



## **MEDIA RELEASE**

### **National University Health System and People's Association bring the largest 'Health Together' Carnival to date to 1,500 residents in Jurong GRC, Bukit Batok and Yuhua SMCs**

- **'Health Together'**, a community initiative by the National University Health System (NUHS) and its community partners, has reached more than 550,000 members since its launch in May 2023.
- Participants of **'Senang Senam'** commemorate the completion of their 12-week programme with loved ones on a morning trek that culminates at the Health Together Carnival.
- **NU-LITE Community Weight Management** (New U through Lifestyle Intervention using Technology Empowerment) Programme scaling up to reach more residents in the Western region of Singapore.
- Clementi residents can look forward to a **new community space at Blk 463 Clementi Ave 1** in early 2025, dedicated to support residents in their journey towards a healthier lifestyle.

*Saturday, 12 October 2024* – The National University Health System (NUHS) and Jurong Cluster Health Workgroup, an initiative led by Jurong GRC, Bukit Batok, and Yuhua Grassroots Organisations (GROs), jointly organised the third 'Health Together' Carnival at Jurong Cluster with 16 other community partners, for about 1,500 residents. To date, this is the largest staging which covers seven constituencies (Bukit Batok, Bukit Batok East, Clementi, Jurong Central, Jurong Spring, Taman Jurong and Yuhua) since its launch in May 2023.

Held at Jurong Spring Community Club (CC), the event aimed to foster more active and well-informed residents, ultimately contributing to the broader vision of a healthier community. The carnival also aimed to bring residents the message of empowerment to look after one's health in a fun way through health literacy and community engagement, as well as programmes curated by NUHS institutions and its community partners. (See Annex A for the full list of participating community partners).

**Mdm Rahayu Mahzam**, Minister of State for Ministry of Digital Development and Information and Ministry of Health, as well as Adviser to Jurong GRC GROs, alongside three other Grassroots Advisers including **Mr Shawn Huang**, Senior Parliamentary Secretary for

the Ministry of Finance and Ministry of Education; **Dr Tan Wu Meng**, and **Dr Hamid Razak**, will join residents at the event.

Said **Ms Joanne Yap**, Executive Director for the NUHS Regional Health System Office, “‘Health Together’ has seen a significant increase of 150,000 sign-ups just between May and September 2024. The initiative has now reached over 550,000 members, with about one-fifth (about 107,000) of this number made up of residents from the Jurong cluster. This marks a significant milestone in community health engagement and is testament to the synergistic collaborative efforts between NUHS, PA, and community partners in promoting health literacy and empowerment among residents to make healthier lifestyle practices more entrenched in their daily lives.”

The event also marked the successful completion of ‘Senang Senam’ by its fourth batch of participants with a morning trek from Jurong Lake Gardens to the Health Together Carnival at Jurong Spring CC, accompanied by their family and friends. ‘Senang Senam’ is a 12-week programme, organised by M<sup>3</sup>@Jurong under ‘Saham Kesihatan’, that encourages more Malay/Muslim residents to stay healthy through community-led interest groups. Now in its fourth run, the programme has positively impacted approximately 160 participants since 2020.

Another noteworthy initiative is the ‘NU-LITE Community Weight Management Programme’, a pilot that began in November 2023 in Pioneer GRC. Designed by NUHS dietitians for at-risk individuals who are overweight or above the ideal BMI to achieve and maintain a healthier weight, and reduce the risk of developing chronic diseases, it provides participants with:

- Personal access to dietitians.
- Access to the nBuddy app for participants to record their daily meal intake, weight and daily steps. The app also has a database of local Singapore food which similar apps do not have.

There are plans to scale up the project to reach out to more residents in the Western region of Singapore.

Clementi residents can also look forward to an upcoming community space at Blk 463, Clementi Ave 1 which will support residents and their families living in the vicinity to take steps towards a healthier lifestyle. The space will also feature a Community Health Post (CHP) run by the NUHS Community Care Team which will provide residents with health counselling and education, as well as services such as caregiver training, chronic disease management and connecting residents with appropriate community services and social care support.

Scheduled to be launched in early 2025, the space will facilitate the running of curated programmes such as health talks and workshops, health screenings as well as community events. These and other ground-up resident initiatives will support the push to increase

health literacy and engagement, as well as access to health and wellness resources and services.

The 'Health Together' Carnival was a fun-filled event filled with engaging activities to educate and inspire residents towards healthier living. Key highlights included:

- Health and Wellness Booths: Interactive booths featuring health screenings, nutritional advice, and wellness tips.
- Health Talks & Cooking Demonstration: Informative sessions led by healthcare professionals on topics such as sugar and sodium intake, general health, and more.
- Tarian Express (Fitness Dance Session): An inclusive community initiative under Jurong Spring Malay Focus Group that promotes physical well-being and cultural appreciation through dance.

Sign up for 'Health Together' via the NUHS app for the latest news and developments. Residents can also look forward to more health and wellness programmes organised by NUHS, Grassroots Organisations and our community partners in the heartlands.

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### **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](mailto:rhs@nuhs.edu.sg).

### **About People's Association**

The People's Association (PA) is a statutory board established on 1 July 1960. Our mission is to spark and nurture community participation for a caring and united Singapore. Our network includes 2,000 Grassroots Organisations (GROs), over 100 Community Clubs, five Community Development Councils, six PAssion WaVe outlets, imPAct, and the National Community Leadership Institute. For more information, please visit [www.pa.gov.sg](http://www.pa.gov.sg).