

SINGAPORE GATEWAY EVENT

TO THE 18TH WORLD CONFERENCE
ON HEALTH PROMOTION AND HEALTH EDUCATION

23RD APRIL 2004 • ORCHARD HOTEL • SINGAPORE



Chapter of Public Health
& Occupational Physicians
Academy of Medicine, Singapore



NUS
National University
of Singapore

**Recent Advances in
Health Promotion in Singapore**

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WELCOME MESSAGE

It gives me great pleasure to welcome you to the Singapore Gateway Event to the 18th World Conference on Health Promotion and Health Education.

The 18th World Conference on Health Promotion and Health Education, to be held in Melbourne, Australia, is auspice by the International Union for Health Promotion and Education (IUHPE) and supported by the World Health Organisation (WHO) and the World Bank. Several gateway events to the main conference in Australia would be conducted in several locations. Singapore is privileged to collaborate with these international bodies in providing the Singapore's perspective to this global conference.

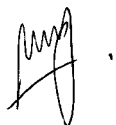
The Singapore Gateway Event is jointly organised by the Health Promotion Board; the Chapter of Public Health and Occupational Physicians, Academy of Medicine, Singapore; and the Department of Community, Occupational and Family Medicine, Faculty of Medicine, National University of Singapore.

The theme for the Singapore Gateway Event is "Recent Advances in Health Promotion in Singapore". Promoting the health of populations is a complex enterprise which has challenged policy makers, academics and practitioners from diverse disciplines across the globe over the past few decades. While the idea of health promotion is not new, its rise to prominence as an organised field is a fairly recent development. Globally, the launch of the World Health Organisation's Charter for Health Promotion in Ottawa, Canada, in 1986, was the most significant catalyst for growth. In Singapore, the formation of the Health Promotion Board in April 2001 served this function. Recognising the broad and wide-ranging determinants of health, health promotion in Singapore has been positioned as a multi-disciplinary science so as to draw necessary insights from diverse disciplines.

It is this recognition of the myriad dimensions of health promotion that serves as the underpinning philosophy for the Organising Committee of the Singapore Gateway Event. A comprehensive scientific programme consisting of a keynote address by Dr David McQueen on "The critical importance of the 'evidence debate' for health promotion" and 5 plenary lectures covering different health promotion strategies in Singapore is being organised. In addition, the event has attracted a number of poster presentations in a variety of areas such as health screening, HIV/STD, mental health, men's/women's health, nutrition, smoking, SARS, workplace health and others. These papers attest to the diversity of research and practice in health promotion.

I am sure that all of us would benefit from the scientific programme of the Singapore Gateway Event. The event would also provide us with an opportunity to meet old friends, make new ones and exchange views. I hope that you will enjoy your visit and will also have an opportunity to discover the history, culture and lifestyle of multi-cultural Singapore.

I wish all delegates an enjoyable and fruitful event.



Dr Mabel Yap
Organiser
Organising Committee of Singapore Gateway Event



ORGANISING COMMITTEE

Chairperson

Dr Mabel Yap

Director, Research & Data Management Division, Health Promotion Board (HPB)

Co-chair

Mr Chan Siew Pang

Senior Research Executive, Research and Evaluation Department, HPB

Scientific Chairperson

Assoc Prof Wong Mee Lian

Community and Occupational Family Medicine, Medicine Faculty, National University of Singapore

Publicity Chairperson

Dr Veronica Tay

Associate Consultant, Resource Development Department, HPB

Social / Logistic Chairperson

Ms Foo Ling Li

Acting Head, Research and Evaluation Department, HPB

Secretariat Chairperson

Ms Low Ying Yee

Health Promotion Executive, Special Projects Department, HPB

Members:

Dr Andre Wan

Director, Health Regulation Department, Ministry of Health

Dr Hong Ching Ye

Acting Head, Special Projects Department, HPB

Ms Karen Cheong

Ms Teo Ching Ching

Ms Bina Low

Ms Ng Swee Ai

Ms Lina Isa Wong

Research Executives, Research & Evaluation Department, HPB

Ms Jeanne Mok

Health Promotion Executive, Corporate Affairs, HPB

Ms Choong Min Swee

Research Assistant, Research & Evaluation Department, HPB



INVITED SPEAKERS

Dr David McQueen

BA, MA, ScD.

David McQueen is a Senior Biomedical Research Scientist and Associate Director for Global Health Promotion at the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, USA. Prior to joining the Office of the Director he was Director of the Division of Adult and Community Health at NCCDPHP and Director of the Office of Surveillance and Analysis at (NCCDPHP). Prior to joining CDC he was Professor and Director of the Research Unit in Health and Behavioural Change at the University of Edinburgh, Scotland (1983-1992), and prior to that Associate Professor of Behavioural Sciences at the Johns Hopkins University School of Hygiene and Public Health in Baltimore. He has served as Director of WHO Collaborating Centres as well as a technical consultant with the World Bank.

Dr Lam Sian Lian

MBBS, MSc (Public Health), Fellow of Academy of Medicine, Singapore

Dr Lam Sian Lian is the Chief Executive Officer of the Health Promotion Board, Singapore. She is responsible for national health education, health promotion and disease prevention programmes. These include the National Healthy Lifestyle Programme, National Smoking Control Programme and the National Breast and Cervical Cancer Screening Programmes.

Dr Lam has vast experience in public health and has held various positions in the Ministry of Health namely, Director of Maternal and Child Health Service, Director of Community Health Services and Deputy Director of Medical Services (Health Promotion). She is actively involved in the postgraduate training of doctors.

She was Chairperson of the Committee for Family Medicine, Division of Graduate Medical Studies, National University of Singapore, and is currently a member of the Specialist Training Committee for Public Health Medicine.



Dr Khwaja Ismail Sudderuddin

BSc (Hons), MSc, DIC, PhD

Dr Sudderuddin is Director, National Resilience Division (NRD), Ministry of Information, Communications and the Arts (MITA). NRD's mission is to help build resilience in Singaporeans by strengthening their resolve and confidence through nation building programmes and by ensuring their preparedness in times of crisis by providing strategic support in information management.

During the SARS crisis, the NRD was the strategic arm of the Public Communication and Confidence sub-group and comprised members from all relevant ministries and agencies. The sub-group's role was to strategise, advise, coordinate, support and implement as necessary programmes relating to information management and psychological resilience.

Dr Sudderuddin has been involved in Media Relations and Research work, public campaigns and nation building programmes. He was trained in information management during his years in the civil service, and lectures on crisis infomanagement, and related topics. Prior to his appointment in MITA, he taught at the university for some 10 years.

Dr Shanta Christina Emmanuel

MBBS, MSc (Public Health), Fellow of Academy of Medicine, Singapore

Dr Shanta Emmanuel obtained her MBBS in 1969 in Singapore and then went on to obtain her Master of Science in Public Health from the Postgraduate Medical School of the National University of Singapore in 1973. She was elected a Fellow of the Academy of Medicine of Singapore in 1985

Currently, Dr Emmanuel is responsible for the leadership, direction and supervision of nine large one-stop family health centres (the NHG Polyclinics), which form the primary care arm of the large National Healthcare Group Health Cluster.

Previously a senior officer with the Ministry of Health (MOH), Dr Emmanuel's career spanned several appointments including the Director of Research and Epidemiology. Prior to her current appointment, she served as the Director of the Family Health Service at MOH, overseeing the 16 Government Polyclinics in Singapore.



A/P Wong Mee Lian

MBBS, MPH, Fellow of Academy of Medicine, Singapore

Dr Wong Mee Lian is an Associate Professor from the Department of Community, Occupational and Family Medicine, Faculty of Medicine, National University of Singapore. A public health physician by training, she teaches health education and health promotion to medical undergraduates and postgraduate doctors at the National University of Singapore. She received a SEAMEO-JASPER fellowship award in 1996 for her research on sustainable interventions to promote condom use and prevent sexually transmitted infections among sex workers in Singapore. Her current research interests include health promotion and behavioural change strategies for the prevention of sexually transmitted diseases and HIV/AIDS among sex workers, men and married women in Cambodia.

Ms Choo Lin

BA, LLB (Hons)

Ms Choo Lin is the Manager of the National Smoking Control Programme and AIDS Education Programme of the Health Promotion Board. She oversees the development, planning and implementation of the above programmes, which encompasses public education, provision of intervention services, as well as legislative and fiscal policies.

She has served with the Ministry of Health, Singapore, and thereafter the Health Promotion Board for more than 7 years and held portfolios in the area of medical disciplinary proceedings and public affairs before taking on professional health promotion. Since 1999, she has been involved in workplace health promotion, AIDS prevention education and smoking control programmes.

Over the last 2 years, she has overseen the implementation of various major initiatives under the National Smoking Control Programme, including the new graphic health warnings on cigarette packs and the mandatory counselling initiative for under-aged smoking offenders. She was also a member of the Singapore delegation to the Intergovernmental Negotiation Body Meetings of the Framework Convention on Tobacco Control and presented at the 12th World Conference on Tobacco Control or Health in Helsinki, Finland.

She graduated with a Bachelor of Arts from Monash University, Australia and holds a LLB (Hons) from the University of Buckingham, United Kingdom.



PROGRAMME

<u>Time</u>	<u>Programme</u>
7.45 am	Registration
9.00am	Arrival of Guest of Honour
9.05am	Opening Ceremony
9.25am	Opening Address by Guest of Honour
9.45am	Keynote Address: The Critical Importance of the 'Evidence Debate' for Health Promotion <i>Dr David McQueen</i> <i>Assistant Director for Global Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta, USA</i>
10.15am	Tea Break
10.45am	Plenary Session: Health Promotion Strategies in Singapore
10.50am	Overview of Health Promotion in Singapore <i>Dr Lam Sian Lian</i> <i>Chief Executive Officer, Health Promotion Board, Singapore</i>
11.15am	Communication Strategies for SARS outbreak in Singapore <i>Dr Khwaja Ismail Sudderuddin</i> <i>Director, National Resilience Division</i> <i>Ministry of Information, Communications and The Arts, Singapore</i>



- 11.40am **Health Promotion Strategies among Sex Workers in Singapore**
Associate Professor Wong Mee Lian
Department of Community, Occupational and Family Medicine, Faculty of Medicine, National University of Singapore
- 12.05pm **National Smoking Control Programme**
Ms Choo Lin
Programme Manager, National Smoking Control Programme, Health Promotion Board, Singapore
- 12.30pm **Health Promotion in Primary Health Care**
Setting:
The NHGP (National Healthcare group Polyclinics)'s Experience
Dr Shanta Emmanuel
Chief Executive Officer, National Healthcare Group Polyclinics, Singapore
- 12.55pm **Lunch**
- 2.00 pm **Poster Presentation**
Studies related to health promotion (SARS, Nutrition, Mental Health, Men & Women's Health, STD/ HIV, Workplace Health and School Health) will be presented.
Or Optional Tour to HealthZone
- 5.00 pm **Closure of the Events**



ACCREDITATION

The Singapore Gateway Event is accredited by:

- Singapore Dental Council (SDC) for 4 CDE points
- Singapore Nursing Council (SNC) for 4 CNE points
- Singapore Nutritionists & Dieticians Association (SNDA) for 1 CE point
- Singapore Medical Council for 2 CME points (Core for Public Health)



EVENT VENUE

Orchard Hotel Singapore |★★★★|

442 Orchard Road

Singapore 238879

Contact details:

Telephone: (65) 6734 7766

Fax: (65) 6733 5482

Website: www.orchardhotel.com.sg

Hotel description:

Offering cosmopolitan elegance and comfort on the world famous Orchard Road, the Orchard Hotel Singapore is ideally located for endless shopping and entertainment opportunities and close to the Central Finance District, banks and embassies. It is the perfect place to conduct business, entertain or simply relax.

Room rates:

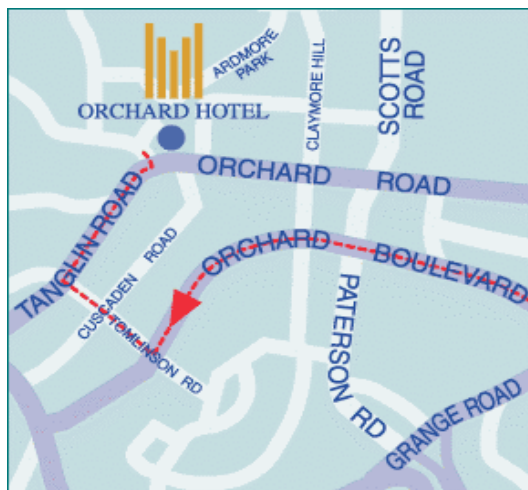
Single: S\$150+++ with breakfast, Twin: S\$165+++ with breakfast

Nearest Mass Rapid Transit (MRT) station:

Orchard MRT station (5-minutes walk)

Distance to Singapore Changi Airport:

30-minutes drive



OPTIONAL TOUR

Visit to HealthZone (Optional)

HealthZone is the region's first and Singapore's only healthy lifestyle exhibition centre. It aims to equip visitors with tips and skills to practise good health habits for life. The main highlights of HealthZone include a permanent health exhibition, a mini-theatre, a Campaign Corner and 4 Health Studios or multi-media classrooms.



HealthZone's exhibition area covers 9 themes: (1) exercise and fitness, (2) diet and nutrition, (3) smoking and drug abuse, (4) dental health, (5) eye care, (6) puberty, (7) elderly health, (8) mental health and (9) lifestyle and diseases.

Various FunAbout Health activities such as balloon sculpturing, magic show, story telling and others are held throughout the year at the mini-theatre to facilitate learning about health-related matters in a fun and exciting manner.



The Campaign Corner showcases various health promotion campaigns conducted by the Health Promotion Board.

Interesting and fun health education workshops are conducted at the Health Studios. The workshops provide a unique learning experience which emphasizes the acquisition of practical health-promoting skills for both the young and the old.

Learning about healthy living has never been as fun and entertaining!

** Entrance fee to HealthZone is waived.*

** Transport will be provided from Orchard Hotel to HealthZone.*



PRE- AND POST-EVENT TOURS

Singapore and the neighbouring countries offer innumerable opportunities for all sorts of cultural and recreational activities. There exist organised tours as well as many options for such leisure activities. Some suggestions are given below:

Morning City Orientation Tour (Code: SGE.A) **[0900-1230 hrs] - S\$30.00**

Come on this trail and discover the history, culture and lifestyle of multi-racial Singapore. Stroll along the colourful streets of Little India and be dazzled by the hive of activities that permeates every nook and cranny of the area. Then visit the Esplanade, the latest theatre attraction located at Marina Bay. Drive past the Financial District to Chinatown, a place where many of our immigrant forefathers set up home. Patronise the varied and unique shops and visit the oldest Hindu Temple in Singapore, the magnificent Sri Mariamman Temple. The last stop is the Singapore Botanic Gardens, the "green lung" of the city centre, and experience the calm and serenity of this 52 hectare garden. Located within the grounds of the park is the National Orchid Garden, where you can marvel at the wide varieties and colours of orchids on display.



Sunset Sentosa Island Tour (Code: SGE.B) **[1600-2000 hrs] - S\$53.00**

Weary urbanities wanting to escape the hectic city life can discover a plethora of activities and attractions across Sentosa's signature causeway bridge. Your coach ride will first take you pass the Container Port of Singapore, one of the busiest in the world. Attractions on the island include the Underwater World, Asia's largest aquarium, Images of Singapore (Wax-Museum) to revisit with the pioneers of Singapore and the Surrender Chamber depicting events in Singapore during the World War II. Also included is a scenic Monorail Ride. This is followed by a visit to the Musical Fountain for the Magical Sentosa Show – a new laser, water and pyrotechnic extravaganza!



Morning Bird Park Tour (Code: SGE.C) **[0900-1230 hrs] - S\$38.00**

Our route takes us along Keppel Harbour, part of the world's busiest port and the Jurong Industrial Estate, Singapore's economic showpiece. At the Jurong BirdPark, you will find hundreds of exotic birds flitting happily about their daily lives. There are 8,000 birds from more than 600 species gathered in this beautiful 20-hectare hillside haven. Visit the world's largest walk-in aviary and view what is said to be the world's largest man-made waterfall. Also included is a highly entertaining 25-minute Bird Show.



Night Safari Tour (Code: SGE.D)
[1830-2200 hrs] - S\$45.00

When nightfall begins, your journey to an entirely unique experience begins at Night Safari. Here, you will catch a glimpse of nocturnal animals at their most active and natural behaviour. Explore the 8 geographical regions namely: Indian Subcontinent, Himalayan Foothills, Equatorial Africa, Asian Riverine Forest, Nepalese River Valley, South American Pampas, Burmese Hillside and Indo Malayan Region. Relax and know more about animal life and nature as you take a 45-minute tram ride with a live commentary, breezing through the evening fresh air. Award-winning Night Safari is considered the first and one of the most beautiful in the world, housing 1,200 animals from 110 exotic species, of which 75% are considered endangered.



Morning Johore Bahru Tour (Code: SGE.E)
[0800-1230 hrs] - S\$32.00

Enjoy a trip to Johore Bahru, capital of the State of Johore, Malaysia, which is linked to Singapore by a Causeway. The state has a population of approximately 1.7 million and Johore Bahru is the second largest city south of Kuala Lumpur. Across the Causeway, visit the Royal Abu Bakar Mosque. Then drive along Lido Beach to Craft Town to observe batik painting for wall pictures and sarongs. This is followed by a visit to a Malay cemetery and the exterior of the Royal Mausoleum to learn about Muslim culture and burial rites. You will then proceed with a drive through the city centre before making your way back across the Causeway.



Malacca Tour (Code: SGE.F)
[0800-2100 hrs] - S\$80.00

Malacca is the seat of the 15th century Malay Sultanate that was colonised by the Portuguese, Dutch and British conquerors who sought to control the whole region and the lucrative spice trade. Malacca is a quiet town but history abounds. Walk the streets where Malay folk heroes such as Hang Tuah once did around 1400 A.D. Visit historical sites such as St Paul's Hill, where St Francis Xavier preached three centuries ago; Chen Hoon Teng, the oldest Chinese Temple in Malaysia and Porta De Santiago, the Portuguese fortress; passing rubber, palm oil and coconut plantations on your drive to Malacca and stop at a pewter factory to see how pewter is transformed into useful decorative objects. Buffet lunch in Malacca is included. The estimated travelling time from Johore Bahru to Malacca is 4 hours.



** For Malaysia tours, delegates/accompanying persons should have the necessary visa required for certain passport holders. For more information, please contact Ms Alexandria Chan at alexandriachan@foodnutrition.com.sg*

General Information About Singapore

Singapore is a vibrant metropolis where about 4 million Chinese, Malays, Indians and Eurasians live and work side-by-side. Visitors call it "*Surprising Singapore*", "*Garden City*" and even "*Instant Asia*." All these descriptions are true.

Singapore has a truly international atmosphere with the warmth and friendliness of Asia. It is small - just under 640 square kilometres. Yet within this space are all the attractions a visitor could wish to find. From theme attractions to nature parks, from offshore islands to landmarks, museums and places of worship, Singapore is a destination that cannot wait to be discovered.

Travellers' Essentials:

Language

There are 4 official languages in Singapore: Malay, Mandarin, Tamil and English. English is the language of business and administration, and is widely spoken and understood. Most Singaporeans are bilingual, and speak their mother tongue as well as English. Malay is the national language.

Getting Around

Singapore is serviced by more than 60 major international airlines. With the new Changi Airport Mass Rapid Transit (MRT) station, visitors can travel conveniently to and from the airport to destinations all over the island. Taxis are also abundantly available from the airport to the city centre. There is a surcharge for all taxi journeys commencing from the airport and for after-midnight rides. The rates are displayed in each taxi. Public buses also ply the airport route and visitors may catch one to town from the underground bus station at the Arrival Hall. Singapore's efficient transport system – bus, taxi and MRT – ensures that visitors can get to any destination within the island with minimum fuss and maximum ease.

Airport Tax

A Passenger Service Charge of S\$21 should be incorporated in the air ticket. If this has not been done, you can buy the airport tax coupon in advance at most hotels, travel agencies and airline offices. Passengers who are in transit for less than 24 hours may leave the airport without having to pay the service charge upon departure from Singapore.



Visa and Entry Facilities

A valid passport or international travel document is required for all visitors. Visas are not generally required for social visits of fewer than 14 days, and visitors arriving as tourists are given a 14-day social visit pass on arrival. If you want to stay longer, you may apply to the Immigration Department after your arrival.

Entry visas are required for visitors from Afghanistan, Algeria, Cambodia, India, Iraq, Jordan, Laos, Lebanon, Libya, the People's Republic of China, the Russian

Federation, Syria, Tunisia Vietnam and Yemen. Visa-free entry is available to citizens of Australia, Bangladesh, Brunei, Canada, Hong Kong, Malaysia, the Netherlands, New Zealand, Sri Lanka, Switzerland, the United Kingdom and the United States of America. As regulations may change from time to time, check with your nearest Singapore Embassy or Singapore Tourist Promotion Board office before departure.

ASEAN Visa-free Facility

Citizens of the ASEAN countries holding valid passports can visit Malaysia and Thailand for 14 days without a visa. The Philippines only requires a visa for a stay exceeding 21 days. Indonesia offers two months visa-free entry for tourists, provided they have an onward ticket and use designated ports of entry and exit.

Currency

The local currency is Singapore dollars and cents. Other than the Singapore dollar, the United States and Australian dollars, Japanese yen and British pound are also accepted in most shopping centres and big departmental stores.

Money Changers

Banks and hotels can change money and most shopping complexes have a licensed money changer. Visitors are advised not to change money with an unlicensed operator. Most banks open from 9.30 am to 3.00 pm on weekdays and 9.30 am to 11.30 am on Saturdays.



Credit/Charge Cards

Major credit cards are widely accepted in Singapore. Hotels, retailers, restaurants, travel agents and even a taxi company readily accept international credit cards. For more information, you can contact the local office of the credit card operators at the following numbers:

American Express	Tel: 6299 8133
Diners Card	Tel: 6294 4222
Master Card	Tel: 6533 2888
Visa Card	Tel: 1-800-3451345 (Service Centre)

Medical Facilities

Singapore's medical facilities are among the finest in the world, with well-qualified doctors and dentists. Pharmaceuticals are available from numerous outlets including supermarkets, department stores, shopping centres and hotels. Most hotels have their own doctors on 24-hour call. For an ambulance, dial 995.

Post Office/Telecoms

Most hotels provide postal services at the front desk. The Changi Airport Post Office is open from 8.00 am to 8.00 pm daily from Monday to Saturday. Basic postal services are available round the clock at the General Post Office and the Comcentre branch.

International Direct Dialling (IDD) is available at the General Post Office and the Comcentre. IDD calls can also be made from the numerous phone card and credit card phones located at post offices and around the city area. Phone cards come in five denominations of S\$2, S\$5, S\$10, S\$20 and S\$50 and are sold at Singapore Telecom service outlets, post offices, convenience stores and some retail shops. A 20% levy is normally imposed on IDD calls made from hotels.

Electricity

Singapore's voltage is 220-240 volts AC, 50 cycles per second. Most hotels can provide visitors with a transformer, which can convert the voltage to 110-120 volts AC, 60 cycles per second. The power plugs used in Singapore are of the 3-pin, square-shaped type.

Drinking Water

Singapore water is clean and safe to drink from the tap, and need not be boiled.



Smoking

Smoking in public buses, taxis, lifts, theatres, cinemas, government offices and air-conditioned restaurants and shopping centres is against the law. First-time offenders may be fined up to a maximum of S\$1,000. While it is an offence to smoke in air-conditioned eating places, smoking is not prohibited in air-conditioned pubs, discos, karaoke bars and nightspots.

Tipping

Tipping is not a way of life in Singapore. It is prohibited at the airport and discouraged in hotels and restaurants where there is a 10% service charge.

Weather

Singapore has a warm and humid climate throughout the year with a daily average temperature range of 24oC to 32oC. Rain falls throughout the year, with more consistent rain coming during the monsoon season from November to January. Showers are usually sudden and heavy, but also brief and refreshing.

What to Wear

Singapore's tropical weather makes light summer clothing (preferably of natural fabrics) most practical, especially for outdoor activities like sightseeing. Most restaurants and nightspots are not restrictive on the dress code - polo shirts, t-shirts, jeans, slacks, blouses, skirts, sun dresses and sneakers are acceptable at most places. Although some establishments require formal wear for the evening, suits and evening dresses will never be out of place in Singapore's trendy nightspots. It is always advisable to check beforehand on dress regulations, if any.

For more on Singapore, please visit:

<http://www.visitsingapore.com>



ACCOMODATION

Name of Hotel	Hotel Description	Room Rates	Nearest Mass Rapid Transit (MRT) station	Distance to Singapore Changi Airport
<p>Meritus Negara Singapore ★★★★★ 10 Claymore Road Singapore 223950</p> <p>Tel: 65 6737 0811 Fax: 65 6737 9075</p> <p>Website: www.meritus-hotels.com</p>	<p>The 21-storey Meritus Negara Singapore brings afresh meaning to the concept of "home away from home". It combines everything that the discerning traveller needs; a strategic location (just a minute's walk to the heart of Orchard Road); excellent facilities; and warm, refined service, making it the superb choice in Singapore, for business and leisure.</p>	<p>Single: S\$170+++ with breakfast, Twin: S\$185+++ with breakfast</p>	<p>Orchard MRT station (8-minutes walk)</p>	<p>30-minutes drive</p>
<p>Royal Plaza Hotel on Scotts ★★★★★ 25 Scotts Road Singapore 228220</p> <p>Tel: 65 6737 7966 Fax: 65 6737 6646</p> <p>Website: www.royalplaza.com.sg</p>	<p>The Royal Plaza Hotel on Scotts is strategically located in the heart of Singapore's premier fashion, entertainment, shopping and business district. The financial hub and all tourist attractions are within easy access.</p>	<p>Single/Twin: S\$159+++ (room only), with breakfast S\$177+++</p>	<p>Orchard MRT station (3-minutes walk)</p>	<p>30-minutes drive</p>
<p>Concorde Hotel Singapore ★★★★★ 317 Outram Road Singapore 169075</p> <p>Tel: 65 6733 0188 Fax: 65 6733 2514</p> <p>Website: www.concorde.net</p>	<p>Set in a more tranquil part of the city, the hotel lies conveniently within major business points - Shenton Way's financial hub, World Trade Centre and Jurong Industrial zone. Orchard Road shopping strip and some of the island's hottest nightspots and restaurants are just around the corner.</p>	<p>Single/Twin: S\$125+++ (room only), with breakfast S\$143+++</p>	<p>Outram Park station (5-minutes drive)</p>	<p>25-minutes drive</p>
<p>Copthorne Orchid Hotel ★★★★★ 214 Dunearn Road Singapore 299526</p> <p>Tel: 65 6250 3322 Fax: 65 6250 9292</p> <p>Website: www.copthorne.com.sg</p>	<p>Copthorne is one of the most established names in international hospitality. It is 10 minutes away from Orchard Road, the area renowned for great shopping and entertainment.</p>	<p>Single: S\$110+++ with breakfast, Twin: S\$125+++ with breakfast</p>	<p>Outram Park station (5-minutes drive)</p>	<p>25-minutes drive</p>

Name of Hotel	Hotel Description	Room Rates	Nearest Mass Rapid Transit (MRT) station	Distance to Singapore Changi Airport
Orchard Parade Hotel Singapore ★★★★ 1 Tanglin Road Singapore 247905 Tel: 65 6737 1133 Fax: 65 6733 0242 Website: www.orchardparade.com.sg	Set in the gateway of Singapore's famed shopping and entertainment hub, Orchard Road, an oasis of surprises awaits you at the Orchard Parade Hotel Singapore. Whether it's business or travel, Orchard Parade Hotel offers every individual the well-deserved break that he/she is searching for. Relax at the rooftop pool, or work up a sweat at the gymnasium.	Single/Twin: S\$148+++ (room only), with breakfast S\$163+++	Orchard MRT station (5-minutes walk)	30-minutes drive
Traders Hotel Singapore ★★★★ 1A Cuscaden Road Singapore 249716 Tel: 65 6738 2222 Fax: 65 6831 4314 Website: www.shangri-la.com	Traders Hotel Singapore is located in the fashionable area of Orchard Spring, just a 5-minute stroll to the main shopping and entertainment district on Orchard Road. It offers a subtle blend of western comfort and Shangri-La hospitality with genuine value for money.	Single/Twin: S\$165+++ (room only), with breakfast S\$180+++	Orchard MRT station (5-minutes walk)	30-minutes drive
RELC International Hotel ★★★ 30 Orange Grove Road Singapore 258352 Tel: 65 6885 7888 Fax: 65 6733 9976 Website: www.hotel-web.com	RELC International Hotel is located near Orchard Road, Singapore's busiest and most popular shopping belt, and has supporting amenities like MRT lines, extensive bus network and taxis linking to all other attractions sprawled around tropical Singapore. A free shuttle bus service operates from the hotel to Orchard Road, Marina City and Clarke Quay.	Single/Twin: S\$70+(10%)+(GST) (room & breakfast)	Orchard MRT station (8-minutes walk)	30-minutes drive

For more information, please visit:
<http://www.visitsingapore.com>

REGISTRATION FORM

**Singapore Gateway Event to the 18th World Conference
on Health Promotion and Health Education:**

“Recent Advances in Health Promotion in Singapore”

23rd April 2004, Orchard Hotel, Singapore

REGISTRATION FORM

R1

Please complete Forms R1 and R2 as appropriate.

Deadline for registration: 1st April 2004.

Delegate’s Particulars (Complete in Block Letters)

Salutation (Prof/Dr/Mr/Ms) _____

Surname _____ Given name _____

Institution _____

Department _____

Mailing address _____

Telephone Office _____ Hand phone _____

Facsimile _____

Email _____

Registration Fees

<i>Gateway Event *</i>	Registration Fees (in Singapore dollars)	Please indicate with a (v)
Foreign delegate	US\$100.00	
Local delegate -Non-students -Students	S\$50.00 S\$25.00	

**Registration fee does not include post-event dinner or tours.*

Cancellation Policy

A refund of 50% of the registration fee will be made for any cancellation made on or before 1st April 2004. There will be no refund for any cancellation after 1st April 2004.



**HOTEL/POST-EVENT DINNER/TOUR RESERVATIONS
R2**

Hotel Reservation

A special seminar rate has been negotiated at the **Orchard Hotel Singapore** (conference venue) and other hotels in the vicinity. For contact information, click on http://www.hpb.gov.sg/gateway_event/

Hotels	Single	Double
Orchard Hotel Singapore	S\$150+++ (with breakfast)	S\$165+++ (with breakfast)
Concorde Hotel Singapore	S\$125+++ (room only) S\$143+++ (with breakfast)	S\$125+++ (room only) S\$143+++ (with breakfast)
Copthorne Orchid Hotel	S\$110+++ (with breakfast)	S\$125+++ (with breakfast)
Orchard Parade Hotel Singapore	S\$148+++ (room only) S\$163+++ (with breakfast)	S\$148+++ (room only) S\$163+++ (with breakfast)
RELC International Hotel	S\$70+10%+GST (with breakfast)	S\$70+10%+GST (with breakfast)
Royal Plaza Hotel on Scotts	S\$159+++ (room only) S\$177+++ (with breakfast)	S\$159+++ (room only) S\$177+++ (with breakfast)
Traders Hotel Singapore	S\$165+++ (room only) S\$180+++ (with breakfast)	S\$165+++ (room only) S\$180+++ (with breakfast)

Room Reservations

Hotel: _____

Total room nights**: _____

Single/double: _____ (with / without breakfast)

Non-smoking room: Yes / No



Flight Details

Arrival: Date Time Airline **Departure:** Date Time Airline

Charge credit card AmEx Visa Master Card Dinners Club

Credit card number: _____

Expiry date: _____

**** If there is no-show, one room night charge will be deducted from your credit card account.**

HPB HealthZone Tour, April 23, 2004, 1500 – 1700 hrs

The HealthZone Tour is only open to delegates registering for the main conference and is free of charge.

Yes, I would like to participate in the HPB HealthZone Tour.

Post Event Dinner (Optional)

Delegates are invited to attend a post-event dinner.

Venue for post-event dinner will be confirmed at a later date.

Tour Reservation

Tour reservations will be handled by the event organizer, Food & Nutrition Specialists Pte Ltd.

Tour/Cost Per Pax	Cost (S\$)	Code	Number of Persons	Name (s)
Morning City Orientation Tour (Singapore)	30.00/pax	SGE.A		
Sunset Sentosa Island Tour (Singapore)	53.00/pax	SGE.B		
Morning Bird Park Tour (Singapore)	38.00/pax	SGE.C		
Night Safari Tour (Singapore)	45.00/pax	SGE.D		
Morning Johore Bahru Tour (Malaysia)	32.00/pax	SGE.E		
Malacca Tour (Malaysia)	80.00/pax	SGE.F		
Reservation(s) to be made under the name of: _____				



Please send completed forms and payment in Singapore dollars by cheque/ bank draft/ Telegraph Transfer to:

Food & Nutrition Specialists Pte Ltd
1 Newton Road, Goldhill Plaza, Podium Block #03-43
Singapore 308899, Tel: (65) 6255 8023, Fax: (65) 6255 8067
Email: fdnuts@singnet.com.sg

Payment Terms

Foreign delegates: Bank draft / Telegraph Transfer
Local delegates: Cheque/ Bank draft / Telegraph Transfer

Bank Details

Account name: Food & Nutrition Specialists Pte Ltd
Account number: 028-003270-6
Bank address: DBS Bank, Balestier Branch
400 Balestier Road, #01-28/38, Balestier Plaza,
Singapore 329802

Total Amount

Registration fee: S\$ _____
Tour reservation: S\$ _____
Post-event dinner: S\$ _____
TOTAL: S\$ _____

Registration will be confirmed upon receipt of full payment.

