



Singapore Healthcare Management 2016

millennia KIDS Programme

Nurturing a healthier community in the Northeast

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Introduction

Our focus is on preventive care through communicating and nurturing the community towards healthy living.

The Millennia Kids Programme (MKP), a joint effort with Health Promotion Board, Sport Singapore and Tobacco Free Generation 2000, was designed to help kids **LIVE, LEARN** about, and **LEAD** a healthy lifestyle from an early age.

Through this programme, we hope to encourage positive behavioural change in the community.

Methodology

We empower kids with the knowledge they need to stay healthy, enable them to use this knowledge through practical hands-on exercises and task cards, and create platforms where they can influence their families and friends, thus creating a multiplier effect in the community, for healthy living.

Healthy Living Elements

Healthy Eating

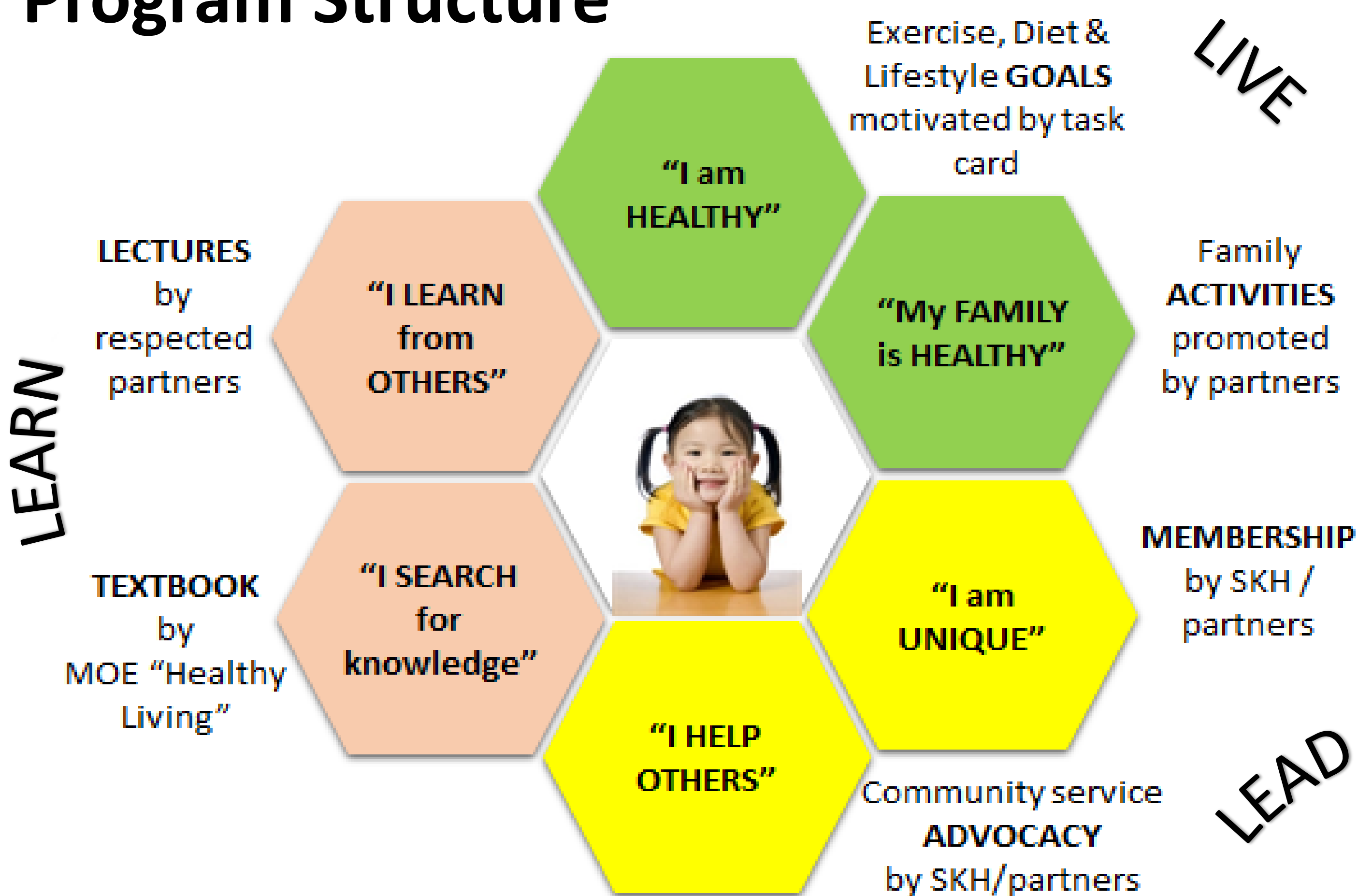
Mental Wellness

Physical Activities

Sport Safety

Tobacco-free

Program Structure



Results



Collaboration with 3 schools since 2014.

Results over the last 2 years:

- 4500 upper primary students have attended 3 Workshops on nutrition, sport safety and tobacco.
- 1500 Primary 4 students have participated the Task Cards.
- 578 parents and kids have participated in the Family Carnival.



Parents' Feedback

- 88% agreed that MKP inspires their families to stay healthy and active.
- 89% agreed that their kids are more health-conscious and active after MKP.



Teachers' Feedback

MKP provides effective experiential learning whilst reinforcing the school syllabus, without requiring excessive supervision from teachers. Due to the success of the programme, schools have requested for MKP to be extended to Primary 5 and 6 levels.

Conclusion

Many agencies (including Ministry of Education, National Cancer Centre Singapore, Institute of Mental Health and our programme partners) and the schools have identified MKP as being unique and powerful and have encouraged Sengkang Health to bring the programme to more schools.

Moving Forward

With everyone's support and encouragement, SKH will extend MKP to Primary 5 & 6 levels and increase its range of topics in 2016. By 2018, we plan to expand MKP to cover more schools in the Northeast.

Assembly Workshops



Kids enrich their knowledge through interactive games .

Task Cards



Kids put their knowledge into practice through various tasks.

Family Carnival



Families get healthy and active together.