

Background:

Singapore needs to prepare for a rapidly ageing population in the next decades.

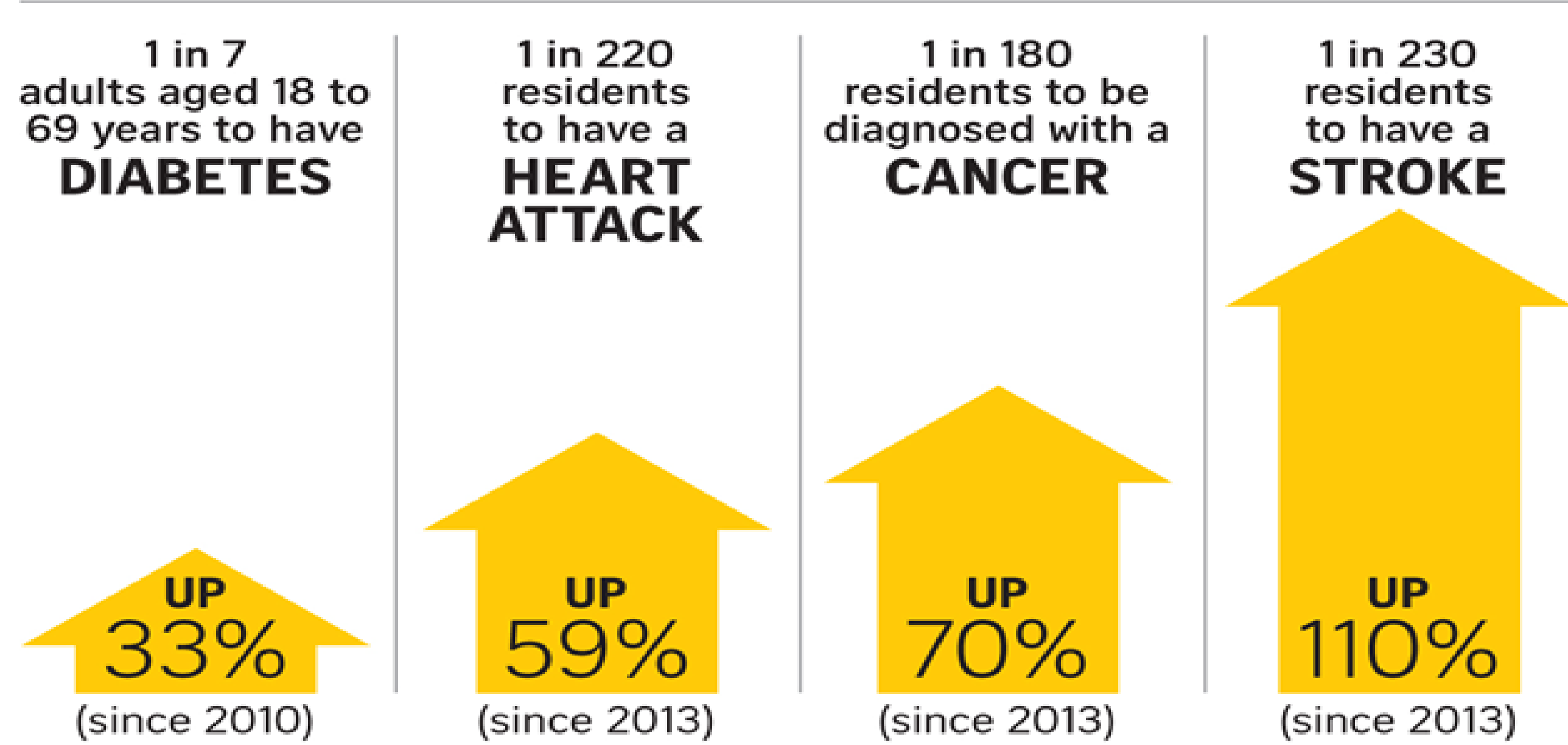
By 2030, the number of older adults aged 65 years and above will nearly double in number to comprise a quarter of Singaporeans.

Demographic clustering will lead to disease patterns towards chronic diseases.

- 1 in 7 adults aged 18 to 69 years will have diabetes
- 1 in 220 residents will have a heart attack
- 1 in 180 residents will be diagnosed with a cancer
- 1 in 230 residents will have a stroke

Diseases on the rise due to ageing population

Estimated numbers by 2030



Source: MINISTRY OF HEALTH SUNDAY TIMES GRAPHICS

Objective:

This preventive health program was designed to:

1. Increase accessibility to, and frequency of preventive health services in the community.
2. Improve follow-up through regular health coaching and monitoring.
3. Reach out to residents who have not been screened previously to register for health screening
4. Encourage residents with abnormal results to attend coaching sessions at the Community Health Post to learn about healthy ageing.

Content:

There are **two forms** of Community Health Post targeted at older adults with existing chronic diseases and those who are at risk of developing common chronic diseases.

1. Provide one-to-one health coaching sessions based on health-related topics and are individualized to the needs of the individuals. Conducted by the nurse educator.
2. Group sessions to build on peer-motivation and support to provide more disease-specific information focused on self-management.

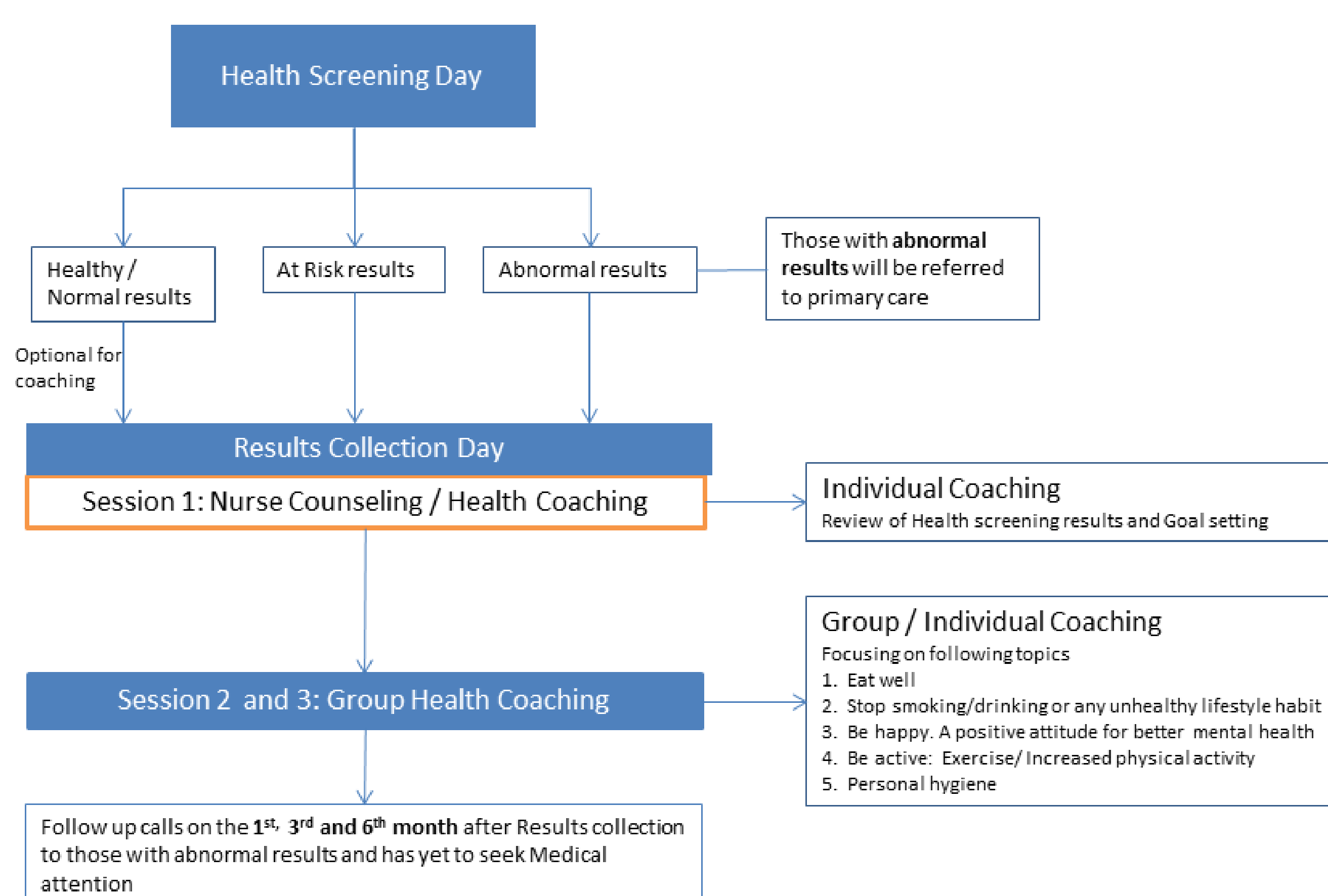
Methodology:

A two-week curriculum is planned for the group sessions, each lasting two hours, and conducted in the format of a workshop, with more than 30 participants per session. Health coaching topics may include:

- Nutrition & diet
- Physical activities and falls
- Mental wellness
- Personal hygiene
- Chronic diseases related education talks

The group sessions are structured in a fun and interactive manner to build interest in the older adults and increase their commitment to return for all sessions and gain confidence in taking charge of their health.

OVERVIEW OF HEALTH SCREENING AND COACHING



Outcome:

The evaluation of the Community Health Posts would provide more insights on the effectiveness of the programme as well as the areas of needs of the senior residents in preventive health.

We started Community Health Post since June 2017 and our participation rate is increasing:

Year	Number of Participants
2017 (June onwards)	175
2018	473

We received positive feedbacks from our participants:

“Satisfying to empower participants to take charge of their health...”

“Enjoyed myself sharing my knowledge with the participants”

And from our coaches:

“Meaningful session.”

“Learned some new things today.”

“I am glad to attend this session.”

“Life-changing!”

The program is partially funded by Ministry of Health of Singapore and an ongoing effort.

