



MINOR IN INTEGRATIVE HEALTH

Integrate a myriad of disciplines to achieve better health outcomes for all

What is Integrative Health?

Integrative Health is a holistic approach that recognises the relevance of both clinical and non-clinical factors in achieving better health outcomes. With the health landscape constantly evolving and becoming increasingly complex, novel and dynamic approaches will become especially pertinent. Through the application and integration of diverse disciplines, the Integrative Health approach emphasises the unique importance of looking at disciplines beyond health in creating solutions to tackle the health challenges of tomorrow.



Expand your perspectives of the health/healthcare sector beyond the conventional confines of medicine



Design and create innovative solutions aimed at promoting better health through knowledge integration across various disciplines

Why Integrative Health?



Develop awareness and preparedness in identifying trends and addressing emerging health/health-related challenges



Cultivate an agile, collaborative and interdisciplinary mindset to meet evolving needs in various roles within the health/healthcare sector

What can you expect?

The Minor in Integrative Health (MIH) is an open Minor undergraduate programme with a strong focus on interdisciplinarity that aims to provide you with a expansive yet fulfilling learning experience about health and its determinants, as well as how different disciplines could shape solutions meant to address unique health challenges.

Gain renewed appreciation and perspective of the health & healthcare sector

Exercise your academic expertise while integrated with the disciplines of your peers

Generate innovative interdisciplinary solutions to real-life health issues

Courses

MIH consist of 5 courses and completion of all courses is necessary for the conferment of the Minor.



MIH3201 - Integrative Health Capstone

Students will work on self-conceived or industry-proposed projects, and are tasked to identify and analyse significant health gaps and design innovative, interdisciplinary and evidence-based solutions or recommendations



MIH2201 - Barriers to Health

Understand how structural, financial and social barriers could affect health accessibility for different populations and demographic groups, and how different disciplines could provide useful insights in addressing these barriers

MIH2202 - The Landscape of Health: Evolving Spaces & Technology

Realise the role of design and environment, technology and healthcare innovations in promoting health while engaging in interdisciplinary integration to generate healthcare solutions

MIH1101 - What Impacts Health?

Gain insights on the complex interplay of factors that may influence one's health or access to health, such as physiological, environmental, lifestyles, socioeconomics, cultural origins and more

MIH1102 - Improving Health: Beyond Medicine

Learn how internal and external factors impact bodily functions and lead to medical conditions, and how the application of such knowledge integrated within different disciplines could be used to promote health

The World is your Oyster

A Minor in Integrative Health focuses on an interdisciplinary and solutions-based approach to health that engages with a variety of disciplines and fields. With it, you could gain access to the following career options and industries that specialise in the following areas and more:



Health Systems

- Nursing
- Engineering
- Business Analytics
- Computer Science



Urban Health

- Architecture
- Engineering
- Sociology
- Political Science



Health Informatics

- Statistics
- Business Analytics
- Data Science
- Economics



Research & Development

- Life Sciences
- Engineering
- Data Science
- Computer Science



Health Administration

- Business Administration
- Psychology
- Nursing



Social Services

- Social Work
- Psychology
- Communications & New Media



Health Promotion

- Social Work
- Marketing
- Psychology
- Communications & New Media



Healthcare Management

- Pharmacy
- Nursing
- Food Science & Technology



Health Technology

- Computer Science
- Data Science
- Engineering
- Marketing

Their Journey, In Their Words

"MIH TAUGHT ME THE IMPORTANCE OF KEEPING AN OPEN MIND AND APPRECIATING THE UNIQUE INSIGHTS OF TEAMMATES. WORKING TOGETHER TO SOLVE PROBLEMS IN AN INTERDISCIPLINARY SETTING IS A SKILL—AND ONE THAT IS CERTAINLY TRANSFERABLE AND APPLICABLE IN THE WORKING WORLD AND BEYOND."

Eliora Joseph
Year 4, Bachelor of Laws

"MIH did not just complement my major but helped shape the kind of learner, thinker and collaborator I am today. It gave me the language, frameworks, and confidence to contribute to this sector."

Nerissa Ng
Year 2, Bachelor of Business
Administration

"I really enjoyed how MIH exposed us to topics that aren't typically associated with health. The sharing of expert insights on current healthcare issues and solutions by professors and professionals from diverse specialisations and industries was particularly fascinating."

Chong Tse-Ning
Year 3, Bachelor of Engineering
(Biomedical Engineering)

"Before taking MIH, I did not think much about how health intersects with other fields. But now, I find myself paying more attention to how everyday decisions, like marketing strategies, space design, or digital communication, can influence health outcomes. It has made me realise that health is not just a medical issue, but rather it is something we can all play a part in improving."

Debbie Goh
Year 3, Bachelor of Business Administration