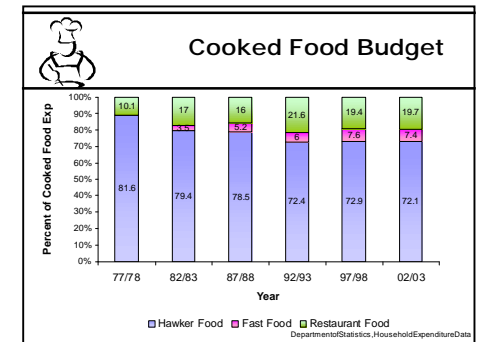
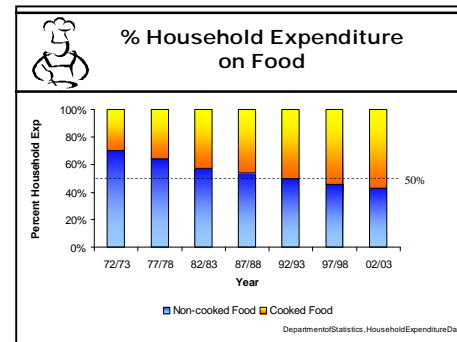
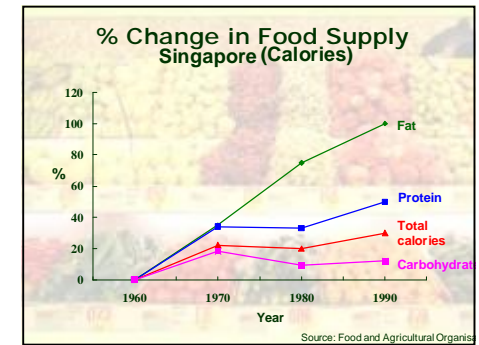
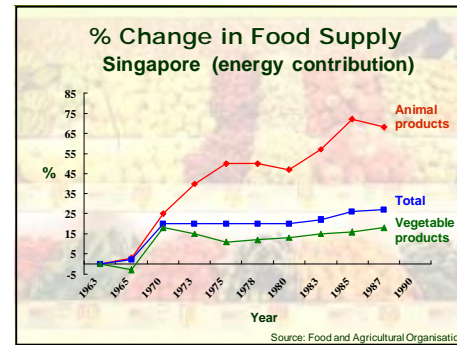


Content

- Introduction
 - Key disease & dietary patterns
- National Nutrition Survey 2004
 - Methodology
 - Key findings
- Follow up




Diet and Key Chronic Conditions

Key conditions	Energy balance	Fat & Chol	Fruit & Veg	Whole-grain	Salt	Sweet drinks	Alcohol
Obesity	U	U	U	U		U	U
Diabetes	U	U	U	U			
CHD	U	U	U	U			U
Cancers	U	U	U	U			U
Hypertension	U	U	U		U		U
Stroke					U		



- ### Objectives of NNS
- To provide information on population's dietary practices;
 - To determine adequacy of intakes of various food groups, energy and selected nutrients;
 - To examine trends in diet of Singaporeans

Methodology



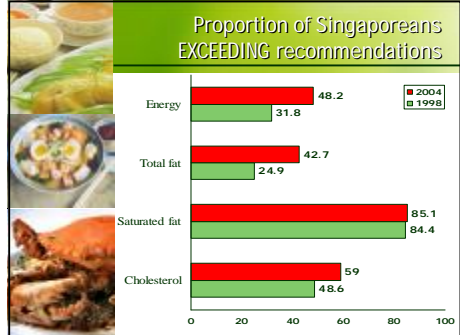
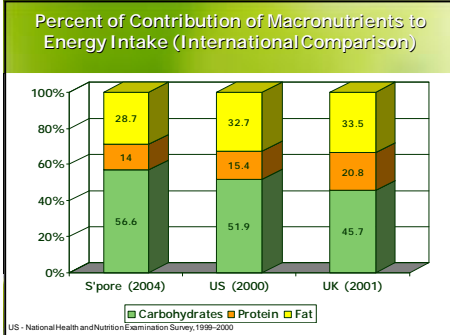
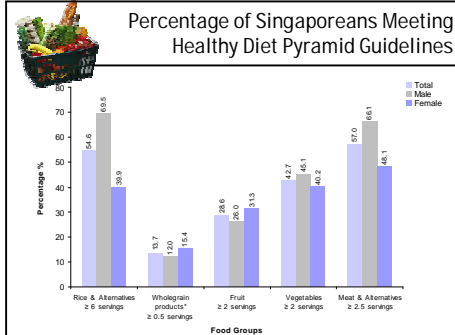
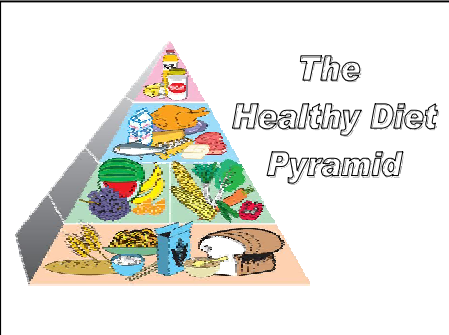
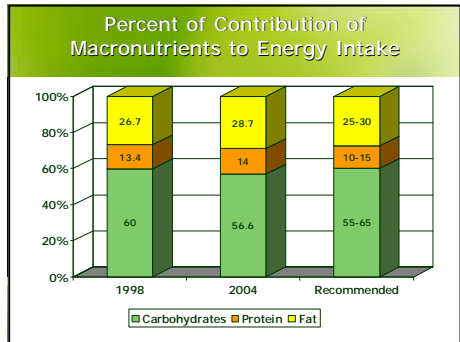
National Health Survey (N=4168)

- By Gender: Male 50% : Female 50%
- By Ethnicity: Chinese 60% : Malay 20% : Indian 20%
- By Age-gp: 25% 18-29

10% 60-74

Diet and Key Chronic Conditions

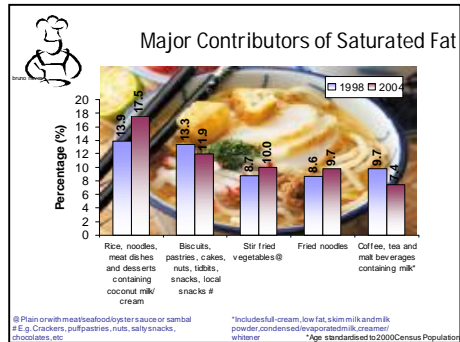
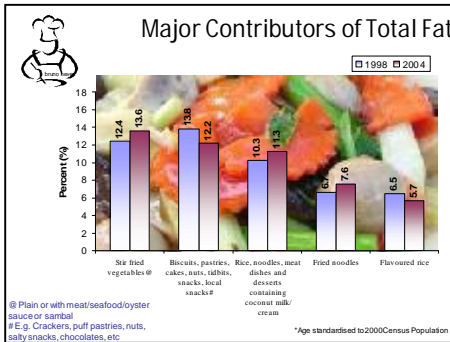
Key conditions	Energy balance	Fat & Chol	Fruit & Veg	Whole-grain	Salt	Sweet drinks	Alcohol
Obesity							
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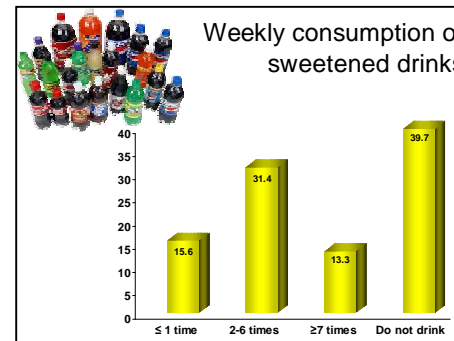
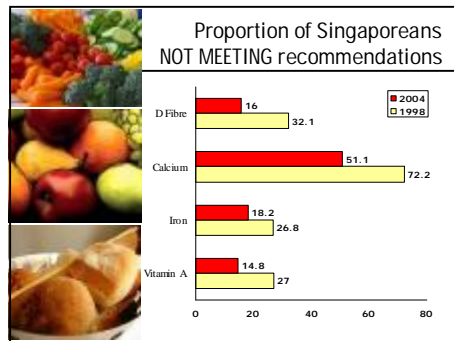
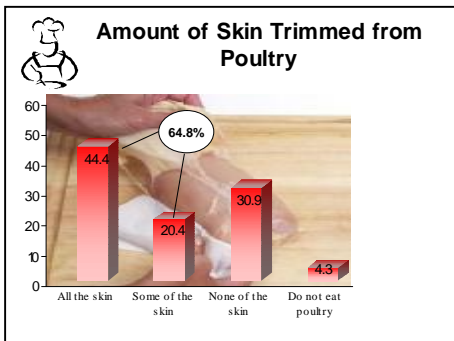
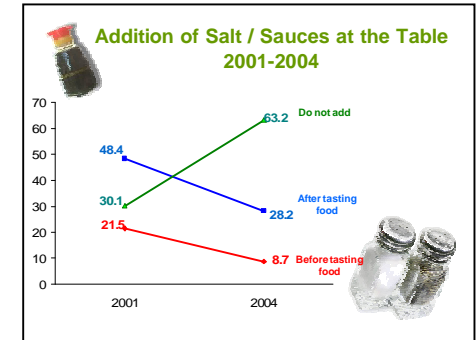
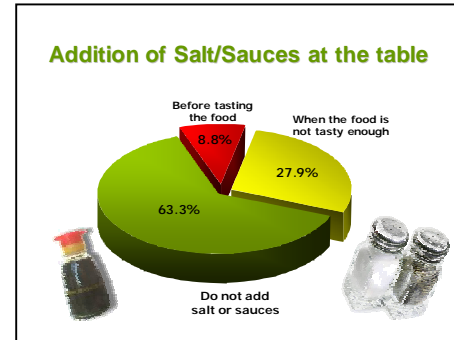
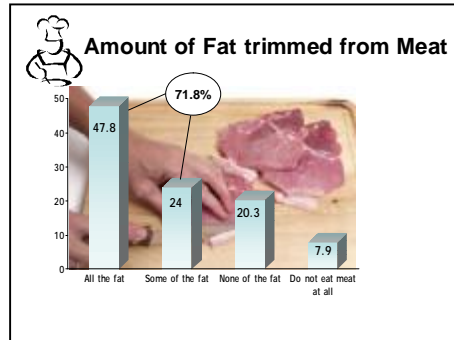
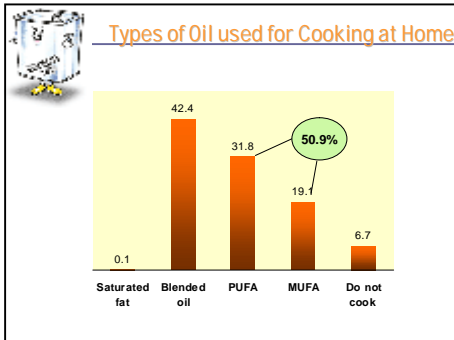
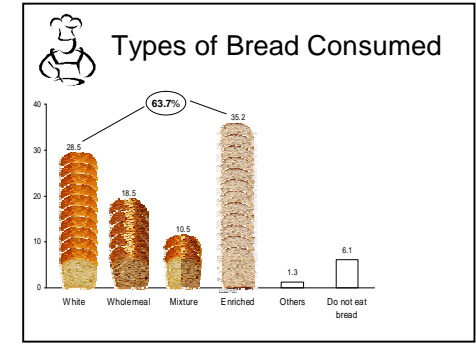
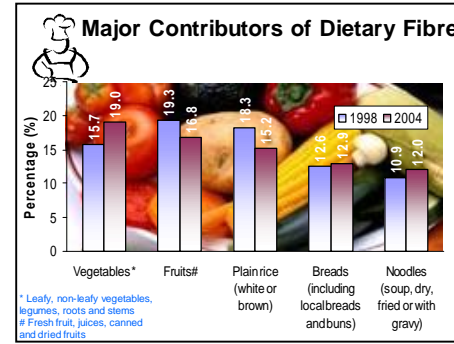
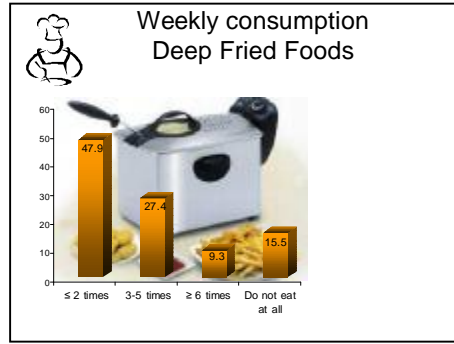
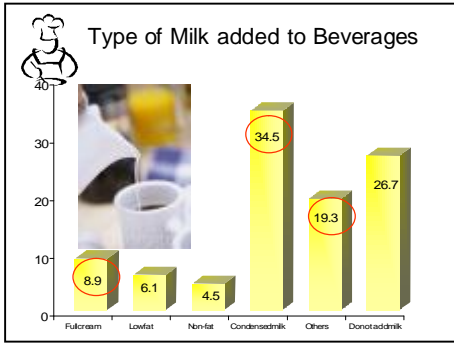


Proportion who met Dietary Guidelines for Fruit & Vegetables, Wholegrains

	1998 (%)	2004 (%)
2 servings of fruit	20.4	28.0
2 servings of vegetable	14.9	42.8
"2+2"	5.0	14.0
≥ 0.5 servings of wholegrains	8.4	13.3

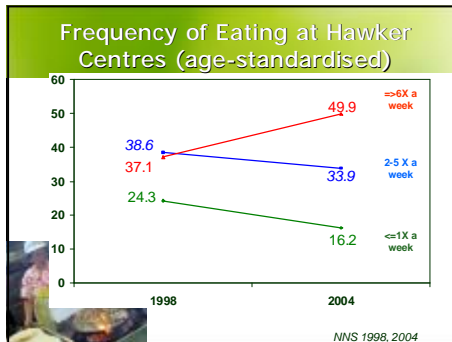
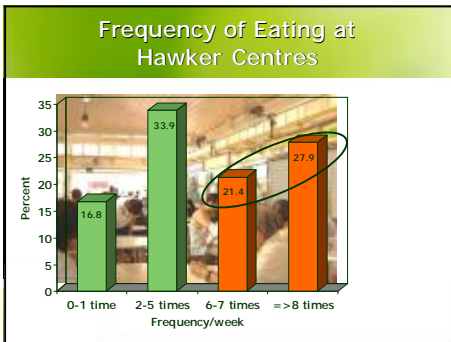
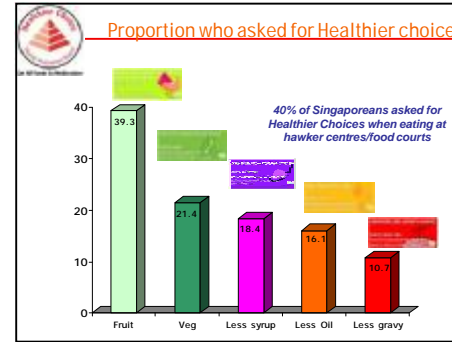
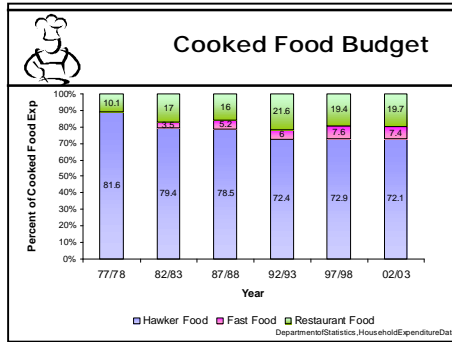
*Age standardised to 2000 Census Population







Eating Out



In Summary

- NNS data:
 - Identifies main dietary habits and intakes of Singaporeans;
 - Provides idea of trends;
 - Enables evaluation of programmes;
 - Identifies areas and high risk groups for programme planning and implementation.

Creating a conducive environment... Hawker centres "Ask for..." Programme



Thank You

Ms. Foo Ling Li & R&E staff
Mrs. Lisa Ooi & IIM staff
Dr Annie Ling & NP staff
Interviewers
Ministry of Health
NHG & SingHealth Polyclinics
All Survey Participants