



PRESS RELEASE

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Healthy longevity in Singapore: Public demand, policy opportunity

Singapore, 31 July 2025 — Understanding public awareness, behaviours, and attitudes toward Healthy Longevity Medicine, also called Precision Geromedicine, is essential for shaping future health strategies. This emerging field aims to optimise health and extend the healthy lifespan by addressing the biological processes of ageing throughout a person's life.

To that end, the NUS Academy for Healthy Longevity at the Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine) has released findings from the first national HELO (HEalthy LOngevity) Survey, a landmark study of more than 3,000 Singapore residents. It reveals a population eager to take charge of ageing - but not yet fully equipped with the tools, literacy, or access needed to do so. While 82% of respondents correctly understood lifespan as the total number of years a person lives, only 43% were familiar with the concept of healthspan - the years lived in good health.

“The results of the HELO (HEalthy LOngevity) survey are both a wake-up call and an opportunity. Singaporeans want to live not just longer, but better, and we now have the science to support that vision,” said Professor Andrea Maier, co-founder and Director, NUS Academy for Healthy Longevity, NUS Medicine.

Despite this limited awareness, the survey uncovered consistently strong public interest in Healthy Longevity Medicine clinics across all age groups. More than half of respondents said they would be willing to attend such clinics, which provide personalised assessments and interventions to optimise health and slow biological ageing.

“While younger adults showed higher conceptual understanding, older respondents also expressed clear enthusiasm, highlighting a key opportunity: with the right education and integration into existing care pathways, Healthy Longevity Medicine can become a widely accepted and scalable pillar of Singapore’s preventive health strategy,” said Dr Vanessa Kristina Wazny, Research Fellow, NUS Academy for Healthy Longevity, NUS Medicine.

Findings from the survey include the following:

- Strong interest in longevity care:

55.5% of the respondents expressed interest in attending a healthy longevity clinic, which provides personalised health assessments and interventions to slow biological ageing.

- Young adults want health, but do not act early:
Adults aged 21-40 reported the lowest rates of preventive behaviours such as screenings or regular doctor visits, despite being the most health-conscious and growth-oriented group.
- Older adults engage more in healthy behaviours:
Those above 50 years old were most likely to exercise regularly, maintain balanced diets, and undergo annual health checks.
- Ageism is a cross-generational issue:
Nearly 50% of all respondents reported experiencing ageism, and 15% described it as significant. This is based on their response to statements defined by WHO, such as “Due to my age, I limit my participation in discussions even when they are about things that affect me”, “Others make decisions for me because of my age”, and more.
- People want government leadership in health:
Many respondents supported government responsibility for guiding health choices, with older adults especially supportive of programmes like Healthier SG.

The HELO survey found a clear trend across age groups: older Singaporeans are much more likely to take care of their health by eating well, exercising regularly, and seeing a doctor for check-ups. More older adults also go for annual health screenings.

Lara Bruschinski, visiting scholar, NUS Academy for Healthy Longevity, NUS Medicine, added, “In contrast, younger adults are less likely to do them, which highlights the potential of missing opportunities to detect health issues early. Our findings suggest a need for policies that make screenings easier and encourage people under 40 years old to start healthy habits sooner.”

The survey findings form the basis for a paper that calls for the establishment of a new discipline, Healthy Longevity Medicine (also known as Precision Geromedicine) that focuses on slowing biological ageing through interventions such as lifestyle optimisation, gerotherapeutics, and biological age monitoring.

To translate these insights into impact, the HELO paper outlines seven key policy recommendations:

- i. Establish healthy longevity clinics through academic centres and pilot programmes in community settings.
- ii. Integrate longevity medicine into the Healthier SG initiative, making it accessible to all life stages.

- iii. Launch a national education campaign to improve public understanding of healthspan, biological ageing, and early intervention.
- iv. Subsidise preventive screenings for adults under 45 years old, expanding early detection of metabolic and age-related risks.
- v. Combat ageism through intergenerational programmes and inclusive narratives in media, policy, and healthcare.
- vi. Invest in geroscience research, enabling safe and equitable scaling of health innovations.
- vii. Leverage digital health tools like AI-driven risk assessments and remote monitoring to scale services and personalise care.

These strategies aim to reduce healthcare costs, close equity gaps, and improve quality of life across generations.

Singapore's proactive approach to healthcare and people's strong trust in government programmes position the country as a global leader in the emerging field of healthy longevity.

The HELO Survey contributes to an international research consortium spanning eight countries, helping to inform global policy and clinical strategies. Its design is grounded in the latest scientific literature on geroscience, public attitudes toward ageing, and Precision Geromedicine. The conceptual framework and study methodology are described in peer-reviewed publications, including *GeroScience*, *Cell*, and *SMA News*, laying the academic foundation for policy and clinical translation in this emerging field (see references). The Survey builds on qualitative insights from earlier focus group work and is detailed on the official HELO website at **helo-nus.com**.

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Selected peer-reviewed publications:

- Wang B et al. *Awareness, knowledge, and motivations about lifespan, healthspan, and Healthy Longevity Medicine in the general population: the HELO conceptual framework*. *GeroScience*, 2025.
- Amalaraj JJP et al. *Towards Precision Geromedicine in Singapore*. *GeroScience*, 2025.
- Kroemer G et al. *From geroscience to precision geromedicine: Understanding and managing aging*. *Cell*, 2025.
- Maier AB. *Pioneering the transition from geroscience to precision geromedicine*. *SMA News*, 2025.

About National University of Singapore (NUS)

The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research, and entrepreneurship, with a focus on Asian perspectives and expertise. We have 15 colleges, faculties, and schools across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our vibrant and diverse campus community. We have also established more than 20 NUS Overseas Colleges entrepreneurial hubs around the world.

Our multidisciplinary and real-world approach to education, research and entrepreneurship enables us to work closely with industry, governments, and academia to address crucial and complex issues relevant to Asia and the world. Researchers in our faculties, research centres of excellence, corporate labs and more than 30 university-level research institutes focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research, and cybersecurity.

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

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Our enduring mission centres on nurturing highly competent, values-driven, and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

Through a dynamic and future-oriented five-year curriculum that is inter-disciplinary and inter-professional in nature, our students undergo a holistic learning experience that exposes them to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors and nurses of tomorrow. Since the School's founding in 1905, more than 12,000 graduates have passed through our doors.

In our pursuit of health for all, our strategic research programmes focus on innovative, cutting-edge biomedical research with collaborators around the world to deliver high impact solutions to benefit human lives.

The School is the oldest institution of higher learning in the National University of Singapore and a founding institutional member of the National University Health System. It is one of the leading medical schools in Asia and ranks among the best in the world (Times Higher Education World University Rankings 2025 by subject and the Quacquarelli Symonds (QS) World University Rankings by subject 2025).

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