

WHO 79th World Health Assembly (WHA79)

Agenda item 15.1

Strengthening rehabilitation in health systems

Maternal, infant and young child nutrition

Written Statement

1. Singapore welcomes the continued emphasis on rehabilitation, and commends WHO's progress in realising the implementation plan on maternal, infant and young child nutrition.
2. As populations age and survival from acute illness improves, health systems must place greater weight on function and independence. Rehabilitation is therefore a core system capability.
3. In Singapore, our approach has been to strengthen rehabilitation through system integration. The National One-Rehabilitation Framework ("One Rehab") provides a common language among healthcare professionals in the acute, community and primary care settings. It aligns rehabilitation pathways, outcome measures, and allows data sharing across settings.
4. A key feature of One Rehab is the use of harmonised clinical outcomes across providers for selected conditions at the outset. This supports person-centred goal setting, better coordinated care transitions, while enabling monitoring of rehabilitation effectiveness. Singapore's experience also highlights the need for sustained clinical engagement, appropriate training, and proportional data demands to avoid administrative burden or narrowing clinical focus.
5. One Rehab also supports timely and more proactive rehabilitation through clear rehabilitation pathways and shared care plans, strengthening links with community and home-based services.
6. Singapore welcomes WHO's work to advance global rehabilitation indicators and supports a phased approach. The initial priority is to establish a robust global baseline before target-setting. Indicators should encompass both service coverage and functional outcomes meaningful to patients. Timelines for global reporting should remain pragmatic.
7. On maternal, infant and young child nutrition, we have been working on various interventions.

8. Gestational diabetes is a risk factor for pregnancy-related complications, childhood obesity and diabetes in the mother and child. To improve identification and management of women with gestational diabetes, we have updated our care guidelines, and expanded educational resources to empower expectant parents to better manage diabetes during pregnancy.

9. We have expanded breastfeeding and lactation support services in primary care settings to promote exclusive breastfeeding in the first six months of life. Singapore also published our first set of Guidelines for Eating and Feeding in Infants and Young Children up to two years. These provide healthcare professionals, parents and caregivers with evidence-based recommendations to cultivate healthy eating habits from infancy.

10. In January 2025, Singapore launched Grow Well SG, a national health promotion strategy aimed to enhance preventive care and inculcate healthy habits in children from an early age. As part of the school health screening, children aged 4 to 11 receive personalised health plans with lifestyle prescriptions to encourage healthier habits. Online resources are available to support families in fostering a healthier home environment.

11. To enhance nutritional support in schools, we updated the guidelines for our Healthy Meals in Schools Programme to reflect the latest nutritional recommendations for sodium and Nutri-Grade for sugar-sweetened beverages. In the wider community, there are other efforts to make healthier food and beverage options accessible through support for manufacturers and suppliers to develop healthier ingredients, and for operators to offer these options.

12. Through these measures, we aim to create supportive home and school environments that positively influence children's dietary habits and establish healthy habits as foundations for lifelong health.

13. Singapore remains committed to sharing practical lessons from our experiences, and to work with WHO and Member States on both areas.

(534 words)