

Exercise Medicine & Physical Activity Promotion



Singapore Healthcare Management 2018

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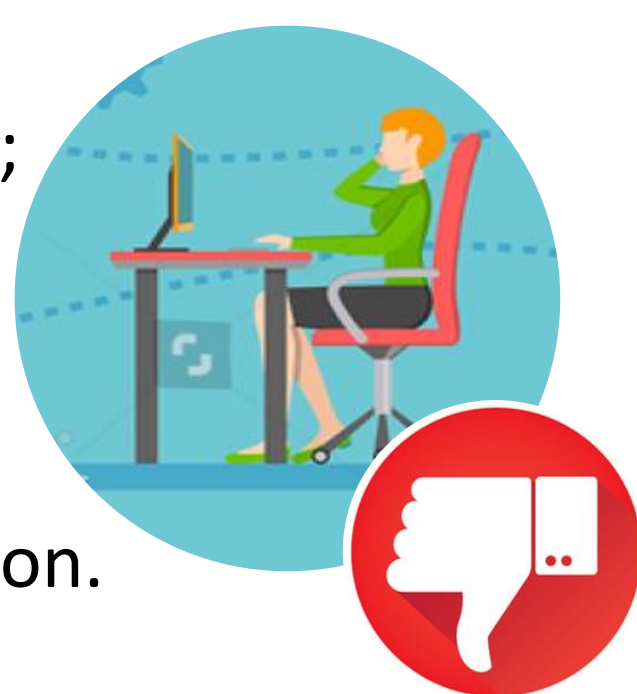


Changi General Hospital
SingHealth

1. Background

Physical inactivity is:

- a) A fast-growing major public health problem;
- b) One of the leading causes of death;
- c) Contributes to many chronic diseases such as obesity, diabetes & hypertension;
- d) Its impact is amplified by the aging population.



In contrast, physical activity can:

- a) Improve physical & mental health;
- b) Improve quality of life;
- c) Play a key role in the prevention and management of many chronic disease, including Type II diabetes.



2. Aim

With CGH's strengths in sport and exercise medicine, CGH aims to promote exercise medicine and physical activity by moving beyond:

- Healthcare to health
- Hospital to community

MOH Beyond Healthcare 2020

Beyond Hospital To COMMUNITY

Beyond Quality To VALUE

Beyond Healthcare To HEALTH

3. Methodology

1 Build capabilities in exercise medicine



We need to build the capabilities of stakeholders in exercise medicine by:

- Developing training curriculum
- Developing and publishing books
- Conducting workshops & trainings

2 Collaborate to deliver sustainable programs



We must collaborate with partners to:

- Harness capabilities, resources & networks
- Integrate physical activity meaningfully into sustainable programmes

3 Raise national awareness



We need to improve awareness of exercise medicine and encourage physical activity to both healthcare providers and the public, by:

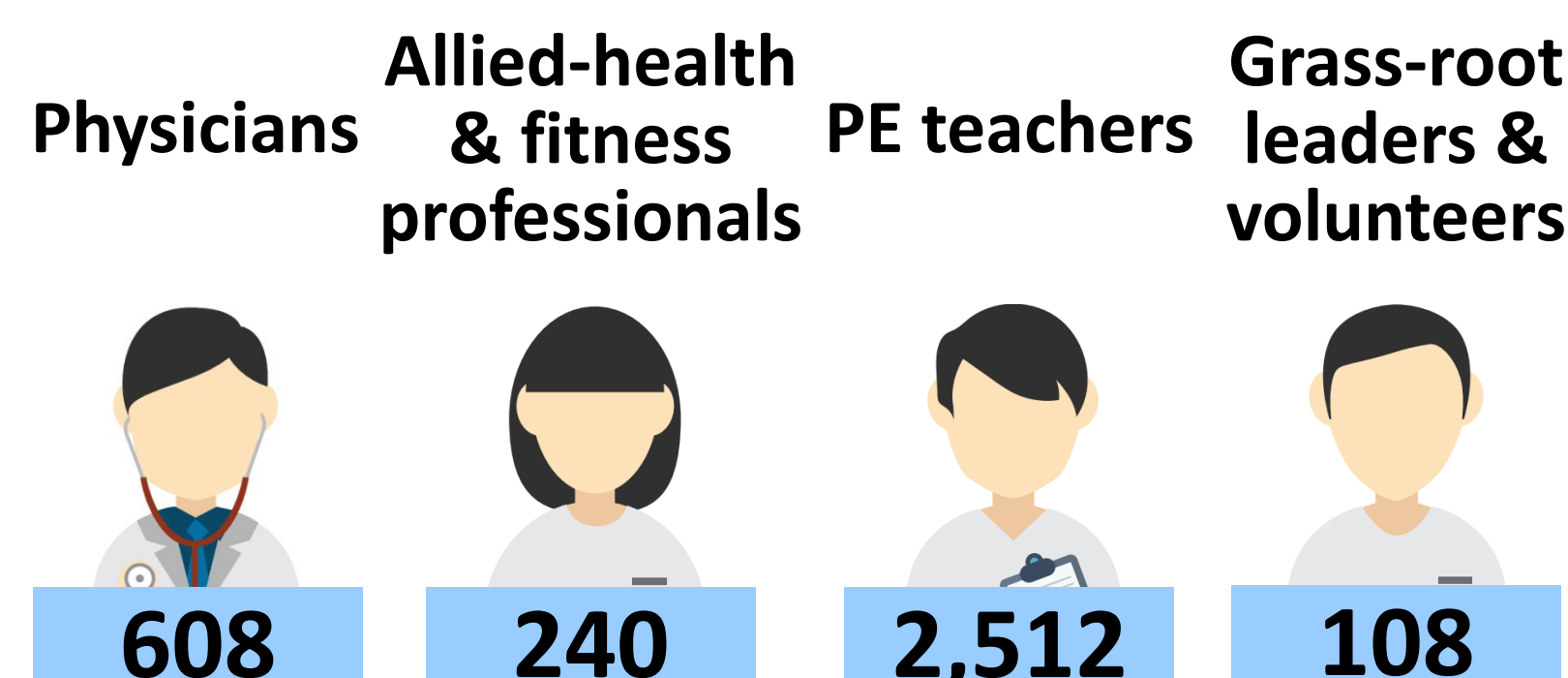
- Conducting outreach activities
- Raising awareness through the media
- Publishing educational collaterals

4. Outcome

1 Developed training curriculum & conduct on-going workshops in exercise medicine & sports injuries

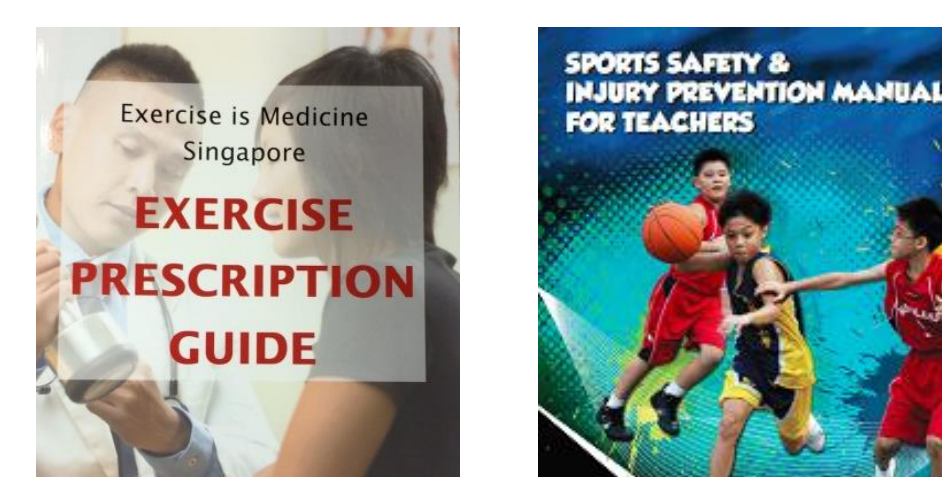


No. of People Trained Since 2012



Books Published

- Exercise Prescription Guide
- Sports Safety & Injury Prevention Manual



2 Collaborated with partners and integrated exercise medicine and physical activity into programs

Integrated Exercise Medicine into Education Program



- NTU Lee Kong Chian School of Medicine
- SingHealth Residency
- National Kidney Foundation
- Singapore Armed Forces
- Ministry of Education

Integrated Physical Activity into Community Programs



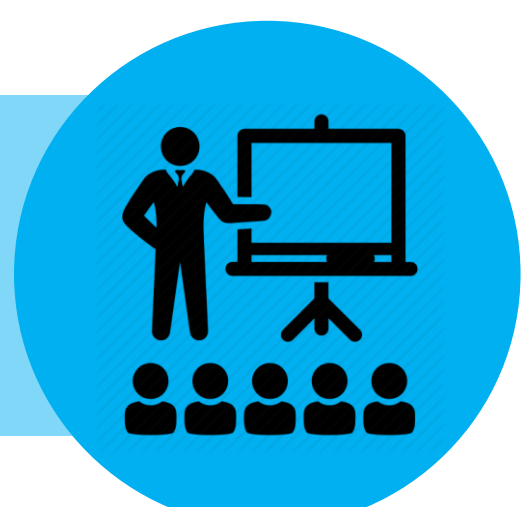
- Active Health Labs**
Co-developed fitness pathways with ActiveSG and primary care physicians in Tampines & Bedok.
- War on Diabetes – Health Peers Training**
Partnered with Southeast CDC and trained over 100 grass-root leaders & volunteers in diabetes prevention & management.
- Inclusive Gym for All**
Trained fitness instructors and designed exercise programs for the elderly & disabled for the Enabling Village gym.
- Fitness Corners**
Launched the 1st fitness corner at Simei with National Parks Board. Launched the 2nd fitness corner with Nee Soon.

3 Raised national awareness to healthcare providers & the public through events, media & educational collaterals

- Spoke at over 25 events a year, to both healthcare providers and the public
- Have an average of 50 media hits a year, including TV, newspaper, magazine, radio and online interviews
- Published newsletters & brochures on exercising with chronic conditions

5. Future Works

Integrate exercise medicine into more education programs



Continue collaborations with partners to expand community programs island-wide



Active Health Labs
4 more Active Health Labs in Jurong East, Bishan, Woodlands & Sengkang



People's Association

War on Diabetes - Health Peers Training

- Expand to East Coast GRC, Tampines GRC
- Collaborate with NUHS for South West CDC

Fitness Corner

- Launch 2 more fitness corners in Nee Soon