

Republic of Singapore

Provisional agenda item

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

Provisional agenda item

12.2 Mental Health

Written Statement

1. Singapore agrees that we need to urgently address the disease burden of non-communicable diseases (NCDs) and promote mental health.
2. For NCDs, our efforts range from public education to voluntary and regulatory measures to encourage healthier lifestyles, and increasing access to preventive and primary care services.
3. To address modifiable risk factors, we encourage healthier diets, active lifestyles and tobacco control by:
 - a. Making healthier food and beverage (F&B) options accessible through support for manufacturers and suppliers to develop healthier ingredients, and for F&B operators to offer these options. Regulations (e.g. mandatory front-of-pack labelling, advertising prohibitions for beverages with high sugar and saturated fat), help consumers identify healthier options and spur product reformulation. Similar measures will be extended to key contributors of sodium and saturated fat intake sold in the retail setting.
 - b. Providing physical activity programmes at workplaces and in the community.
 - c. Adopting a multi-pronged approach to reduce smoking (increasing the Minimum Legal Age to 21, introducing Standardised Packaging, raising tobacco excise duties, preventive education, and cessation support).
4. We also take a life-course approach to improve the health of our population:
 - a. Grow Well SG addresses health risks that children face from excessive screen time, insufficient physical activity and sleep, and poor nutrition. It aims to enhance preventive care and encourage adoption of healthy habits from young through the support of families, schools, healthcare institutions and community.

- b. Healthier SG empowers Singapore residents to take preventive actions for better health. Healthier SG, which is targeted at for Singapore residents 40 years and above, aims to anchor care with at their primary care doctor who works with the enrollee to develop a personalised health plan for them. Healthier SG also supports early detection of NCDs by providing access to subsidised screenings that are age- and gender-appropriate.
- c. Age Well SG supports our seniors to age actively, stay socially connected, and be cared for within their communities.

5. For mental health, our National Mental Health and Well-being Strategy is guided by a Tiered Care Model that organises mental health services into four tiers based on severity of needs and intensity of interventions required. This improves care access, facilitates interventions and care provision, while avoiding medicalisation of mental health needs.

6. The Strategy is advanced via four areas:

- a. Expanding capacity of mental health services across primary, community, acute and long-term care settings.
- b. Enhancing capabilities of service providers for early identification and intervention, including professionals and lay members of the community across various settings and care tiers. We developed a National Mental Health Competency Training Framework which provides guidance on the skillsets required to deliver care to individuals with varying intensities of mental health needs.
- c. Promoting mental health and well-being, improving mental health literacy and building mental resilience from young through public educational campaigns and initiatives, in partnership with schools and parents.
- d. Improving workplace mental health and well-being, for example through the Tripartite Advisory for Mental Health and Well-being at Workplaces which provides practical recommendations for employers to support employee well-being.

7. Singapore remains committed to working with WHO and member states to share our experiences and contribute to global efforts in NCDs and mental health. Thank you.

(531 words)