

MEDIA RELEASE

The National University Health System unveils ‘Health Together’ – a community initiative to build and support a healthier and engaged population in the west

Singapore, 27 May 2023 – In support of the national Healthier SG programme, the National University Health System (NUHS) and its community partners have developed “Health Together” – a community initiative to support the health and wellness needs of 1.12 million residents in the western region of Singapore through different phases of their lives.

“Health Together” was unveiled by Mr Desmond Lee, Minister for National Development and Adviser to Boon Lay Grassroots Organisations (GRO), who was joined by Mr Patrick Tay, Adviser to Pioneer GRO, at a health carnival held today at Jurong Medical Centre. Community partners including Agency for Integrated Care, Frontier Community Centre and SAFRA were among the booth participants at the event, providing interactive health-related activities and educational talks at the event.

Said Minister Desmond Lee, “In the west, more than 102,644 or 9 per cent have diabetes. Almost 198,845 or 18 per cent have hypertension; and another close to 209,555 or 19 per cent have high cholesterol*. To better manage such chronic conditions, we want to leverage on community initiatives like “Health Together” to bring closer to the population in the west – a curation of community programmes, resources and services to empower Singaporeans and residents to take ownership of their well-being and stay healthy through the different phases of their lives.”

**Data source: MOH Population Health Staple Dataset (PHSD), 2019.*

As one of Singapore’s three national health clusters, NUHS covers the western region which includes Boon Lay, Bukit Batok, Bukit Panjang, Buona Vista, Choa Chu Kang, Clementi, Dover, Jurong, Queenstown, Pasir Panjang, West Coast, and the upcoming Tengah. To build a healthier population in the west and beyond, there are **five key pillars in “Health Together”**, which can be conveniently accessed via the NUHS website (<https://www.nuhs.edu.sg/health-together>) and/or the OneNUHS app from the third quarter of 2023:

- a) The **Health Library** contains curated resources with information on a wide range of conditions, symptoms and treatments. One can find health care management tips to better understand health conditions and keep up to date with the latest news, health-related articles and educational videos.
- b) The **Self-Serve Resources** directory helps users locate Primary Care providers and General Practitioners (GPs), specialist care services as well as NUHS Community Health Posts (CHPs). It also provides easy access to other social care and community services in the western region of Singapore.

- c) **Self-assessment Tools** empower residents to stay on top of health and wellness with checklists and questionnaires to help make informed decisions on lifestyle choices.
- d) A list of the latest **Events** including activities like health screenings, community health events, as well as health talks, delivered by trained medical professionals and community partners and national agencies such as People’s Association, Health Promotion Board, SportSG, Viriya Community Services, Thye Hua Kwan Moral Charities and Caregivers Alliance Limited through interactive, education sessions.
- e) **Community Care Programmes** are developed in close collaboration with various community partners to provide a comprehensive suite of services including:

Community Health Posts (CHPs)

These are touchpoints within the heartland neighbourhood where residents can get easy access to health services near their home.

Hospital to Home programme

Helmed by a multi-disciplinary team to help patients transition smoothly from our hospitals back to the community and their home

Chronic Disease Self-Management Programme (CDSMP)

This is a six-week programme is designed to help residents manage their chronic conditions such as Diabetes and Hypertension, including support for their caregivers

Be a Volunteer

Residents can give back to the community, be part of the NUHS peer and be-friending support team, and make a difference in someone’s life. More information and the opportunity to sign up is available online.

Ms Joanne Yap, Executive Director for RHSO shared, “NUHS has embarked on a multi-prong approach focusing on preventive care and working closely with general practitioners (GPs) and community partners to support residents to adopt healthier lifestyles.”

She added, “NUHS has a total of 42 Community Health Posts to date which are hosted by our community care partners, and located within 22 constituencies to provide additional physical touchpoints for residents to easily access health services nearest to their homes. There are NUHS Care Teams who are part of the Community Care teams serving the eight URA planning areas in the west. Each of the NUHS Care teams comprises community nurses and care coordinators who help residents better manage their health and provide support for their on-going journey towards a healthier lifestyle”.

About NUHS Regional Health System Office

The NUHS Regional Health System Office (RHSO) is part of the National University Health System (NUHS), a leading academic health system and one of three public healthcare clusters in Singapore. Leveraging its position within an academic health system and drawing on the system’s research and

education capabilities, RHSO strives to build a healthy and engaged population in the west, empowered to live and age well in their homes and within the community.

Through a multi-pronged approach, RHSO brings together NUHS institutions, as well as community health and social care partners to develop and implement initiatives to improve health and anchor care in the community. RHSO also facilitates the integration and transition of care between the hospital and community, as well as the development of new capabilities to deliver care in the most appropriate setting.

For more information, please contact rhs@nuhs.edu.sg.