant

- Ministry of Health Holdings
- OUE Ltd
- PSA Corporation Ltd
- Kwan Im Thong Hood Cho Temple
- Singapore Medical Association Charity Fund
- South West Community Development Council
- Tote Board Community Healthcare Fund
- Woh Hup Pte Ltd

IN-KIND

- Bizzz Services
- Bud of Joy Bakery and Store
- Captain Oat (Brilliant Marketing)
- CLEAR
- Dove
- Ensure (Abbott)
- Fantastic (Alphico Marketing)
- Garden Picks
- Hisamitsu (Salonpas)
- IGARD
- Julie's
- KOKA
- Kwan Loong Oil (Zuellig Pharma)
- Lifebuoy (Singapore)
- National University of Singapore, Medical Society
- Pearl's Optical
- RENEW
- REL Systems
- Rooster and Torch (T&C Import and Export)
- Silver Ribbon
- Singapore Heart Foundation
- Sunshine Bakeries
- The ABLE Studio
- Three Legs Brand
- Yakult
- Zappy

PHS 2017 Key Statistics

In 2017, PHS organised two major events – the Young Health Ambassadors' Programme (YHAP) targeted at secondary school and junior college students, and a health screening that took place in Canopy @ J Link on 21-22 October 2017 for to all Singaporeans and Singapore Permanent Residents aged 40 years old and above.

Below is a brief summary of the key statistics tabulated from PHS 2017:

PARTICIPANTS

Young Health Ambassadors' Programme (YHAP)

- Through the Young Health Ambassadors' Programme (YHAP), PHS reached out to over **2100 Secondary School and JC Students**

- 6 Health Education Talks given at 5 schools: Crescent Girls' School, Singapore Chinese Girls' School, Choa Chu Kang Secondary School, Crest Secondary School, Raffles Institution
- Through pre-talk and post-talk surveys, there was a 64.9% increase in health knowledge scores on our topic, Diabetes Mellitus
- By the end of the talk, 86.1% of students strongly agreed or agreed to the belief in regular health screenings
- **41 students from Raffles Institution and Hwa Chong Institution** involved in the YHAP Mentorship programme put up posters and organised games on Diabetes Mellitus at the Exhibition segment of the PHS health screening event
- 18/20 (90%) of YHAP Mentorship students agreed that the programme has motivated them to spread the word about screening and prevention against diabetes mellitus

Health Screening and Exhibition

- **1102 Participants** attended the PHS Health Screening, with the following demographics:
 - 86% Chinese, 6% Indian, 5% Malay, 3% others
 - 59% Female, 41% Male
 - 41.5% aged 60 and above
 - 79.1% of participants lived in 3-room, 4-room or 5-room HDB flats
 - Of those who disclosed their income levels, 71.4% had a monthly per capita household income of \$1800 or less, with 50.2% receiving some sort of financial assistance

VOLUNTEERS

- A total of **941 Volunteers** (NUS and External volunteers) volunteered in the Screening Event
- **11,458 volunteer hours** were clocked in for various segments and programmes under PHS 2017

OUTREACH

- 24500 households reached over 2 days through our door-to-door health education and publicity weekend (1 week before PHS screening event)
- Our 2017 Opening Ceremony Guest-of-Honour, Director of Medical Services A/Prof Benjamin Ong, had his speech published on the Ministry of Health webpage

FOLLOW-UP

- 76.6% (844/1102) of screening participants had abnormalities in at least one of the following areas related to cardiovascular health:
 - BMI ≥ 27.5 kg/m² (indicative of high to very high cardiovascular risk): 430/1102 (39.0%), with a further 237/1102 (21.5%) of moderate cardiovascular risk ($23.0 \leq \text{BMI} < 27.5$) and 386/1102 (35.0%) of low cardiovascular risk ($18.5 \leq \text{BMI} < 23.0$).
 - Systolic BP ≥ 140 mmHg and/or diastolic BP ≥ 90 mmHg (possible hypertension): 253/1102 (23.0%), with no known prior history of hypertension.
 - Fasting Venous Plasma Glucose > 6.0 mmol/l (possible impaired fasting glucose / impaired glucose tolerance / diabetes mellitus): 42/557 (7.5%).
 - Fasting Venous Plasma Lipids Total Cholesterol ≥ 5.2 mmol/l and/or LDL-C ≥ 3.4 mmol/l and/or HDL-C < 1.0 mmol/l and/or TG ≥ 2.3 mmol/l: 341/557 (61.2%).

- 580 participants had abnormalities in their BP and/or Blood Test
 - 230 were eligible for first free consult
 - 109 participants eligible for first free consult have been contactable by call with 105/109 (96.3%) reporting that they have seen or are intending to see the doctor as of January 2018
- In terms of colorectal health, health education sessions and Faecal Immunochemical Test (FIT) kits were given out to 487 participants
 - 313/487 (64.3%) of FIT kits issued were returned to Singapore Cancer Society (SCS) with 6/313 (1.9%) having both samples tested positive for occult blood in stools who were referred to a Doctor's consultation under the recommendation of SCS
- 175 participants indicated interest for mammograms to test for Breast Cancer with subsidies provided by SCS and South West Community Development Council (SWCDC)
 - Out of these 120/175 (68.6%) eventually registered for a mammogram, with 23/120 having already gone for the mammogram as of December 2017