



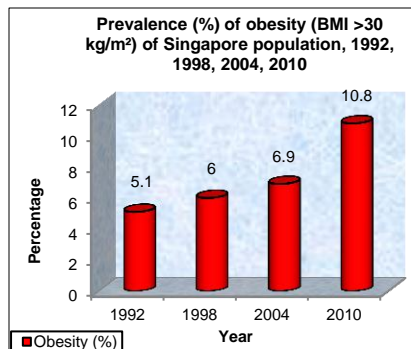
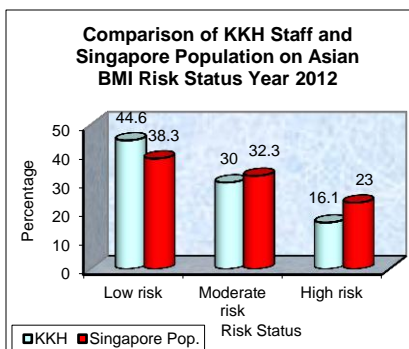
# KKH The Healthy Loser 2012

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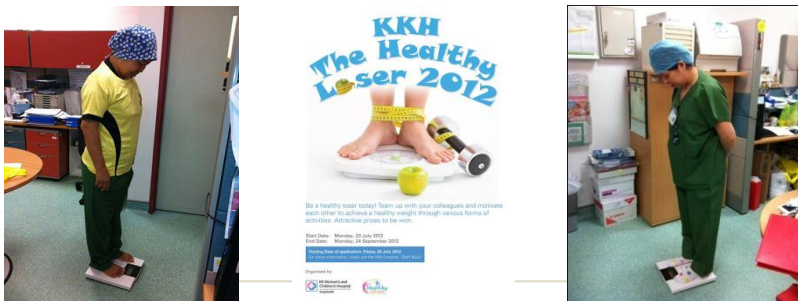
## Introduction and Aim

Obesity is an emerging global health problem. In the annual health screening exercise 2012 at KKH, 16.1% of staff were classified as having a high risk of heart disease and diabetes (Asian BMI  $\geq 27.5$  kg/m<sup>2</sup>) compared to 23% of the Singapore population<sup>1</sup>. These individuals face a higher risk of reduced life expectancy by 2 – 10 years. Therefore, the Healthy Lifestyle Committee (HLC) created a platform for employees to achieve healthy body mass by organising the "KKH Healthy Loser 2012" contest.



## Methodology

Participants were sought via open invitation through email and in the form of printed posters placed at staff notice boards.



The contest allowed employees to register as a team in achieving a healthy body mass. Body mass was measured on all participants in the group on 23 July 2012 and the final weighing in on 24 Sep 2012. Participant whose BMI was less than 23 kg/m<sup>2</sup> were still allowed to participate the contest but only as the role of a 'Motivator'.



Participants were encouraged to have their own strategies to lose body mass but HLC facilitated with a series of physical activities during the period for staff in general. The group that lost most body mass (in percentage) was declared the winner. 'Motivator' body mass loss is not counted in the calculation to decide the winner. The same weighing scale was used for all participants to measure the body mass

## Conclusion

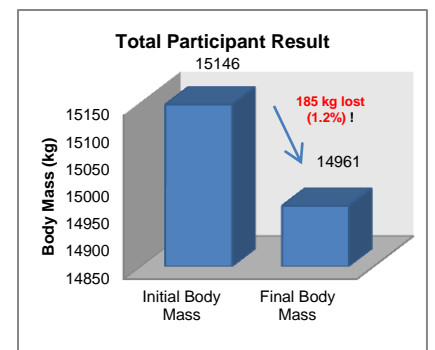
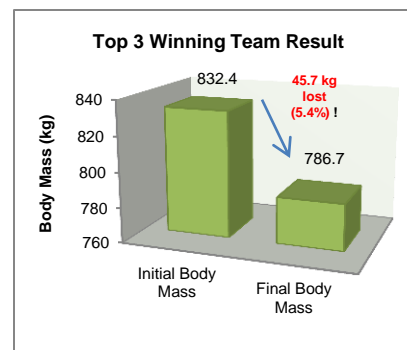
The contest was a success. A high participation rate and the favourable results encouraged us to hold the contest again for the following year. HLC spent \$1.62 per kg loss and we would use this as a benchmark for subsequent contests. We had also gathered and evaluated all feedback from participants to improve the next contest.

## References

1. National health survey 2010

## Result

Forty-nine teams consisting 233 employees took part in the contest. A total of 185 kg (1.2%) was shed in the period of 2 months with an average of 3.8 kg per team. The top 3 winning team lost 45.7 kg (5.4%), an average of 15.2 kg per team.



## Weight Loss Tips From The Winning Team

The top 3 winning teams were interviewed and their strategies were shared through institution forum and email blast so that other employees could model their approach in achieving healthy body mass

The champion team (The LKs) winning strategy :

- High determination to win and peer pressure
- Low carbohydrate diet
- Meeting regularly during lunch to encourage each other



The LKs – Healthy and Balanced Diet

The runner up team (The Hi5 gang) strategy :

- Cut down on snack
- Eat lesser portion of food
- Eat healthier choice of food



The Hi5 Gang - participating in Cool Run organized by HLC

The second runner up team (F5) strategy :

- Held healthy lunch twice a week
- Exercise regularly
- Monitor body mass every week



F5 –Fight Fat Fast & Fuss Free  
 Healthy & Balanced Diet