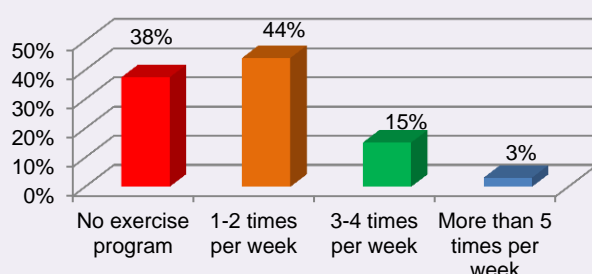


Aim(s)

KK Women's & Children's Hospital (KKH) Healthy Lifestyle Committee (HLC) conducted a general health survey in October 2012 for staff. Based on the survey, majority of staff did not exercise at least 3 times a week as recommended by the Health Promotion Board (HPB). However, the majority of staff had expressed interest to join sports interest groups.

KKH Staff Health Survey 2012 - How often do you exercise at moderate intensity for a total of 30 minutes or more?



Our aim was to create a platform to encourage KKH staff to exercise more frequently.

Methodology

Using a decision matrix, we had organized KKH CommonHealth Games 2013. It was an inter-division group sports competition which encouraged participating teams to include staff aged 50 and above or BMI more than 25.

Activities	Effective	Cost Effective	Sustainability	Total
Interest group	5	4	2	11
Inter-division sports competition	4	5	4	13
Public sport event subsidy	2	2	3	7
Sports class subsidy	3	2	3	8

We organized 4 different sports tournaments: Captain's Ball, Futsal, Table Soccer and Amazing Race. The top 3 winning divisions for each tournament would earn points that would determine the overall winning division.



KKH CommonHealth Games – Captain's Ball



KKH CommonHealth Games – Futsal



KKH CommonHealth Games – Table Soccer

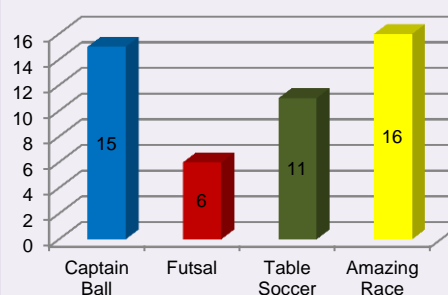


KKH CommonHealth Games – Amazing Race

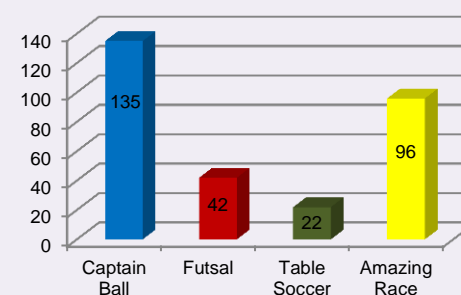
Result

15 teams comprising of 135 staff participated in Captain's Ball. 6 teams comprising of 42 staff participated in Futsal. 11 teams comprising of 22 staff participated in Table Soccer and 16 teams comprising of 96 staff participated in the Amazing Race. The overall winning division for 2013 was Division of Allied Health Specialties. 18.56% of staff had indicated regular exercise frequencies in the survey in Year 2013. This is an increase of 0.29% compared to Year 2012 but it is not statistically significant. An average cost of \$11.50 was spent per participant without external sponsorship.

Number of Team Participated In the KKH CommonHealth Games



Number of Staff Participated In the KKH CommonHealth games



Conclusion

Based on the number of participants and participating teams, KKH CommonHealth Games successfully encouraged participation in exercise activities. Many teams conducted practice sessions before the actual games which boosted the frequency of exercise and team bonding among divisions. We decided to continue organizing KKH CommonHealth Games for 2014. However, we will replace the games with lower participation rate with in order to boost participation rates.