



# KKH Healthy Loser 2013

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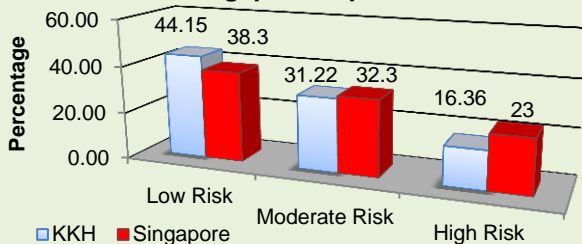


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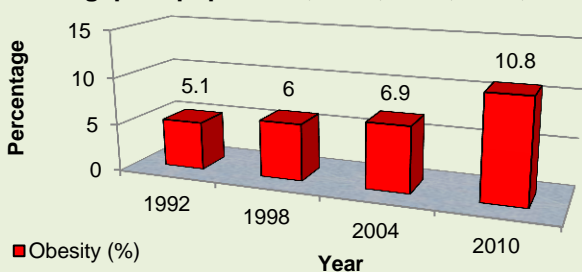
## Aim(s)

Worldwide obesity has nearly doubled from 1980. In Singapore, the prevalence of obesity (BMI  $\geq 30 \text{ kg/m}^2$ ) increase from 5.1% in 1992 to 10.8% in 2010. Obesity is preventable and KKH Healthy Lifestyle Committee (HLC) is committed to reverse the growing trend. Our aim is to create a platform for KKH staff to achieve a healthy Body Mass Index (BMI).

**BMI Risk Level of KKH Staff Compare With Singapore Population**



**Prevalence (%) of obesity (BMI  $>30 \text{ kg/m}^2$ ) of Singapore population, 1992, 1998, 2004, 2010**



## Methodology

HLC organized a weight loss competition named "KKH Healthy Loser" where we measured the initial weight of participant in October 2013 and their final weight in January 2014. Team and individual that lose the most weight (by percentage) will be the winner. Participants with BMI less  $23.0 \text{ kg/m}^2$  was marked as 'Motivator' and their weight will not be counted for the competition. 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.



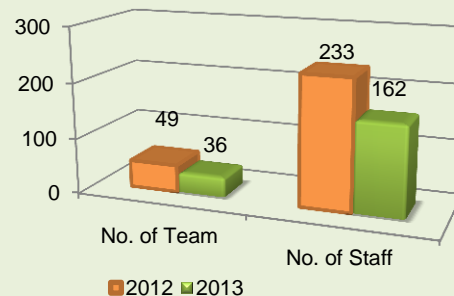
## Timing Differences

Weight gain during festive period is well documented. In view of the successful result in Healthy Loser 2012, we set the **Healthy Loser 2013 during festive period (October to December)** to measure its effectiveness. Healthy Loser 2012 commenced between month of August to October.

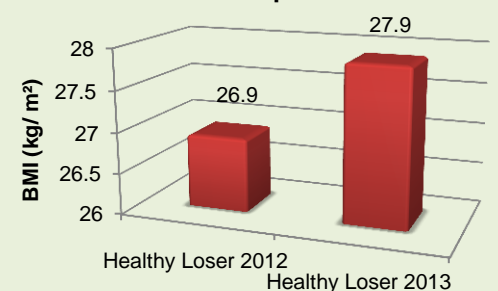
## Result

Total of 36 team consist of 162 staff participated in the event. Top 20% individual loses average of 3.4% of their initial weight (compare to 5.2% on 2012). The total weight loss for all participants is only 0.06% (compare to 1.2% on 2012).

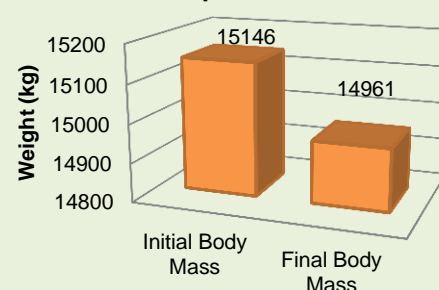
**Healthy Loser Participation Rate**



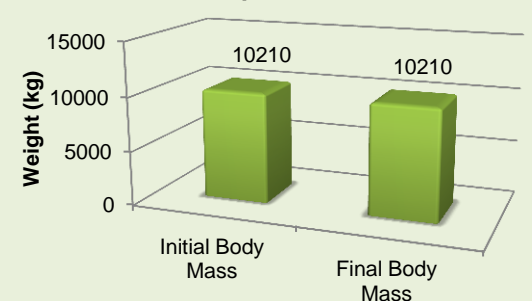
**Average Initial BMI of the Participants**



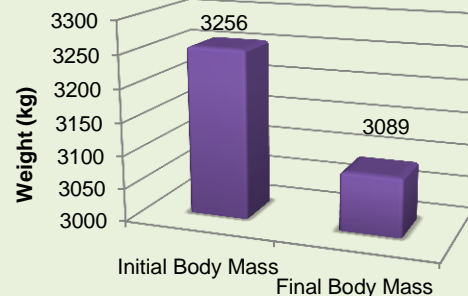
**Total Participant Result 2012**



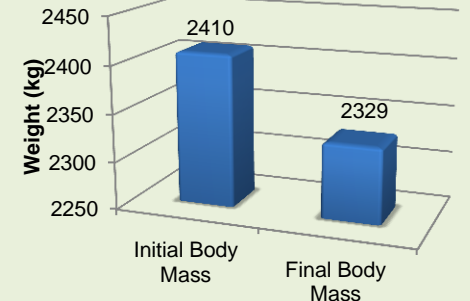
**Total Participation Result 2013**



**Top 20% Participants Result Year 2012**



**Top 20% Participants Result Year 2013**



## Conclusion

The overall weight loss of Healthy loser 2013 team shows poor result compare to the previous year (0.06 % compare to 1.2%). The result was expected because of the timing of the event (during festive period from October to December). Despite 0.06% weight loss for overall participants, we conclude that healthy loser is still a good platform in general, for people to lose weight. The top 20% participants still show significant weight loss. We will focus more on long term weight loss in the subsequent healthy loser.