

Republic of Singapore

Agenda No. 6

Follow-up to the political declaration of the high-level meeting of the General Assembly on the prevention and control of non-communicable diseases

Written Statement

With the emergence of new technologies, we have been getting better at enabling our population to live longer. We need to shift our focus from illness-care to health-care. The risk factors we face are not new, yet they have become more pervasive and prominent. With the range of options available to us today for food and recreation, it has become more challenging to actively adopt a healthier lifestyle.

2 In Singapore, our efforts range from public education, to voluntary and regulatory measures to encourage our population to adopt healthier lifestyles and increasing access to preventive and primary care services for those who need support.

3 Addressing the modifiable risk factors of non-communicable diseases (NCDs): Singapore's approach in preventing NCD risk factors includes encouraging healthier diets, active lifestyles and tobacco control.

- a. Healthier food and beverage (F&B) options are made accessible through support for manufacturers and suppliers in developing healthier ingredients, and for F&B operators to offer these options. Regulations, such as mandatory front-of-pack labelling and advertising prohibitions for beverages with high sugar and saturated fat content, help consumers identify healthier options and spur product reformulation. Similar measures will soon be extended to key contributors of sodium and saturated fat intake sold in the retail setting. These efforts are complemented with public education campaigns to promote healthier eating.
- b. Active lifestyles are encouraged through the physical activity programmes available for Singaporeans of all ages and fitness levels at workplaces and in the community.
- c. A multi-pronged approach to reduce smoking amongst Singaporeans has been adopted through a comprehensive mix of policy measures (such as increasing the Minimum Legal Age for smoking to 21, introducing Standardised Packaging for tobacco products and raising tobacco excise duties), preventive education, and provision of cessation support. It is our long-term goal to reduce smoking prevalence to as low as possible.

4 Adopting a life-course approach to improve the health of the population: Our three national programmes are tailored to meet the specific needs of different population segments.

- a. Grow Well SG inculcates healthy habits in children and adolescents through the support of their families, schools, healthcare institutions and community. Children today face health risks from sedentary lifestyles with excessive screen time, insufficient physical activity, poor nutrition and inadequate sleep. Addressing these factors will help to reduce the risk of poor health and development in children, and build healthy habits in children that will persist into adulthood, bringing long-term health benefits.
- b. Healthier SG empowers Singapore residents to take preventive actions for better health. The enrolment programme anchors the care of those aged 40 years and above with their selected primary care doctor to obtain tailored, continuous and comprehensive care, including holistic preventive care provision. Enrolees who develop a personalised health plan with their Healthier SG doctor receives guidance through annual Health Plan check-ins which address both preventive care components (screenings and vaccinations) and care of their chronic conditions (*Refer to written statement on 'Primary healthcare'*).
- c. Age Well SG supports our seniors to age actively, stay socially connected, and be cared for within their communities across the areas of housing, transport, active ageing, and care services. (*Refer to written statement on 'Active Ageing'*)

5 Supporting early detection of NCDs: Early detection of disease is a key part of reduction of disease burden, as it facilitates early management of disease and avoidance of future complications. Under Healthier SG Screening, eligible residents can access subsidised screening tests appropriate for their age and gender. To support Healthier SG Screening, we continue to develop evidence-based screening guidelines applicable to our local context.

6 Singapore is committed to work with WHO and member states on this front to achieve global progress towards the reduction of disease burden from NCDs.