



Singapore Healthcare Management 2016



GETTING PHYSICAL AT NIGHT – KKH'S 1ST EVER AMAZING NIGHT RACE!

Brandon Feng Guoqiang, Garrett Low Liang Thye, Sarah Samantha Yeo Si Hui, Nooraini Jaffar, Franklin Tan Chee Ping, Tan Shiling, Sally Ong Siew Gim, Meghan Tan Sock Peng, Mohamad Taha Bin Rahmat, Juliana Lim Hui Ling, Thilagamangai, Lee Xin Hui, Charmaine Sin Pien-Pien, Dr Jean-Jasmin Lee Mi-Li and Vanessa Reyes.

Healthy Lifestyle Committee, KK Women's and Children's Hospital

AIMS

KK Women's and Children's Hospital (KKH), Healthy Lifestyle Committee's (HLC) objectives are to plan, promote, implement and evaluate healthy lifestyle initiatives to encourage KKH employees to adopt and lead an active and healthy lifestyle.

In organising this night race, HLC wanted to create awareness and promote the benefits of physical activities to our staff in a fun, innovative and sustainable manner through three main components - Physical Activity (PA), Diet (D) and Education (E).

In conjunction with Singapore's Golden Jubilee Year, we wanted to use this race to remind our staff not to take the nation's "health" for granted and how far our "little red dot" has progressed these past 50 years and therefore designed the race route around ten of Singapore's iconic landmarks such as The Singapore Flyer, Gardens by the Bay, Marina Bay Sands, Esplanade, Merlion Park and National Library.

METHODOLOGY

Completed on foot, the race route consisted of 10 checkpoints with the starting and ending point at KKH. The further the teams go, the more points will be awarded.

Checkpoint	Category	Points
Gardens By The Bay	PA	10
Marina Bay Sands	PA	9
Singapore Flyer	E	8
Merlion Park	D	7
Esplanade	D	6
Suntec City Mall	D	5
The Gateway	PA	4
Singapore Management of University	PA	3
National Library	E	2
Istana Park	E	1

Table 1. Scoring system based on the distance of the checkpoints.

Upon arriving at each checkpoint, teams had to take a "welfie" and had the option to take on a "challenge" that consisted of either PA, D or E components.

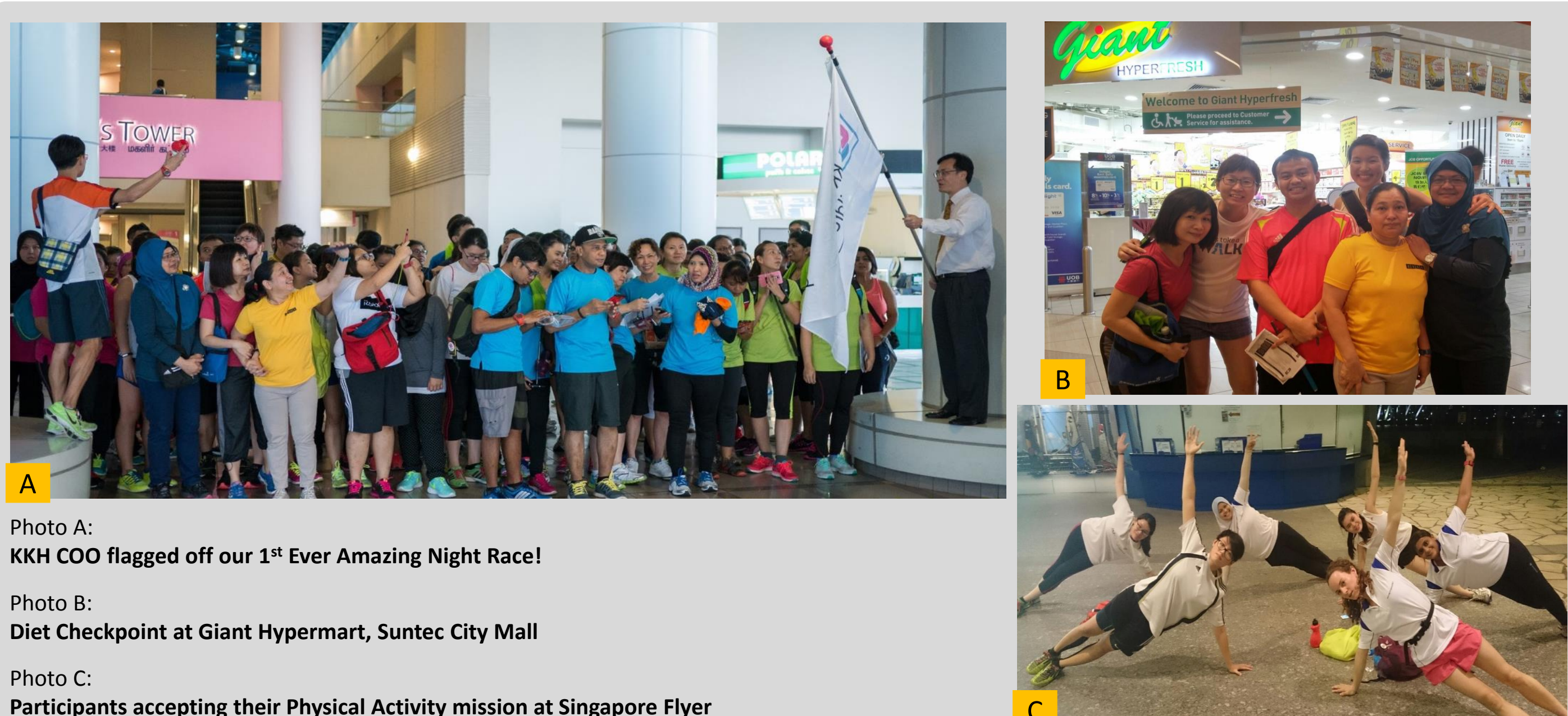


Photo A: KKH COO flagged off our 1st Ever Amazing Night Race!

Photo B: Diet Checkpoint at Giant Hypermart, Suntec City Mall

Photo C: Participants accepting their Physical Activity mission at Singapore Flyer

During the race, teams are supposed to have a "Healthy Dinner" together. They had to submit a photo of their dinner and given Bonus Questions to attempt with points awarded accordingly.

The team that accumulated the most points and returned back to KKH by 9.30pm wins.

RESULTS

A total of twenty-one teams with 126 participants (Male: $n=19$, Female: $n=107$) signed up for the race.

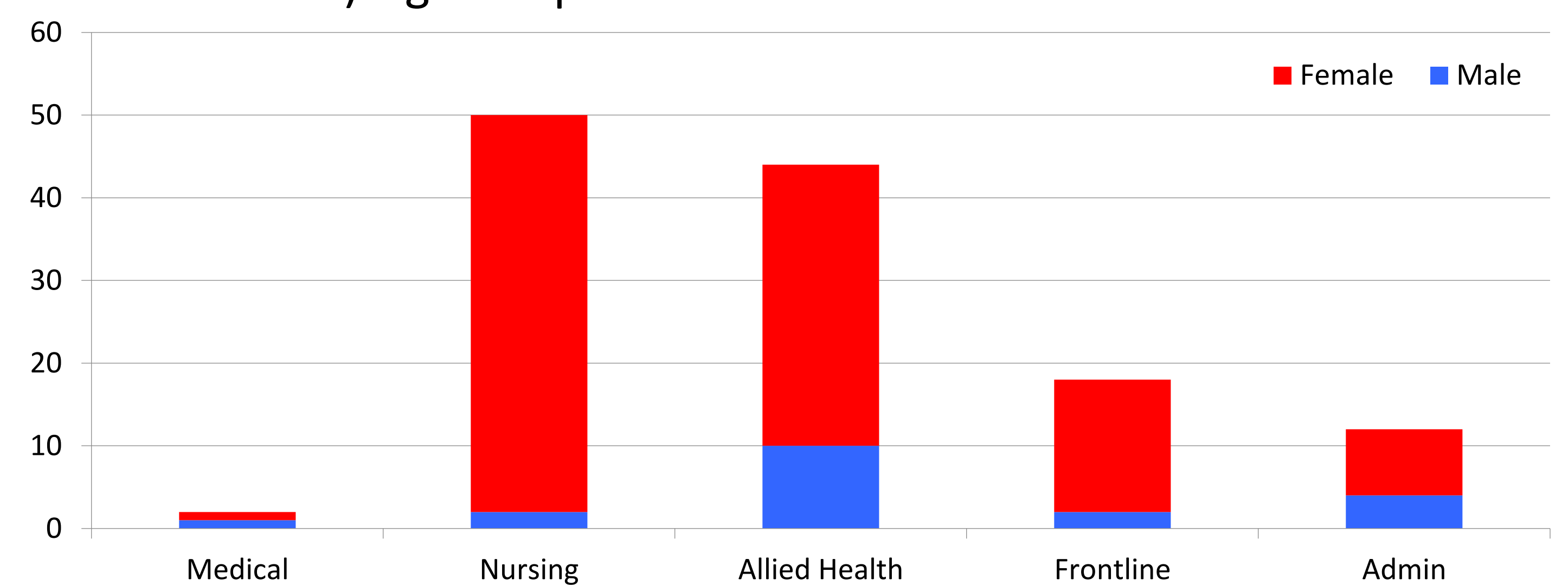


Chart 1. The number of participants across job scopes.

Most teams were able to score the maximum of 5 points allocated for the completion of each challenge, and they scored relatively high in the Physical Activities component with a mean score of 4.72. On average, each team checked in at 5 checkpoints with Suntec City Mall and Esplanade as the top two favourite locations. This translates to close to 10km of walking distance covered by each team.

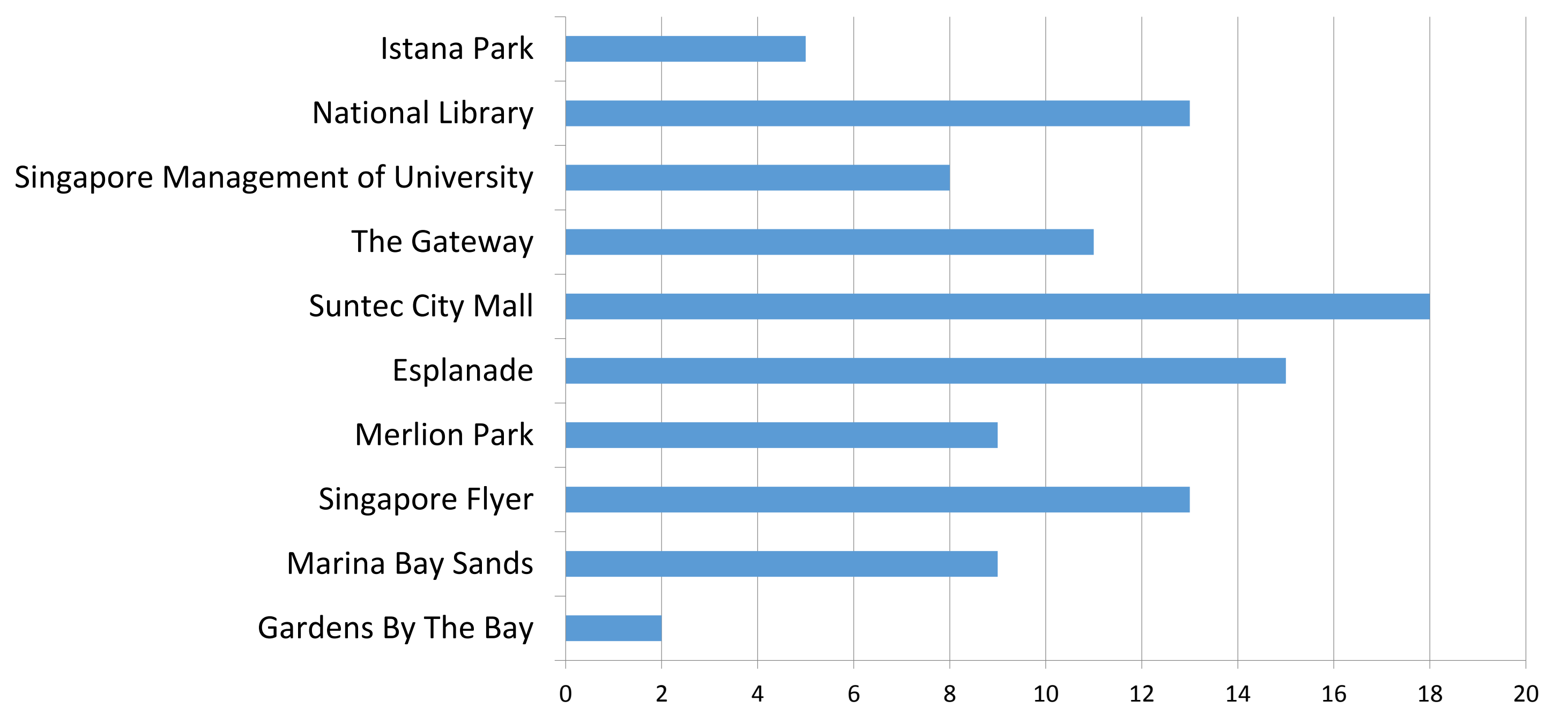


Chart 2. Number of teams that checked into the checkpoints.

CONCLUSION

The physical intensity levels were generally at moderate zone and above. According to Canadian Physical Activity Guidelines for Adults aged 18-64 years, individuals should accumulate at least 150 minutes of moderate-to-vigorous intensity of aerobic PA per week¹ and our participants were active for at least 180 minutes. Research has also shown that physical activities can improve academic and job performance.² By including a meal component, we highlighted its importance that missing of meals may lead to increased health risks.³ 50% of the feedback received were "Very Satisfied" with many looking forward to the race to be held again the following year.

Heartened and encouraged by the success of this race, HLC has already begun planning for an even bigger and more exciting race for 2016!

REFERENCE

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