

MANY PATHWAYS TO **A HEALTHY NATION**





MANY PATHWAYS TO A HEALTHY NATION

VISION

A nation of healthy people

MISSION

Empowering individuals to take ownership of their health through:

- Being a centre of excellence for health promotion, disease prevention and patient education
- Establishing, engaging and supporting local and international partnerships
- Being a people-centred organisation that inspires and enables our employees to realise their full potential

OUR VALUES

We live our core values as One HPB

People-Centricity

Care for people; inspire healthy living

Innovation

Dare to try; learn quickly

Excellence

Do our best; keep getting better

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CHAIRMAN'S MESSAGE

Shaping the landscape for a healthy nation

The past year has continued to be an exciting time for the Health Promotion Board (HPB) in bringing healthy living to Singaporeans. We have focused on providing even more opportunities for everyone to live healthily and have seen an increased uptake of our programmes. These programmes remain targeted at modifiable lifestyle risk factors such as unhealthy diets, sedentary lifestyles and smoking, but the approaches have continued to evolve. We are leveraging technology even further and introducing new ways to nudge Singaporeans to stay healthy.

In a study published in leading international medical journal, *The Lancet*, it is estimated that the average lifespan of Singapore's population will rise from 83.3 years in 2016 to 85.4 years by 2040, placing it third out of 195 countries. We will therefore need to support Singaporeans in living their life in good health, so that they not only live long but live well.

Transforming the pathways for healthy living

In our goal of influencing Singaporeans to adopt healthier behaviours and make healthier choices, there is no one-size-fits-all solution. Instead, a good understanding of lifestyles and health needs is important so that we can develop programmes that resonate with Singaporeans and encourage participation.

HPB's initiatives are multifaceted, providing many pathways for healthy living, cutting across age groups and settings, whether in the community, schools or workplaces. These include healthier eating options, easily available and accessible physical activities, and convenient health screening and follow-up checks.

With the objective of increasing the effectiveness of such health promotion efforts, we introduced

several firsts in 2018. A first of its kind technology-enabled longitudinal study on lifestyle behaviours, Health Insights Singapore, or hiSG, was launched and a moderate- to vigorous-intensity physical activity component was added to our National Steps Challenge™, to encourage higher-intensity workouts for better long-term health outcomes.

Enabling healthy living through technology

HPB embarked on hiSG as a population health study to gather novel insights into the lifestyle behaviours of Singaporeans with the use of wearable technology. In the first phase, the two-year study aims to analyse the inter-connectedness across the health and lifestyle data gathered from Singaporeans who have signed up to participate in the study. This will supplement findings from traditional data sources to enable the HPB to build a deeper understanding of Singaporeans' behavioural patterns, with the aim of personalising health promotion. We are excited about the limitless possibilities this study presents in helping us design nudges and health messages that can be tailored to individuals to support them, at a more personal level, to live healthily.

We also integrate technology and behavioural insights to better design and execute our programmes on a larger scale. The Healthy 365 mobile application, which has achieved 1.9 million downloads, was enhanced to increase the level of participation in programmes such as the Eat, Drink, Shop Healthy Challenge and the National Steps Challenge™.

Since its start in 2015, the National Steps Challenge™ for example, has established itself as an unprecedented nationwide movement to keep active. The number of sign-ups in the Challenge has grown steadily each year, from 156,000 in the first season, to 350,000 in the second, 690,000 in the third and now more than 800,000 in Season 4 as of April 2019. New components have also been included to sustain interest and cater to different fitness levels. In Season 4, an additional



PHILIP LEE
Chairman
Health Promotion Board

moderate- to vigorous-intensity physical activity component encourages those who are able to take on higher-intensity exercises to do so.

Being a forerunner in health promotion

The journey in shaping Singapore's health promotion landscape is a dynamic and evolving one. It pushes us to be at the forefront of health promotion work, to find ways to reach far and wide to every Singaporean. We are encouraged that our efforts so far have been met with strong support and participation.

Moving forward, we will intensify our focus on leveraging technology, and on introducing new and engaging initiatives to impact the health and wellbeing of Singaporeans.

PHILIP LEE
Chairman
Health Promotion Board

CEO'S MESSAGE

Integrating health into everyday life

The Health Promotion Board (HPB) is committed to building a nation of people that embraces healthy living as part of their daily life. Our programmes are created to meet the needs of people from different demographic profiles and preferences. With health as a personal choice, promotion efforts are geared towards nudging and incentivising Singaporeans to adopt a healthy lifestyle.

In 2018, HPB made good progress in building a health promoting environment in schools, community and workplaces where Singaporeans live, work and play. The success of these initiatives has been made possible with the invaluable support of our partners.

Extending our health promotion efforts

To inculcate healthy habits from a young age, HPB works with schools and pre-schools to implement programmes to help our young develop a healthy lifestyle. One way is through the Healthy Meals in Schools Programme and the Healthy Meals in Pre-schools Programme to ensure that students have access to healthier food and drinks in schools. All mainstream schools and 1,249 pre-schools in Singapore are on board the programme.

In order to encourage more Singaporeans to be physically active, HPB works with partners such as grassroots organisations, employers, shopping malls, as well as with other government agencies such as SportSG and National Parks Board to organise a wide range of free community exercise programmes. These sessions are held in public spaces, including atriums in office buildings and void decks in heartlands, to bring exercise programmes closer to home and hence make it easy for more Singaporeans to take up physical activities. In 2018, a total of 820 community spaces, including parks and malls, and more than 50 workplace clusters offered free workout sessions.

HPB has also been pushing for more Singaporeans to go for regular screening, to ensure that diseases such as diabetes and cancers can be detected and managed early. Under the Screen for Life programme, HPB works with public healthcare institutions and Community Health Assist Scheme general practitioner clinics, to offer health screening tests and post-screening follow-ups at subsidised rates. As at end-March 2019, about 67,000 individuals who are 40 years old and above have benefitted from the Screen for Life programme.

Teaming with industry partners to provide healthier options

HPB collaborates with food and beverage operators, coffee shops and stall owners in hawker centres to provide healthier dining options under the Healthier Dining Programme. The programme has expanded exponentially to include a total of 2,400 food and beverage operators, hawker centres and coffee shops, with more than 9,600 touchpoints and stalls island-wide as at the end of March 2019.

In July 2017, HPB introduced the Healthier Ingredient Development Scheme (HIDS) to encourage food manufacturers to innovate and develop a wider variety of healthier ingredients and products for consumers. Since then, regular networking sessions have been organised to link up our HIDS partners with the food and beverage operators to promote the uptake of healthier ingredients. By end-March 2019, there were 42 food ingredient suppliers on board.

Joining forces to promote healthier workplaces

HPB works with property developers and business associations to turn industrial estates, business parks and commercial precincts into Healthy Workplace Ecosystems. These ecosystems provide a conducive environment where shared amenities and services allow workers convenient access to healthy lifestyle programmes. Over the



ZEE YOONG KANG
Chief Executive Officer
Health Promotion Board

last four years, the number of Healthy Workplace Ecosystems has grown by 65% to more than 50 workplace clusters, benefitting over 358,000 workers who now have direct access to health programmes at their doorstep.

We also work with organisations to bring our health promotion programmes to hard-to-reach workers in the retail, food and beverage and cleaning sectors. In collaboration with hawker associations, HPB introduced the Health Chats @ Hawker Centres programme in June 2018 to provide food stall owners, market retailers and cleaners, with easy access to health initiatives at their workplace. The programme has since been rolled out at five hawker centres around Singapore.

Building a nation of healthy people

HPB will continue to create opportunities for every Singaporean to live healthily. We will continue to strengthen our collaboration with public and private sector partners as well as community organisations to leverage their expertise and networks, to enhance our health promotion programmes and extend our reach.

ZEE YOONG KANG
Chief Executive Officer
Health Promotion Board

BOARD OF DIRECTORS



01
MR PHILIP LEE
Chairman
Health Promotion Board

02
MRS QUEK BIN HWEE
Director (Independent Non-Executive)
The Hongkong and Shanghai Banking
Corporation Ltd

03
MR LIM TECK YIN
Chief Executive Officer
Sport Singapore

04
DR LIM KUO-YI
Managing Partner
Monk's Hill Ventures

05
PROF TAN CHORH CHUAN¹
Chief Health Scientist
Executive Director
Office for Healthcare Transformation
Ministry of Health



02



03



04



05



06



07

06
PROF CHIA KEE SENG
Professor
Saw Swee Hock School of Public Health
National University of Singapore

07
DR INTAN AZURA BTE MOKHTAR
Member of Parliament
Ang Mo Kio GRC

Assistant Professor
Design & Specialised Businesses Cluster
Singapore Institute of Technology

08
DR CHUA HONG CHOON¹
Deputy Group Chief Executive Officer
(Clinical)
National Healthcare Group

Chief Executive Officer
Institute of Mental Health

09
MR THALI KOATTIATH UDAIRAM¹
Group Chief Operating Officer
Sheares Healthcare Management
Pte Ltd

10
MS LOW YOKE KIEW
Zonal Director, Schools North and
Director, Leadership Development
Ministry of Education

11
MR TAY CHOON HONG¹
Deputy Chief Executive
National Youth Council

Senior Director (Youth), Youth Division
Ministry of Culture, Community and Youth



08



09



10



11

¹ Board member with effect from 1 April 2018

HPB
LEADERSHIP

01
MR ZEE YOONG KANG
Chief Executive Officer

02
MR MAURICE TAN
Deputy Chief Executive Officer
Programmes and Outreach
(with effect from 29 October 2018)

03
MR DENNIS SHEN
Deputy Chief Executive Officer
Policy and Technology
(with effect from 20 March 2019)

04
DR SHYAMALA THILAGARATNAM
Director
Regional Health and Community
Outreach Division
(till 31 August 2018)

Group Director
Outreach
(with effect from 1 September 2018)

05
MS JOANNA CHAN
Director
Obesity Prevention Management
Division
(till 31 August 2018)

Group Director
Programmes
(with effect from 1 September 2018)



01



02



03



04



05



06



07

06
DR ANNIE LING
Director
Policy, Research and Surveillance Division
(till 31 August 2018)

Group Director
Policy, Research and Surveillance
(with effect from 1 September 2018)

07
DR CHEW LING
Director
Insights, Innovation and Planning Division
(till 31 August 2018)

Group Director
Strategic Planning and Collaborations
(with effect from 1 September 2018)



08



09



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11

08
DR K VIJAYA
Director
Youth Preventive Services Division

09
MR GARY KHOO
Director
Preventive Health Programmes Division
(till 31 August 2018)

Director
Healthy Ageing Programmes Division
(with effect from 1 September 2018)

10
MR ALEX FUN
Director
School Health and Outreach Division

11
MR SIM BENG KHOON
Director
Workplace Health and Outreach Division
(till 31 August 2018)

Director
Preventive Health Programmes Division
(with effect from 1 September 2018)

HPB
LEADERSHIP

12
MR SIMON LIM
Director
Workplace Health and Outreach
Division
(with effect from 3 September 2018)



12

13
MS AUDREY TONG
Director
Corporate and Industry Partnerships
Division



13



14



15



16

14
MS DAWN LEE
Director
Corporate Marketing Division

15
MS MARISSA WONG
Director
Corporate Communications Division

16
MS MICHELLE LIM
Director
Finance and Administration Division

17
MS CHUNG MUI KEN
Chief Information Officer
Chief Information Officer's Office



17

18
MS LEK YIN YIN
Director
Human Resources and
Organisation Development Division



18



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19
MR HO JUAN SAN
Chief of HealthHub

20
MR FOO WEI YOUNG
Director
Tech-Enabled Healthy Population Division
(With effect from 15 March 2019) ¹

¹ Mr Scott Tan was the appointed Director for Tech-Enabled Healthy Population Division till 13 December 2018.

GIVING THE YOUNG A HEALTHY HEAD START



Nurturing a healthy generation involves the empowerment of parents, a supportive school environment and the provision of quality health programmes to inculcate healthy living habits in children. This will give our young the best foundation to live well and healthily into their adult years. The Health Promotion Board implements age-appropriate health promotion programmes to educate the young and encourage them to practise healthy habits.

NURTURING HEALTHY HABITS IN OUR YOUNG

The Health Promotion Board (HPB) reaches out to teachers and parents, and builds up the capacity of pre-schools to implement comprehensive health promoting initiatives for the young.

Early Nutrition

Through HPB's early nutrition programme, parents are provided with a wealth of information to guide them to make informed decisions on infant nutrition.

A key focus of the programme is to encourage and support mothers to breastfeed their infants, especially in the first six months after birth. HPB works with maternity hospitals to provide a baby-friendly environment conducive for mothers to learn and begin breastfeeding their babies.

In 2018, HPB launched a public education campaign to increase parents' knowledge of various weaning foods, including the nutritional sufficiency of cow's milk for infants one year after birth. HPB also partnered the People's Association (PA) to educate

over 5,000 families on appropriate weaning foods through PA's Embracing Parenthood community roadshows.

More than 20,000 nutritional guidebooks with in-depth practical tips on breastfeeding, weaning, choosing formula milk as well as healthy meal plans and recipes were distributed to maternity hospitals, outpatient clinics and polyclinics. Parents can also download a copy from the one-stop health portal, HealthHub.

A 2018 HPB survey showed that with these promotion efforts, 45% of mothers surveyed were aware that the appropriate age to introduce solid foods to their child is around 4 to 6 months, as compared to 20% in 2017.

Healthy Pre-school Framework

HPB's Healthy Pre-school framework provides a structured approach to support and empower pre-schools to develop a culture that promotes healthy living from young. Pre-schools are conducive learning environments for inculcating healthy habits which will set children on the right track to a healthy life.

The two-tiered accreditation framework incentivises pre-schools to strengthen their capacity to promote the adoption of healthy habits among children. The basic tier recognises pre-schools which have a supportive culture and environment for the adoption of healthy living



A facilitator sharing about healthier options with pre-schoolers.



Pre-schoolers participating in the fun and interactive Healthy Lifestyle Puppet Show, a complimentary workshop for Healthy Pre-schools Platinum accredited pre-schools.

habits among students, parents and staff. The platinum tier distinguishes pre-schools that have taken additional steps to put in place targeted interventions for students and capacity-building for teachers, parents and staff.

As of March 2019, 1,249 pre-schools were accredited as Healthy Pre-schools, with 365 certified as Basic Tier and 884 as Platinum Tier.

School Health Executive Programme

The School Health Executives play an important role in facilitating and extending HPB's expertise and resources to the pre-schools.

Through regular engagement, the School Health Executives can establish a better understanding of each pre-school's needs as well as provide appropriate support and assistance for their health promotion efforts. They are also able to monitor and evaluate the effectiveness of each health promotion programme and provide suggestions for improvements.

As of March 2019, 1,600 pre-schools have benefitted from the support of 16 School Health Executives.

Student Health Advisor Programme

Youths spend most of their formative years in schools, making the school environment an

important setting for imparting knowledge on healthy living and nurturing healthy habit formation.

Under the Student Health Advisor programme, certified nurses and allied health professionals are based in participating schools to provide health counselling to students. They offer students guidance on health promotion, lifestyle counselling, as well as early identification and intervention of high-risk behaviours such as smoking and health issues, which include obesity and chronic conditions. The support that the Student Health Advisors provide has helped to enhance the health and wellbeing of students as well as augment the efforts of the School Health Service.

As of March 2019, over 15,700 students from 58 participating schools were assisted by the Student Health Advisors. More than 8,300 students also attended talks on healthy eating, healthy lifestyles and stress management conducted by the Student Health Advisors.



A Student Health Advisor conducting a counselling session on healthy eating for students.

BUILDING A HEALTHY FOUNDATION FOR OUR YOUNG

Shaping the attitudes and habits of children towards healthy living during their school-going years can have a lasting impact as they mature into adulthood. The Health Promotion Board (HPB) has put in place several school-based programmes to strengthen the foundation for the young to lead a healthy lifestyle.

Healthy Meals in Pre-schools Programme

The Healthy Meals in Pre-schools Programme is designed to support pre-schools' efforts to shape food preferences of pre-schoolers, inculcating healthy eating habits and basic nutrition knowledge.

The response to HPB's culinary workshops has been encouraging. As of March 2019, more than 1,200 cooks and supervisors have participated. A total of 1,230 pre-schools are serving healthier meals, benefitting more than 93,000 pre-schoolers.



Pre-schoolers from Spring Brainy Kidz Potong Pasir preparing a fruit salad.

“Together with the school cook, we discuss the different types of food that can be taught during the cookery lessons. These dishes would also be served as part of the menu. It is important to provide a variety of healthy ingredients and dishes for the children to learn. Simple education can go a long way in showing the children what a healthier diet is.”

Jay Mano, Principal
Spring Brainy Kidz Potong Pasir

Healthy Meals in Schools Programme

Participating pre-schools are required to adhere to food service guidelines which include serving meals with reduced fat, reduced salt and reduced sugar, and incorporating foods such as brown rice and wholemeal bread, meat, vegetables and fruits to help children obtain the necessary nutrients.

Pre-school cooks and centre supervisors are also required to undergo culinary training and assessments. In 2018, two new upgraded workshops were introduced. The Advanced Culinary Training workshop offers pre-school cooks and centre supervisors the opportunity to learn cost management, taste enhancement and smart plating to encourage the consumption of fruits and vegetables. The Elective Culinary Training workshop provides opportunities for pre-school cooks to upgrade their culinary skills and capability to create new healthy dishes.

The Healthy Meals in Schools Programme aims to establish healthy meals as a default, inculcate healthy eating habits and shape the taste preferences of students. It is designed to increase awareness of the right nutrients required, increase children's consumption of wholegrains and reduce consumption of food high in fat, high in salt and high in sugar. The meals served in schools incorporate food from the four main food groups, such as brown rice and wholemeal bread, meat and others, and vegetables and fruits, to help children receive sufficient nutrients for their growing needs. All 359 mainstream schools are on board the programme.

In 2018, HPB launched the advanced version of its Culinary Training workshop under the Healthy Meals in Schools Programme.

The Advanced Culinary Training workshop aims to equip canteen vendors with upgraded skills to prepare healthier dishes with improved taste and food presentation, and to better manage purchasing costs. School canteen vendors need to complete both the Basic and Advanced Culinary Training workshops within two years.

As of March 2019, more than 2,400 canteen vendors have benefitted from participating in the workshops.



A healthy cooking demonstration in an Advanced Culinary Training workshop for school canteen vendors.

Sleep Campaign for Pre-schoolers

From August 2018 to October 2018, HPB rolled out a sleep campaign for pre-schoolers to aid parents to inculcate good sleep habits in their children. As part of the campaign, a Good Sleep Kit was developed and distributed to parents and pre-school teachers. It comprises a resource guide with tips on how to prepare a child for bedtime and a suite of practical tools such as bedtime storybooks. More than 20,000 Good Sleep Kits were distributed to the pre-schoolers and their parents. A digital kit was also made available on the goodsleep.sg website.



The Good Sleep Kit comprises a resource guide and tools such as bedtime storybooks.

As of March 2019, the microsite has had more than 64,000 page views, and more than 8,500 Good Sleep Kits have been downloaded.

A roving interactive exhibit on sleep health covered more than 80 pre-schools, reaching out to more than 4,000 pre-schoolers. The exhibit was also displayed at the Early Childhood Development Agency 2018 Conference, which was attended by more than 1,000 participants comprising parents, early childhood and clinical professionals, educators as well as members of the public.

“The Good Sleep Kit has helped to create awareness that adequate sleep is important for children. My child and I love the interactive kit. Great work! Appreciate the effort.”

A parent who used the Good Sleep Kit

School-based Health Screening and Immunisation Programme

HPB's School Health Service administers the school-based health screening and immunisation programme which is in line with the National Childhood Immunisation schedule for the prevention and control of common childhood vaccine-preventable diseases.

In 2018, health screening was conducted for more than 237,600 students in 213 primary schools and over 13,300 students in 155 secondary schools. The health screening includes medical screening, scoliosis screening, vision screening, screening for hearing impairment, and growth and developmental assessment. Over 36,400 Primary 5 students were given the booster dose of the tetanus, diphtheria and pertussis vaccination and over 37,500 Primary 5 students received the Oral Polio vaccination.

To enable parents to monitor their children's growth and development, HPB launched an e-health booklet in 2017. In 2018, the e-health booklet was further enhanced with features that enable parents to view notifications of their child's upcoming vaccinations for the next six months. Educational

articles and quizzes on eye health, oral health, obesity and a healthy lifestyle are also made available in the e-health booklet for easy, one-stop access.



e-health booklet

National Myopia Prevention Programme

Under the National Myopia Prevention Programme, children undergo annual vision screening to prevent or delay the onset of myopia at the earliest possible age. To promote good eye care habits, children are encouraged to go outdoors to play and reduce the total time spent on continuous near work.

More than 352,000 children from Kindergarten 1 to Primary 6 and in Secondary 2 had their vision screened by HPB's School Health Service in 2018.

The HPB-Essilor Spectacle Voucher Fund, introduced in 2006, has benefitted more than 40,000 underprivileged children as of March 2019. The children are given vouchers which can be redeemed at participating optical shops for spectacles. Roving optical shops are set up at selected schools to make the redemption of vouchers more convenient for students. In 2018, the Roving Optical Shop project was extended to 33 schools which benefitted 1,500 students.

HPB also partnered the Singapore National Eye Centre to organise myopia forums for pre-school teachers in April 2018 and parents in October 2018. The forums were attended by 154 participants.

“The roving optical shop makes it convenient for our students to get their spectacles prescribed immediately after the vision screening. They can get a proper pair of eyewear to help them see better during lessons, and this will augment their overall learning experience. Best of all, they do not need to go to an optometrist outside of school to get their spectacles.”

Innova Primary School

Holistic Mental Health Package for Pre-schools

HPB developed the Holistic Mental Health Package for pre-schools in 2018 to help parents raise socially and emotionally healthy children.

As part of the whole programme, a two-hour workshop was conducted for parent and child participants, where parents were taught the different aspects of a child's mental wellbeing and children learned skills on how to identify and manage their emotions. At the end of the workshop, participants were given activity books on mental wellbeing and, as a follow-up, were sent quarterly emails with tips and case studies on how to help their pre-schoolers better manage their emotions.

A total of 10 pilot sessions were conducted for 179 parents and 167 children in 2018.



A skit on managing emotions during a workshop conducted as part of the Holistic Mental Health Package.

PREPARING THE YOUNG FOR GOOD ORAL HEALTH

With oral health being essential to an individual's wellbeing at every stage of life, the Health Promotion Board (HPB) engages children from a young age to teach them how to take care of their dental health through its oral health programmes.

Oral Health Promotion in Pre-schools

HPB's School Dental Service offers dental screening for three- to four-year-olds in childcare centres to identify oral health risks and provide appropriate oral care at an early age. Children assessed to be at risk of developing tooth decay are given topical fluoride treatment regularly. Information sheets with details of the child's oral health status are given to parents for follow-up dental care.

In 2018, the School Dental Service conducted dental screening at 507 childcare centres, screening over 16,800 children, of whom more than 8,400 were referred to the School Dental Service. HPB aims to reach out to 1,100 pre-schools by 2020.

Oral Health Programmes in Mainstream and Special Education Schools

As part of HPB's continuous efforts to ensure that children and youth have good oral health, students in mainstream and Special Education schools receive annual dental screening and basic dental treatment at dental clinics within the schools. Oral health programmes which include tooth brushing exercise, dietary advice and oral health talks are also conducted throughout the year.

In 2018, HPB provided routine dental screening for more than 181,500 primary school students and over 81,900 secondary school students.



Dental therapists providing tips on oral hygiene to secondary school students.

Oral Health Programmes for Students in Institute of Technical Education

Mobile dental clinics are deployed to participating Institute of Technical Education (ITE) colleges once a year to provide oral screening, treatment and oral health education to students. The objective is to empower students to take responsibility for their oral health throughout their youth and adult life.

During the one-month deployment, from October 2018 to November 2018, over 1,000 ITE students benefitted from this programme.

"We are happy with the service provided for our students by HPB's dental team who were professional and friendly."

*Shirley Fong, Student Services Officer
College Services Division, ITE College West*



Mobile dental clinics provide oral health screening to students of participating ITE colleges.

SUSTAINING THE MOMENTUM FOR HEALTHY LIVING

To ensure that school-going children are provided with the right support and programmes to encourage a healthy lifestyle, the Health Promotion Board (HPB) has developed innovative and engaging initiatives for adoption in the school and community settings.

Self-registration at Student Health Centre

The Student Health Centre has been seeing a steady increase in visits by students over the years, with more than 67,000 students visiting the Centre in 2018. To enhance the visitor experience, the Centre implemented self-service registration and cashless payment in 2018.

The addition of these self-service functions saw a reduction in waiting times and led to a customer satisfaction score of 98%.

Launch of 'Korang OK?' Music Video

'Korang OK?', a physical activity music video featuring fun dance movements to help build children's gross motor skills, was launched in November 2018 by Mr Amrin Amin, Senior Parliamentary Secretary for Health.

The music video was developed as a physical activity resource to assist pre-schools with full-day programmes to achieve at least one hour of daily physical activity time.

A total of 650 pre-schoolers attended the launch and participated in a mass dance to the music video.

"The music video integrates the counting of numbers. It helps to promote a more comprehensive form of learning for children."

*Nurulhuda Hamidi, Principal
Iman Kindergarten for Yishun*



Pre-schoolers moving to the tunes of the "Korang OK?" music video.

Active Youth Recharge

HPB has introduced the modified and more comprehensive Active Youth Recharge programme in 2018. Replacing the Active Kids and ReFRESH Programme, Active Youth Recharge is a three-month programme that complements the mainstream schools' Active & Healthy Living initiative, targeted at tackling obesity in students aged seven to 17 years.

Students who participate in the programme are offered a variety of activities that include creative games and sports such as snipper soccer, modified kin ball and touch rugby to make weight management more enjoyable. Schools have the option to enhance their respective weight management programmes with aerobic workouts such as Kpop MTV, Hip Hop, Piloxing, K-Kardio and Fightdo.

“**The games were unique and conducted very well. Our students enjoyed the sessions thoroughly.**”

Temasek Secondary School

Lifestyle coaches also work with parents via phone coaching to set goals, overcome challenges and monitor their children's progress.

Tech-savvy students and parents also have the option of choosing to receive healthy tips and advice via a mobile application-based programme, Kurbo. The app allows the monitoring and tracking of food and behaviours, and the logging of height and weight. There are also videos and games to promote healthy habits, and lifestyle coaches who provide real-time advice and support to parents and students through weekly video calls and an in-app chat function.

“**My weight and diet have changed and so have my taste buds! I eat less salty food and I am very conscious of my food choices. I also dance and take swimming lessons. I feel lighter and much better.**”

Adreina, Primary 2 Kurbo participant

More than 3,400 overweight and severely overweight primary and secondary school students participated in Active Youth Recharge in 2018. Improvements to their weight status are tracked yearly, to reflect the effectiveness of the overall weight management journey provided by the schools and HPB. In 2017, 58% of secondary school students achieved a reduction in their body mass index to a healthier level following the year-round intervention by schools and HPB.

Of the 1,780 primary and secondary school students who completed the phone coaching and Kurbo, 51% achieved a reduction in their body mass index to a healthier level after completing the programme.

Active Youth Workouts

HPB worked with Institutes of Higher Learning (IHLs) to organise a variety of physical activities ranging from HIIT (high-intensity interval training) to yoga and kickboxing, to encourage students to incorporate physical activity into their daily routine. These workouts were organised weekly on campus. HPB also supported Nanyang Technological University's Campus X Run in 2018.

As of March 2019, more than 4,200 students participated in 140 sessions which were organised across eight IHLs.

“**The programme was very exciting and refreshing as it introduced proper exercising techniques in an engaging way. With its wide range of interesting activities available, our members can certainly look forward to different stretching activities during our training.**”

**Lee Xiao Yu, President
NTU Runners' Club**

Let's Face It

The Let's Face It programme adopts a scenario-based interactive drama approach to teach students how to manage their emotions using positive coping methods. These scenarios reflect common challenges such as sibling comparison, bullying in school and academic pressure. Students are invited to enact their responses to such scenarios. Facilitators will highlight the



Students learning how to manage their emotions as part of the Let's Face It programme.

key messages about emotion management and positive coping methods to manage various stressful situations.

The programme benefitted over 30,000 students from 58 schools in 2018.

Glow Integrated Roadshow

During Season 4 of the National Steps Challenge™ held at Institutes of Higher Learning (IHLs), HPB enhanced the experience for students collecting their steps trackers by organising integrated roadshows involving fun activities aimed at conveying healthy living messages. These activities included ball pits, augmented reality dodgeball, claw machines and photo booths to engage students and reinforce healthy habits such as getting adequate quality sleep, staying tobacco-free, engaging in regular physical activities and choosing healthier food and beverage options.

More than 30,000 students took part in the roadshows across 15 IHLs.



Students learning about healthy living through fun activities at the Glow Integrated Roadshow.



The activities at the integrated roadshow were interesting and a good way to pass time while waiting to collect my steps tracker. The virtual reality game was especially fun and engaging.

**Shi Han, student
SIM Global Education**

Peer Support Programme

The Peer Support Programme equips student volunteers with peer supporting skills that enable them to identify common mental health conditions and know when to reach out to their peers who might require emotional support or when to refer them to school counsellors.

HPB collaborated with Institutes of Higher Learning (IHLs) to organise two-day training courses to train and equip students with peer supporting skills, knowledge in identification of mental health conditions, and listening, cognitive and empathy skills. Students who participated in the programme shared that they found it useful in providing them with a better understanding of mental health and tips on helping their peers. They also found satisfaction in helping their friends and being part of a social support group that can make a difference in others' lives.



Peer supporters sharing about how to help their peers who may require emotional support.

HPB organised the first Peer Support Appreciation Night in December 2018 to recognise the contributions of the peer supporters from different IHLs and provide opportunities for them to network, and exchange information and knowledge on mental health issues.

In 2018, a total of 1,500 students were trained as peer supporters across 15 IHLs.

Promoting a Tobacco-free Lifestyle to Youths

HPB takes a multi-pronged approach, comprising educational measures and policies, to encourage youths to stay tobacco-free. The programme aims to prevent youths from starting to smoke and assist those who have tried smoking to stop as soon as possible.

To raise awareness about the benefits of leading a tobacco-free lifestyle and discourage youth from experimenting with tobacco products, HPB works with the Ministry of Education and IHLs to incorporate anti-tobacco messages into the school curricula. These efforts are complemented with interactive programmes, such as assembly skits and workshops.



Students learning about the harmful effects of smoking at a visit to the Health Sciences Authority.

In June 2018, a new youth-centric tobacco prevention campaign "Better Things to Do" was launched to address misconceptions about smoking and promote a tobacco-free lifestyle. The campaign leveraged the reach and influence of social media channels, influencers and peers, and reports in mainstream media to share inspiring real-life stories about choosing a tobacco-free lifestyle. The campaign garnered more than 900,000 engagements which included the total number of likes, comments and shares of the campaign.

To commemorate World No Tobacco Day, HPB organised a visit to the Health Sciences Authority's cigarette testing laboratory for students, where they learned about the addictive nature of cigarettes and the harmful effects of toxicants produced during smoking. Over 70 tertiary students participated in the session.

A campaign was rolled out by HPB, from January 2019 to March 2019, to educate the youths and parents on the health effects of Electronic Nicotine Delivery Systems, popularly known as e-cigarettes

or vapourisers. Themed 'Looks Can Be Deceiving', it featured a recipe video highlighting the harmful chemicals used in e-cigarettes. The campaign, which took place on HPB's social media platforms, was complemented by roadshows in central Singapore and at selected IHLs.

For youths who are trying to stop smoking, HPB programmes such as STRENGTHS, a strength-based smoking cessation programme, helps youths understand and draw upon their strengths to take control of their own process of change. As an extension of STRENGTHS, and leveraging the relational experiences of coach-mentoring and peer influence, participants can take part in a floorball programme which uses sports to also provide tips on how to quit smoking.

To provide a supportive environment for counselling youth smokers, HPB developed an Advocate programme to train and equip educators and youth volunteers with knowledge and skills to help students and peers lead a tobacco-free lifestyle.

LEADING THE WAY TO A HEALTHY NATION



The Health Promotion Board takes the lead to make healthier choices more accessible to Singaporeans and empower them to take responsibility of their health. The initiatives put in place for the community, aim to increase awareness of the benefits of good health, provide options for a healthy lifestyle and nudge people to make informed choices for improved health outcomes.

EMPOWERING HEALTHY LIVING

The Health Promotion Board (HPB) creates interesting and interactive activities to urge Singaporeans to take an interest in learning about the importance of good health, and to nudge them to adopt healthy living habits.

Healthy Lifestyle Festival SG 2018

The Healthy Lifestyle Festival SG brings together Singaporeans from all walks of life to celebrate healthy living. The theme for the 2018 festival was 'Quest for Healthy Living', and it featured four 'adventure worlds' for visitors to explore and pick up tips on how to incorporate healthy habits into their daily lives.

More than 30 public and private sector organisations joined forces with HPB to provide interactive and fun activities to educate and engage visitors on healthy eating, health screening, mental wellbeing and physical activity.



Participants learning to prepare healthier meals from a cooking demonstration at Healthy Lifestyle Festival SG 2018.

The festival, which was held from October 2018 to November 2018, reached out to over 160,000 visitors across two roadshows held in the heartlands and an anchor event, where President Halimah Yacob was the Guest-of-Honour.

“I really enjoyed the event because it was enriching. My favourite exhibit was the Robo Garage, where I learned that mee siam contains 10 teaspoons of sugar. I will definitely bring my friends and family along next time to enjoy the experience.”

Charles Yeo, participant

Greater Singapore Workout

At the Healthy Lifestyle Festival SG 2018 anchor event held at the Singapore Sports Hub, HPB launched The Greater Singapore Workout. The launch was to commemorate the 25th anniversary of The Great Singapore Workout and in conjunction with National Steps Challenge™ Season 4, which encouraged Singaporeans to engage in moderate-to vigorous-intensity physical activities.

The refreshed version of the original workout includes five new moves such as 'Mozzie Clap', 'Puddle Hop' and 'Teh Tarik' to imitate everyday life actions, to strike a chord with Singaporeans. The moves are set to an upbeat tune, featuring several sets of upper body, lower body and full body movements that are fun and simple, and help to build cardiorespiratory and muscular fitness for people across all age groups.

The Greater Singapore Workout was introduced to all 89 constituencies at community events and festivals, to encourage Singaporeans to keep active. It has also been incorporated into various



Singaporeans taking part in the Greater Singapore Workout.

HPB's ongoing physical activity programmes such as Sundays @ The Park, Fitness@Work, Quick HIIT (high-intensity interval training) and Active Family. The workout has also been included in the Active Youth Programme since January 2019, benefitting students from primary schools to tertiary institutions.

Team More, Team Less

HPB's Team More, Team Less healthy lifestyle campaign took place from June 2018 to February 2019. The concept was based on consumer insights gathered by HPB which highlighted the varying lifestyle goals of Singaporeans, with some preferring to exercise more without sacrificing food choices, and others more willing to tweak their diet but unable to find time to exercise.

The campaign was designed to nudge Singaporeans to find a balance between eating right and getting physically active. To select the 'team' to which they belonged, participants



At the "Team More, Team Less" campaign roadshow, participants had to cycle a distance on a static bicycle within 30 seconds to win a prize.



Participants trying to identify the different types of lower-sugar and no-sugar beverages at a pop-up drink stall.

had to take an online personality quiz to assess their interests and motivations. Participants who preferred to keep fit through exercise were placed in Team More, while those who preferred to eat right were on Team Less.

Based on their assigned 'team', participants were provided with relevant content and recommendations on HPB's healthy eating and physical activity programmes which suited their profiles.

During the campaign, more than 122,000 Singapore residents completed the quiz and close to 22,000 people participated in 50 roadshows island-wide.

“By following the 'more' versus 'less' story over the past few months, my key takeaway was that a balance is needed to lead a healthy lifestyle. Amazing work from the team behind all of this.”

Justin Chua, participant

EATING OUR WAY TO A HEALTHIER LIFE

The Health Promotion Board (HPB) aims to make healthy eating the nation's way of life. This is done through education and making healthier choices more widely available to Singaporeans.

Healthier Ingredient Development Scheme

The Healthier Ingredient Development Scheme (HIDS) encourages food manufacturers to innovate and develop a wider variety of healthier ingredients and products, as well as support the industry in promoting the uptake of healthier ingredients in Singapore's food service. Under the scheme, grants are provided to incentivise food manufacturers to undertake research, develop healthier products and market them. In 2017, the food categories supported by HIDS included oil, wholegrain rice and wholegrain noodles. In 2018, HIDS was expanded to include beverages, desserts and sauces. The intent was to encourage manufacturers to offer more lower-sugar beverages, desserts and sauces to reduce consumers' sugar intake.

By working with manufacturers upstream, consumers benefit as they have direct access to healthier food options, while manufacturers can capitalise on new business opportunities to meet consumers' changing food preferences. To date, some of the healthier ingredients under HIDS include mixed brown rice, wholegrain yellow noodles, red rice bee hoon, lower-sugar ice-cream, cordials, mooncakes and Yu Sheng sauce used for the Chinese New Year raw fish salad.

HPB also organised regular networking sessions for HIDS-approved manufacturers to network with and promote their products to food and beverage establishments in Singapore.



HIDS partners showcasing their healthier ingredients at HIDS networking session.

As of March 2019, HPB has supported 67 HIDS grant applications across over 42 partners. This represents a seven-fold increase in the number of unique ingredient suppliers since the launch of the scheme in 2017.

Healthier Dining Programme

Six in 10 Singaporeans eat out at least four times a week. As an eat-out meal usually contains an average of 700 to 800 calories, it is easy for Singaporeans to exceed their recommended daily energy intake. HPB's Healthier Dining Programme aims to make healthier dining options more pervasive and accessible to consumers, so that it is easier for Singaporeans to choose healthy when they eat out.



Healthier nasi padang dishes by Rumah Makan Minang, one of the food establishments on board the Healthier Dining Programme.

HPB has partnered food and beverage operators to offer meals or beverages that have lower calories, or use healthier ingredients such as wholegrains, healthier cooking oils, fruits and vegetables. Establishments that offer healthier options are easily recognised by the Healthier Dining Programme visual identifiers on their store fronts.

As of March 2019, a total of 2,400 food and beverage operators, hawker centres and coffee shops with more than 9,600 touchpoints, have served 180 million healthier meals.

Wholegrain nasi padang

In 2018, HPB began to engage and work with nasi padang outlets to help develop healthier versions of popular traditional Malay favourites, such as ayam gulai (chicken curry), rendang (dry beef curry) and assam pedas (spicy and sour fish). In July 2018, Rumah Makan Minang became the first nasi padang outlet to join HPB's Healthier Dining Programme.

HPB also teamed up with five nasi padang outlets, Hjh Maimunah, Pu3, Sinar Pagi, Sabar Menanti II and Pariaman to serve light brown rice during lunch time to 1,200 customers as a default option. The intent was to demonstrate that popular Malay dishes can taste just as good when served with wholegrains. During the trial, customers shared positive feedback on the healthier option – that they did not find any difference in the taste and would consider choosing wholegrain rice if available.

As of March 2019, a total of 11 nasi padang outlets have incorporated healthier ingredients such as wholegrain rice and healthier oil in their dishes.

Wholegrain prata

In 2018, Prata Wala became the first prata restaurant to join the Healthier Dining Programme. The restaurant expanded their offerings to include several wholegrain variants of their prata, naan and briyani dishes. These healthier options have been made available at all five Prata Wala outlets since September 2018. The wholegrain options have been well received by customers, accounting for more than 10% of their overall sales.



Prata Wala joined the Healthier Dining Programme, offering wholegrain variants of prata, naan and briyani dishes.

“

In 2018, we worked with HPB to develop wholegrain prata using 25 percent finely-milled wholegrain flour. The wholegrain prata tastes almost the same, or better than normal prata and is healthier. The wholegrain options have been well received by customers, including our regular patrons, and now account for more than 10% of the overall sales across all five outlets.”

**Joseph Lee, Director
First Gourmet, Parent Company of Prata Wala**

Wholegrain Teochew kueh (cake)

In April 2018, HPB partnered the Tiong Bahru Food Centre to increase the availability of wholegrain options in the hawker centre. The Teochew kueh stall was an early adopter of the initiative, offering up to six wholegrain variants of png kueh, a glutinous rice cake, while another stall offers brown rice mian jian kueh, a Chinese pancake. The response to these wholegrain food innovations has been encouraging, as seen from returning customers to the stalls.

Lower-sugar desserts

Several food and beverage establishments have made conscious efforts to include healthier beverage and dessert items in their menus. Swensen's created three ice-cream flavours which are lower in sugar and a source of dietary fibre, and have been endorsed under the Healthier Dining Programme. Popular bubble tea chains such as LiHo, Koi and Gong Cha have also joined the Healthier Dining Programme by offering lower-sugar bubble tea options.

Healthier halal caterers and wedding caterers

To increase the availability of healthier halal food for special occasions and events, HPB worked with halal caterers to offer healthier menus that meet HPB's healthier catering guidelines. HPB also worked with selected caterers to offer healthier menus specifically for Malay wedding receptions. Under the healthier catering guidelines, wholegrains, instead of refined starchy staples, and plain water will be provided as standard menu items. Caterers must also use healthier cooking oil for all food preparation and limit the number of deep-fried items per catering order.

As of March 2019, HPB has partnered 110 halal caterers to offer healthier menus, of which, 25 caterers also provide healthier menus for Malay wedding receptions.

Healthier Choice Symbol

The Healthier Choice Symbol programme is a collaboration with the food and beverage industry to label pre-packaged food and drinks that are healthier than other products within the same category. The programme guides Singaporeans to choose healthier grocery items at retailers and encourages them to prepare healthier home-cooked meals. Products with the Healthier Choice Symbol are higher in calcium, wholegrains and dietary fibre, and lower in fat, sodium and sugar.



The number of products with the Healthier Choice Symbol has increased from 300 in 2001 to 3,500 over 100 food and drinks categories as of March 2019.

“

The Healthier Choice Symbol programme is a government initiative which Sheng Siong supports within our means and operational feasibility. There is definitely value in carrying Healthier Choice Symbol products as there is a growing health awareness. Moving forward, we will continue to develop more in-house Healthier Choice Symbol products for the wellbeing of our customers. We will continue to lend support to the Healthier Choice Symbol programme and Eat, Drink, Shop Healthy Challenge.”

Sheng Siong

During the year, guidelines for certain categories of food were also revised to reflect changing dietary preferences. In April 2018, the dessert guidelines were amended to include dietary fibre for selected desserts and new sugar guidelines for selected sauces.

The demand for Healthier Choice Symbol products has been gaining momentum, with the market share of Healthier Choice Symbol products increasing from 15% in 2012 to 25% as of March 2019. More specifically, the total sales of wholegrain rice and bread have increased from 7% in 2011 to 16% as of March 2019.

Various promotion campaigns aimed at increasing public awareness of Healthier Choice Symbol products, such as HPB's Eat, Drink, Shop Healthy (EDSH) Challenge which incentivises consumers to choose healthier options, have been successful in nudging consumers to opt for more healthier food and drinks. Major supermarket retailers including FairPrice, Cheers, Sheng Siong, Giant, Cold Storage and 7-Eleven, have been supporting the EDSH Challenge with on-ground promotions and activations, driving demand for Healthier Choice Symbol products.

Public Consultation on Measures to Reduce Sugar Intake from Pre-packaged Sugar-sweetened Beverages

As part of the War on Diabetes, the Ministry of Health and HPB launched a public consultation exercise to seek views from the public and key stakeholders on how to reduce Singaporeans' sugar intake from pre-packaged sugar-sweetened beverages.

After reviewing international practices and effectiveness of relevant measures to control sugar content in pre-packaged sugar-sweetened beverages, four possible measures were put up for consultation. The four measures were mandatory front-of-pack nutrition label, advertising regulations, excise duty on manufacturers and importers, and a ban on the sale of higher-sugar pre-packaged beverages.



A multi-pronged approach was adopted to comprehensively reach out to various population groups and stakeholders. The consultation was carried out via an online portal, group dialogue sessions, on-ground listening points, social media and email feedback. More than 10 large-scale face-to-face engagements including public and industry dialogues were held.

The public consultation garnered a total of over 4,000 responses in eight weeks, from 4 December 2018 to 25 January 2019. The results from the public consultation will be taken into consideration in the decision on whether to introduce any measures.

Whole-of-Government Healthier Catering and Drinks Policies

The Whole-of-Government Healthier Catering and Healthier Drinks policies, which came into effect in April 2017 and May 2018 respectively, aim to encourage healthier eating and drinking as a norm in community spaces and workplaces.

Under these policies, all government functions and events are required to adopt healthier catering as the default. Government premises, parks,

community centres and sports facilities can only sell lower-in-sugar pre-packaged drinks, and freshly prepared hot coffee and tea with sugar on the side and not pre-added. Such healthier options are made available to government agencies through the use of upstream levers such as the Whole-of-Government procurement period contracts.

Following the implementation of the Healthier Catering and Drinks policies, HPB has actively engaged government agencies, suppliers and consumers, and found almost full compliance with the guidelines. Feedback from consumers has also been relayed to the caterers, so that the taste and quality of the default healthier food can be continuously improved. Preliminary studies have found that the policy of having no sugar as a default in hot drinks has resulted in an average decline in sugar consumption from such drinks by one-third.



Eat, Drink, Shop Healthy Challenge

Following a successful first year, the second edition of Eat, Drink, Shop Healthy Challenge (EDSH) 2018 was rolled out from August 2018 to March 2019. EDSH is a loyalty rewards campaign which encourages Singaporeans to consume healthier meals and beverages when dining out, as well as purchase healthier food products at retail outlets.



HPB has invested significant efforts in encouraging customers to select healthier food and beverage options through the annual Eat, Drink, Shop Healthy Challenge. Participating in this campaign for the fourth year, Mr Bean is happy to be part of the government's drive in encouraging customers to opt for less sugar in their drinks. We have definitely seen more customers opting for lower-sugar soya milk now.

*Ms Venus Ang, Senior Brand Manager
Super Bean International Pte Ltd*

During the Mega Challenge period from August 2018 to October 2018, there was active participation from supermarkets, convenience stores, and food and beverages establishments in the campaign. The number of challenge touchpoints expanded to more than 3,400 nationwide, about 290 more than that in 2017. The public participation rate for EDSH was more than 530,000 users, an over 60% increase compared to the same period in 2017.

I have been enjoying the challenge very much and would like to thank HPB for organising it because it is a healthy game with very achievable and practical rewards. The more effort you put in to stay healthy, the more rewards you get!

Jyolin, EDSH participant

Hawker Activation and Hawker Trail

To create a supportive environment where healthier food and drinks options are readily available in the community, HPB organises regular on-ground promotions and hawker trails. These monthly on-ground promotions at participating hawker centres include discount vouchers and coupons for sure-win prizes to encourage consumers to choose healthier food and drinks when they eat out.

Consumers at selected hawker centres can participate in an hour-long hawker trail led by nutritionists. Participants will learn tips on how to choose healthier options at a hawker centre and sample healthier dishes from selected stalls.

From April 2018 to March 2019, approximately 800 on-ground promotions were conducted, reaching out to over 300,000 participants. Similarly, a total of 700 participants signed up for the hawker trails, which took place in 12 hawker centres.



An on-ground promotion to encourage more Singaporeans to choose healthier options.

TAKING THE FUN ROAD TO HEALTHY LIVING

A healthy lifestyle includes incorporating regular physical activity into our daily lives. To make physical activity accessible and attainable for everyone, the Health Promotion Board (HPB) has introduced various low- to high-intensity exercise sessions in the community. This paves the way for Singaporeans to set aside time to take part in physical activities conducted close to home.

National Steps Challenge™ Season 4

Following the success of previous seasons, the National Steps Challenge™ Season 4 was launched in October 2018 with the introduction of the Moderate- to Vigorous-Intensity Physical Activity (MVPA) component. A new fitness tracker equipped with heart rate monitoring function was also issued to incentivise participants to increase the intensity of their physical activities.

Studies have shown that engaging in at least 150 minutes of MVPA per week can yield health benefits such as a higher level of cardiorespiratory and muscular fitness, a healthier body mass and composition as well as improved sleep quality. To incentivise participants to work towards this goal, those who accumulated at least 10 minutes of MVPA daily would earn Healthpoints which could be used to redeem shopping or food and beverage vouchers.

To enhance the experience for participants waiting to collect their fitness trackers, an electronic queue system was deployed and an activity area was set up so participants could enjoy interactive games while waiting to collect their fitness trackers at roadshows.

The Community Challenge, one of the highlights of Season 4, rallied communities from 16 Group Representation Constituencies (GRCs) in Singapore to clock steps and compete against one another for the top performing GRC. Large-scale community roadshows were organised at each of the 16 GRCs, achieving a total of 217,000 sign-ups. Out of these, 44% were new participants of the National Steps Challenge™. The Challenge galvanised the energy and enthusiasm of the participants from the various GRCs, thereby sustaining interest and motivating them to remain active throughout the period.



Participants collecting their new fitness trackers with heart rate monitoring function.

Community Physical Activity Programme

HPB uses public spaces to organise group exercises such as aerobics and Zumba to promote active living in the community. Organising group physical activities in public spaces helps encourage residents living in the vicinity to participate in the sessions, enabling them to incorporate these activities into their daily routines.

The Community Physical Activity Programme has expanded from five sites in 2016 to 689 sites as of end-March 2019, with more than 1,100 exercise sessions held every week.

From April 2018 to March 2019, close to 792,900 residents participated in exercise sessions organised under the Community Physical Activity Programme.

“On behalf of Chua Chu Kang Zone 7 Residential Committee, I would like to thank HPB and its partners for the constant support in providing free weekly exercise sessions for our residents. Many residents have provided positive feedback about the improvement in their mental and physical wellbeing, as well as friendships that have been formed.”

Angela Tan Yee Jin, Constituency Manager
Chua Chu Kang Constituency Office

The response to Season 4 was overwhelming with more than 800,000 participants, including a significant number of returning participants.

Lose to Win™ Challenge

The Lose to Win™ Challenge is a 12-week programme aimed at encouraging adults with unhealthy body mass index to manage their weight healthily through lifestyle changes, such as adopting healthier eating habits and incorporating more physical activity into their daily life.

Group exercises such as intensity training and aerobics are conducted at more than 20 locations island-wide. Through these weekly activities, participants have the opportunity to connect with and support one another. Motivators, who were participants of past seasons, also help guide new participants in setting their health goals and staying on track in attaining a healthier lifestyle, while offering peer-to-peer support and encouragement to the participants throughout their weight management journey.

Using HPB's Healthy 365 mobile application, participants are empowered to take charge of their health by monitoring their food intake and step count, as well as tracking their weight loss progress. In 2018, online resources such as workout videos were introduced so that participants could exercise at their own convenience.

As of March 2019, about 9,200 participants have taken part in the programme.



Lose to Win™ Challenge finale in Sentosa brought participants and motivators together in a mass exercise.

Sundays @ The Park

To make staying physically active accessible for all, HPB partners Sport Singapore and National Parks Board to organise free weekly workouts in parks located in residential estates.

Sundays @ The Park leverages public spaces to establish a social norm for physical activity within the community. The programme provides opportunities for individuals to stay active through a wide range of exercises, and to bond with family and friends.



Participants working out together at Sundays @ The Park.

The programme features a variety of group fitness workout sessions led by professional trainers, including Zumba, K-PopX Fitness, Piloxing, Kickboxing and Masala Bhangra.

As of March 2019, more than 4,000 workout sessions have been held across 83 parks where over 27,000 residents participated in the programme.

Health Promoting Malls

Malls are lifestyle destinations where Singaporeans dine, shop and play. Under the Health Promoting Mall Programme, HPB partners mall operators to use these social spaces to organise health promoting activities and make healthy living options accessible to shoppers. Singaporeans can participate in aerobic exercises such as KpopX Fitness and Kickboxing, enjoy healthier food at eateries and receive smoking cessation advice by pharmacists in the shopping malls.

From April 2018 to March 2019, 48 malls participated in the programme offering 1,070 workout sessions, benefitting over 66,000 participants.

“I enjoyed the Zumba sessions tremendously. Locating the sessions within a shopping mall is a good choice.”

Ms Joy, participant of the mall workout at Thomson Plaza

Active Family

The Active Family programme provides a platform for children between six and 12 years old, and their parents to participate in a wide range of fun physical activities, such as inline skating, archery, rock-climbing, tennis and basketball at parks, recreational centres and community spaces.

In 2018, HPB organised additional sessions during the school holidays, including activities such as kite-flying, mini Olympics and adventure hunts in response to greater demand from parents.

More than 700 weekly sessions were conducted at 15 sites island-wide, with about 100 additional sessions during school and public holidays in 2018.

“The Active Family programme is a very good activity for family bonding, and the volunteers were helpful and engaging.”

Ian Tang, participant



Children participating in kite-flying during the school holidays.

Fun Xplore

FunXplore, a pre-school healthy lifestyle programme for parents and their overweight or severely overweight pre-schoolers, aims to inculcate positive lifestyle habits to help the children achieve a healthier weight.

The programme, jointly organised by HPB and Sport Singapore, includes a parent-and-child hands-on food preparation activity to impart nutrition tips to parents on modifying eating habits. Sport Singapore also organises a segment teaching pre-schoolers basic movement skills such as skipping, jumping, balancing and throwing skills, to infuse fun and enjoyment into physical activities, encouraging the pre-schoolers to continue being active.

As of March 2019, 10 sessions have been conducted for 530 pre-schoolers and 1,200 parents and family members.



Parents and their pre-schoolers learning about nutrition.

“I learned that I can use whatever props available at home to encourage my child to be physically active.”

Ashirdahwani, parent of a Kindergarten 1 child

Quick HIIT

Targeted at men of all fitness levels, HPB's Quick HIIT (high-intensity interval training) Workout programme provides workout sessions combining traditional calisthenics and body weight exercises, with interval and strength training under the guidance of professional trainers. It focuses on improving aerobic threshold and helping men train for their Individual Physical Proficiency Test (IPPT).



The Quick HIIT programme offers workouts that combine traditional calisthenics and body weight exercises.

In 2018, several new elements were introduced to increase the scale of the programme. Equipment was introduced into the workout regime to enhance the intensity of the training sessions and add to the variety of training activities, to cater to different fitness levels of participants. To encourage National Servicemen (NSmen) to participate in the programme, HPB also partnered the Army to pilot a Quick HIIT-IPPT trial that allows selected NSmen to clock their IPPT sessions through the programme.

The number of locations for the programme was expanded from two venues in 2017 to 17 sites with 22 weekly sessions in 2018. Available across neighbourhood parks, sports facilities, community spaces and lifestyle destinations, the programme has attracted more than 6,000 participants as of March 2019.

STEPPING UP TO A BETTER HEALTH

One of the Health Promotion Board's (HPB) key role is to educate Singaporeans on the importance of good health and equip them with knowledge on healthy living practices.

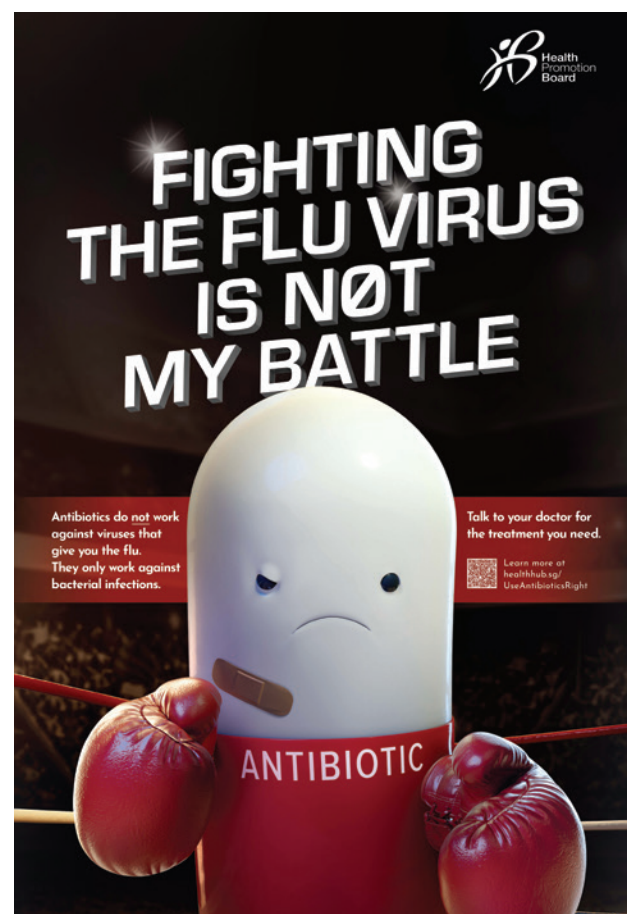
F.I.G.H.T. Campaign

From June 2018 to October 2018, HPB ran a public education campaign to encourage the adoption of good hygiene practices to prevent the spread of infectious diseases. The objective of the F.I.G.H.T. campaign was to educate the public on how they can prevent the spread of germs by adopting five simple practices – **F**requent handwashing, **I**mmunisation, **G**oing to the doctor if unwell, **H**ome rest if unwell, and using **T**issues and masks when unwell.

The four-month campaign engaged a total of 100,000 Singaporeans through 30 roadshows located island-wide. Free masks and F.I.G.H.T. kits were distributed at the roadshows.



Antimicrobial Resistance Campaign



HPB rolled out an Antimicrobial Resistance Campaign to educate the public on the proper use of antibiotics. The campaign aimed to correct the misconception that antibiotics can be used to treat viral infections such as the common cold and flu, and took place from October 2018 to December 2018.

Diabetes Prevention Programme

The Diabetes Prevention Programme is a 12-week programme designed to help individuals with pre-diabetes prevent or delay the onset of Type 2 diabetes through better blood sugar control and the adoption of healthy lifestyle habits.

The programme consists of one nutrition and personal goal-setting workshop, followed by 12 weeks of exercise classes carried out in different locations around Singapore. Participants will have access to e-modules on physical activity, nutrition and pre-diabetes information in the course of the 12 weeks. They may also join a mobile messaging group chat where healthy tips and reminders are sent, and peer support and encouragement can be offered to one another in the journey to reverse their pre-diabetes conditions. At the end of the year, participants are required to undergo an oral glucose tolerance test to check if their conditions have improved.

In 2018, 150 Singaporeans benefitted from the Diabetes Prevention Programme. More than half of those who took the oral glucose tolerance test, after participating in the programme, were found to have achieved normal glucose levels.

“Thanks to the nutrition workshop, I now make better food choices when eating out. The exercises were also fun and I have made many new friends.”

A participant of the Diabetes Prevention Programme

Pre-diabetes Campaign

In an effort to move upstream in the War on Diabetes, HPB launched a pre-diabetes campaign to urge Singaporeans take action in preventing the onset of the disease. The campaign aimed to raise awareness of pre-diabetes as a warning sign of diabetes which can be reversed if detected early. Younger adults aged 18 to 39 years were also encouraged to take the Diabetes Risk Assessment, an online assessment tool, to assess their risk of developing diabetes.

Pre-diabetes is a condition where the blood sugar levels are higher than normal, but lower than the defined diabetes threshold. About 14% of Singaporeans have pre-diabetes, and without prompt lifestyle changes, 35% of them will progress to Type 2 diabetes mellitus within eight years.

Community outreach events were organised to encourage people, in particular those in the age group of 18 to 39 years old, to complete the online Diabetes Risk Assessment to determine their risk profile. The Diabetes Risk Assessment is an evidence-based self-administered tool which helps to assess the risk of developing diabetes.

A post-campaign survey showed that awareness of pre-diabetes among the general population had increased from 39% during the period of April 2017 to March 2018, to 65% in the second campaign period of April 2018 to March 2019.



SCREENING FOR A HIGHER QUALITY LIFE

Regular health screening is important for everyone. Early detection, followed by treatment and good control of diseases can result in better health outcomes. The Health Promotion Board (HPB) has collaborated with various partners to increase awareness on the importance of health screening and to make health screening accessible to all.

Screen for Life

To encourage more Singaporeans to go for regular screening, the Screen for Life programme was enhanced in September 2017 to provide subsidised screening and follow-ups to eligible Singaporeans. In 2018, publicity efforts focused on educating Singaporeans on the importance and affordability of screening, to increase the screening rates.

The Screen for Life programme at the Community Health Assist Scheme (CHAS) General Practitioner (GP) clinics covers screening for cardiovascular disease, cervical cancer and colorectal cancer. Participants with abnormal results are either referred to participate in HPB's lifestyle intervention programmes or to CHAS GP clinics and public hospitals for follow-up care.



Since the introduction of the enhanced programme, the take-up rate of screening has increased exponentially. As of March 2019, the number of people screened for cardiovascular

disease, cervical cancer and colorectal cancer was 55,200, 18,900 and 37,000 respectively. Correspondingly, 42%, 4% and 9% of those screened were found to have abnormal results and were referred to CHAS GP clinics and public hospitals for follow-up care.

“The Screen for Life campaign made me more aware of the importance of going for screening. I have been going for health screening to monitor my hypertension condition, high cholesterol in my blood, as well as my blood glucose level.”

Rena Choo, who has benefitted from Screen for Life

Breast Cancer Awareness Month 2018 Campaign

An initiative of the Singapore Cancer Society and supported by HPB, the annual Breast Cancer Awareness campaign focuses on encouraging women, aged 50 and above, to go for subsidised mammogram screening. The campaign took place from October 2018 to January 2019.

For the 2018 campaign, the Singapore Cancer Society developed and distributed pink cards to eligible women to encourage them to go for the subsidised mammogram at screening centres during the campaign period.

Community Mammobus Programme

Recognising the need to make breast cancer screening more accessible to women from lower-income households, HPB supported the

Community Mammobus Programme by helping to identify communities and workplaces with low screening uptake in Singapore.

Women aged 50 years and older were then provided with additional funding, where necessary, to encourage those eligible to go for screening. The Breast Cancer Foundation, the National Healthcare Group Diagnostics and the Singapore Cancer Society provided the additional funding. The Community Mammobus Programme is an initiative of the National Healthcare Group Diagnostics in partnership with the Singapore Cancer Society and Breast Cancer Foundation.

As of March 2019, more than 4,000 women have participated in the Mammobus programme.

BreastScreen Singapore Seminar

HPB organised the 9th BreastScreen Singapore Seminar, from 3 to 4 November 2018, to help keep the healthcare community informed on the latest developments in breast screening and treatment as well as facilitate the cross-sharing of industry best practices.

A total of nine speakers shared their personal experiences and insights on radiology, radiography, treatment options and soft skills to help their peers provide holistic care for cancer patients. A total of 222 participants from 14 institutions attended the seminar.

Women Gynaecological Cancer Awareness Month

HPB supported an initiative by the Singapore Cancer Society, the Gynaecological Cancer Awareness campaign, which was held from May 2018 to July 2018. The campaign aimed to encourage eligible women aged 25 to 69 years old to get a Pap smear to test for cervical cancer.

Over 6,300 women were screened for cervical cancer at the Singapore Cancer Society Multi-Service Centre and participating General Practitioner (GP) clinics island-wide. To broaden access to screening and make it more affordable, Pap test is also available at Community Health Assist Scheme (CHAS) clinics under HPB's enhanced Screen for Life programme.



Colorectal Cancer Awareness Month

HPB supported the Singapore Cancer Society's Colorectal Cancer Awareness campaign, which was held from April 2018 to December 2018. As part of the marketing and outreach efforts, free Faecal Immunochemical Test (FIT) kits were distributed at retail outlets and polyclinics to encourage eligible Singaporeans, aged 50 years and above, to go for colorectal cancer screening.



FOSTERING AN INCLUSIVE JOURNEY

The Health Promotion Board (HPB) partners with community and grassroots organisations to create a supportive environment and provide resources to educate and encourage the ethnic communities to lead a healthy lifestyle, free from diabetes and other chronic diseases.

Leveraging festive seasons to encourage a healthier lifestyle

2018 Ramadan and Hari Raya campaign

For the 2018 Ramadan and Hari Raya publicity campaigns, HPB adopted the tagline “Kita Dah Cukup Manis” (“We are sweet enough”) to drive home the importance of reducing sugar consumption and maintaining a balanced diet during the festive feasting. The campaign reached out to 1.9 million viewers, listeners and readers through print advertisements, radio commercials and out-of-home bus-shelter advertisements.

To sustain publicity efforts, HPB worked with broadcast media and through television programmes to showcase halal Healthier Dining Programme partners over a period of eight weeks after Hari Raya.



The post campaign survey found that 61% of respondents agreed that the campaign inspired them to stay healthy and 59% were motivated to reduce their sugar intake.

2018 Ramadan and Hari Raya community engagement

For on-ground activation, HPB partnered Majlis Ugama Islam Singapura (MUIS), mosques and grassroots organisations to organise various healthy living initiatives during Ramadan and Hari Raya.

To encourage a healthier diet, HPB distributed brown rice to 15 mosques across Singapore. Congregants were served brown rice or porridge during iftar, the breaking of fast. The Woodlands Malay Activity Executive Committees served residents a healthier chicken rendang meal complemented with ketupat, a popular Malay food of cooked rice compressed and packed in woven coconut leaves, made from 20% brown rice.

In Sembawang, HPB worked with the Tabung Amal Aidil Fitri (TAA) Trust Fund and grassroots organisations to distribute healthier bento meals to 2,000 beneficiaries for iftar. HPB collaborated with 11 Qaryah groups in Tampines, Woodlands and Jurong to provide bottled water and healthier bento meals for 920 of their congregants during iftar.

These initiatives aimed to encourage the Malay community to eat healthier meals and to reinforce the message that healthier food can be as tasty.

As part of MUIS' Sentuhan Ramadan engagement, health messages were shared by Imams to raise awareness of healthy lifestyle practices, and information sheets on how to lead a healthier Ramadan were distributed to congregants.

Deepavali campaign

The Deepavali campaign leveraged the reach and influence of popular Indian celebrities and television programmes to spread messages on healthier eating

during the festive period through colourful, light-hearted and entertaining interstitials and music videos.

Post Deepavali, HPB continued to drive healthy living messages through content integration on popular Indian television programmes including a lifestyle show that featured healthy and affordable food options for the community.

Working with Partners to Maximise Outreach

Family Funival

In January 2019, HPB collaborated with Mediacorp to organise the Family Funival at the Singapore Sports Hub. The event offered visitors an array of simple tips on healthy living, interactive activities and a chance to sample healthier food options, which demonstrated the ease and accessibility of healthy living. Visitors also had the opportunity to take part in mass exercise sessions throughout the day. More than 9,000 participants attended the event to learn how to incorporate healthier living habits as part of their daily lives.



A mass exercise session at Family Funival.

Health Conversation Series

HPB partnered with Berita Harian, the Muslim Healthcare Professionals Association, the Malay Activity Executive Committees Council and the People's Association to reach out to the community through the “Awak Ok?” Health Conversation roadshows. The roadshows provided the community with an opportunity to ask questions about common health concerns and learn more about key health issues, such as diabetes prevention, healthy eating and healthy ageing from healthcare professionals. In 2018, 900 participants attended the “Awak Ok?” roadshows at various constituencies island-wide.

Get Fit for Umrah/Haj

Haj and Umrah are key milestones for the Malay community which require a lot of physical stamina. HPB collaborated with the Haj/Umrah travel agencies and mosques to introduce the Get Fit For Haj/Umrah initiative, to help the Jemaah be physically prepared for Haj and Umrah. Under this initiative, the Jemaah participate in a six-week physical activity programme, which includes strength exercises and brisk walking sessions. In 2018, more than 500 Jemaah took part in this initiative.



Jemaah taking part in the warm-up before the brisk walking session under the Get Fit For Umrah/Haj initiative.

Jaga Kesihatan, Jaga Ummah, a health promoting mosque initiative

HPB has brought healthy living programmes to the mosques through the Jaga Kesihatan, Jaga Ummah programme. Under this programme, participating mosques provide a range of opportunities for their congregants to take part in healthy living activities such as the Community Physical Activity Programme, healthy cooking demonstrations and workshops on positive ageing for seniors.

With eight new mosques offering Jaga Kesihatan, Jaga Ummah programmes since 2017, congregants can now participate in various healthy living activities at 23 mosques across Singapore. In 2018, the Jaga Kesihatan, Jaga Ummah programme reached out to 5,500 congregants.

Gerak Gelak Series

In July 2018, HPB introduced the Gerak Gelak mass walk series to encourage more Malays to take part in physical activity. Participants at these mass walk events were also educated on healthy living through hands-on games and healthier food tasting. More than 3,400 participants took part in the Gerak Gelak mass walk over four sessions conducted from July 2018 to March 2019.

LEVERAGING ADVOCATES TO INSPIRE HEALTHY LIVING

The Health Promotion Board's (HPB) Health Ambassadors Network comprises a group of volunteers who are passionate about health and have a desire to inspire fellow Singaporeans to live a healthy lifestyle. The Health Ambassadors support HPB in a wide range of health promotion programmes and campaigns by spreading the healthy living message to a wide audience.



A Health Ambassador leading residents in stretch-band exercises.

Senior-centric Exercises

Health Ambassadors who are more senior in age have been providing support to various Senior Activity Centres and Residential Corners, by conducting senior-centric exercises for residents. They are able to relate with seniors better because of age and language similarities and are therefore more effective in communicating and reaching out to them. The Health Ambassadors also mentor and train the Senior Activity Centres and Residential Corners' leaders so that they can also conduct the exercises for their residents.

In 2018, more than 20 Health Ambassadors worked with 43 Senior Activity Centres and Residential Corners to conduct senior-centric exercise sessions.



A Health Ambassador conducting sit-down exercises for the seniors at a Senior Activity Centre.

Guided Home Safety Tours

As part of the Falls Prevention Campaign, HPB partnered the Housing and Development Board (HDB) to organise guided Home Safety Tours at HDB's My Nice Home Gallery. The Health Ambassadors were trained to guide participants through the interactive sessions where the participants can acquire tips and learn how to avoid falls in their homes and daily lives. They also conducted follow-up calls with participants to check if any falls prevention tips were implemented.

Since January 2018, 27 Health Ambassadors have been trained to lead 30 Home Safety Tours and 11 Health Ambassadors have conducted follow-up calls to 292 senior participants.



A Health Ambassador leading an interest group in exercises that help improve strength and flexibility.

Interest Groups

Health Ambassadors are encouraged to create social movements for healthy living in their community. They are given the opportunity to set up and lead interest groups to promote physical activities such as brisk walking, trekking and qigong. In 2018, there were 70 such interest groups.

In 2018, HPB organised a Community of Practice session which brought the Health Ambassadors together to network and learn best practices that can be applied in their respective interest groups.



Health Ambassadors guiding participants through an interactive session during a Home Safety Tour.



Health Ambassadors working out together.

GETTING BACK ON TRACK

The Health Promotion Board (HPB) brings smoking cessation programmes to the community to raise awareness on the harms of smoking and help smokers to quit.

Public Education Campaign on 'I Should Have Said'

HPB launched the public education campaign 'I Should Have Said', to inspire smokers to take the next step in quitting. The campaign, which ran from October 2018 to December 2018, featured videos of former smokers' testimonials and sharing of experiences on how smoking has had detrimental effects on their health and family relationships.

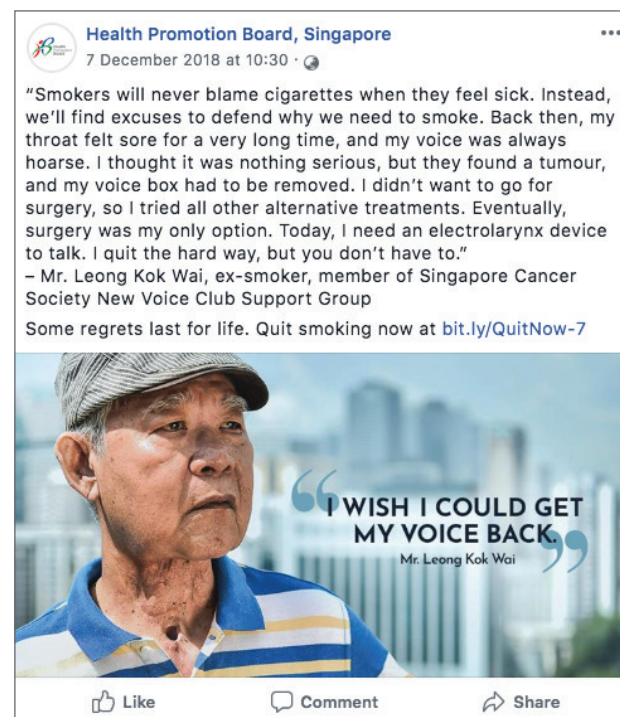
The videos were well received by smokers and non-smokers alike, increasing the awareness of the harms of smoking. It also encouraged people within a smoker's circle of influence – family, friends and colleagues – to take personal actions to support smokers to quit. The campaign was developed to complement HPB's I Quit programme.

I Quit 28-Day Countdown

I Quit is a community-based national smoking cessation programme that focuses on building a supportive network to help smokers quit the habit. Studies have shown that smokers are more likely to quit successfully when they are in a supportive environment.

HPB has put in place more than 280 touchpoints in pharmacies, retail outlets and workplaces across Singapore to make smoking cessation services readily available. Smokers who want to quit smoking can also sign up for the I Quit 28-Day Countdown programme at over 300 I Quit roadshows held at various locations throughout the year.

The 2018 I Quit campaign focused on sharing activities that smokers can do while spending quality time with family and friends. Smokers were recommended activities such as playing football, learning a new musical instrument and taking up a



Public Education Campaign – I Should Have Said

new hobby like photography so that they can keep their minds off smoking during the crucial 28-day period.

In 2018, HPB reached out to over 20,000 smokers.

“I knew all along that smoking is bad, but I was never exactly motivated to kick the habit until last year. I had to undergo Anterior Cruciate Ligament surgery for my knee, so I used the opportunity to stop smoking during my recovery period. My family was always there to support me – they encouraged me to join the I Quit 28-Day Countdown, and so I did. For those trying to quit: nobody promised it'll be easy, but give yourself a chance.”

Mr. Frankie Chong, who successfully quit smoking



Inpatient Smoking Cessation Programme

HPB's Inpatient Smoking Cessation Programme integrates smoking cessation intervention into existing clinical management of patients who smoke. Research has shown that patients are more receptive to consider quitting smoking when they are hospitalised, while receiving treatment for illnesses.

Currently, three restructured hospitals, Changi General Hospital, National University Hospital and Tan Tock Seng Hospital, are offering the Inpatient Smoking Cessation Programme.

Upon admission, smokers are counselled on the harmful effects of smoking and are encouraged to take advantage of their hospital stay to quit. Smokers who desire to quit will be referred to trained counsellors who will provide them with tips and strategies on how to begin their cessation journey, as well as advice on the use of Nicotine Replacement Therapy.

In 2018, over 2,900 smokers were provided brief counselling during their stay at participating hospitals and more than 2,400 of them continued with intensive smoking cessation counselling.

SUSTAINING HEALTHY LIVING FOR THE LONG TERM

To maximise years of good health, it is essential for seniors to maintain their physical, mental and social wellbeing. The Health Promotion Board (HPB) adopts a holistic approach by partnering public and private agencies to provide health and social support to seniors under the Action Plan for Successful Ageing.

Community Network for Seniors

The Community Network for Seniors was launched in 2016 to encourage seniors to stay active, healthy and socially engaged by bringing together resources from various government agencies and community organisations, and connecting seniors with the health and social services. Following successful pilots in three precincts, the programme was rolled out nationwide progressively from January 2018.

As one of the key agencies involved, HPB has put in place many Active Ageing Programmes to empower seniors to stay healthy and active. As of December 2018, more than 550,000 seniors have participated in the exercises and health talks in various community settings. Other Active Ageing Programmes include cooking demonstrations, functional screenings and Community Health Posts.

Exercises for seniors

With ageing comes age-related loss of muscle mass, strength and function which impacts a senior's balance, mobility and in more extreme cases, loss of independence. HPB has implemented various physical activity programmes for seniors, including Community Physical Activity Programme, Move It Feel Young and FIT+. These programmes enable seniors to stay active and improve their cardiovascular and functional health, so they feel stronger and more energetic, have better balance and move with greater flexibility.



Seniors taking part in a group exercise.

Seniors' health curriculum

The seniors' health curriculum is a series of interactive workshops and activities designed to help seniors learn simple health tips to improve and maintain their physical, mental and functional health. It consists of six core and 30 elective modules covering nine areas, namely nutrition, physical activity, mental wellbeing, chronic disease management, falls prevention, health screening, social hygiene, functional health and health literacy.



A health talk attended by seniors.

Cooking demonstrations

HPB conducts regular cooking demonstrations in the community. Through these demonstrations, seniors are taught ways to prepare healthier versions of popular local dishes through the use of healthier ingredients or healthier cooking methods.

Community Health Post

To complement the clinical management of chronic conditions, the Community Health Posts function as community health hubs, offering health coaching and monitoring, and lifestyle advice such as tips on healthy eating and exercising. The Community Health Posts are usually located at



A senior receiving advice on healthy lifestyle at a Community Health Post.

Residents' Corners and Community Clubs. In 2018, HPB operated a total of 16 Community Health Posts offering lifestyle coaching services.

HPB also works with community partners through these hubs to encourage seniors to go for regular health screenings to detect chronic conditions early and to ensure that they seek medical interventions to delay or prevent medical complications.

Project Silver Screen

Project Silver Screen is a nationwide functional screening programme for adults aged 60 years and above. Functional screening aims to detect age-related functional decline in seniors' vision, hearing and oral health early so that timely intervention can be provided to improve their quality of life. This programme is a collaboration between Ministry of Health, Temasek Foundation and the business community.

Dementia Public Education

The HPB dementia public education campaign, which took place from October 2018 to November 2018, aimed to increase public awareness of the

disease and encourage people with dementia to seek help early. The campaign was targeted at seniors aged 50 and above and those around them. It comprised 30-second television interstitials, radio and digital engagements as well as on-ground activities such as dementia skits.

HPB also introduced Balik Kampung, a workshop for seniors which used traditional and contemporary games to educate seniors on the importance of staying socially connected with family and friends, and keeping mentally stimulated.

A total of 50 workshops were conducted, benefitting 1,200 seniors who found the sessions educational and effective in imparting new skills.



A participant learning new skills at a Balik Kampung workshop.

PAVING THE ROAD TO HEALTHY LIVING



A healthy and active workforce translates to better productivity and performance at work. The Health Promotion Board caters to the needs of working adults by providing them with easy access to healthy living programmes at their workplaces. This is to encourage and provide ease of adopting healthier habits into their daily lives.

EXPANDING HEALTHY WORKING COMMUNITIES

The Health Promotion Board (HPB) continuously expands its strategic collaborations with industry partners to extend its outreach efforts to workers from diverse business and industry segments.

Healthy Workplace Ecosystems

HPB works with landlords, developers and business associations to leverage shared resources and amenities to create Healthy Workplace Ecosystems. These workplace ecosystems provide customised healthy living initiatives for workers in offices, industrial estates and business parks.

As of March 2019, a total of 58 Healthy Workplace Ecosystems have been created to benefit over 358,000 workers who gained access to health programmes.

Health@Orchard

In October 2017, HPB announced a collaboration with the Orchard Road Business Association to bring health programmes to hard-to-reach



Employees from a hotel in Orchard Road doing some stretch-band exercises during their break time.

workers in the retail, hospitality, food services and entertainment sectors based in Orchard Road. The initiative has brought health programmes to the doorstep of these workers who may otherwise have little or no access to such programmes due to their shift and unstructured work patterns.

Weekly group activities such as mental wellness sessions, lunch-time cooking workshops and evening workouts, are held in public spaces along Orchard Road. Some programmes such as health coaching are customised according to the employees' work schedules at their workplaces. During the year, precinct-wide events were also organised to encourage workers in Orchard Road to exercise and clock steps through fun activities, while creating greater awareness on healthy living.

Within the first 10 months of the initiative, 10,000 workers from hotels, retail malls, eateries, entertainment outlets and offices participated in over 400 activities in Orchard Road. Positive behavioural changes and health outcomes were seen among the participants. These included an increase in time spent on physical activity, reduction in body pain due to the nature of work, as well as improvements in body mass index.

“At Royal Plaza on Scotts, our Chief Experience Officers are the heart of our organisation. To keep the heartbeat going, we have to take care of their wellbeing. The collaboration with HPB and the Orchard Road Business Association has helped us deliver a more well-rounded health programme for our Chief Experience Officers, in addition to the 24-hour gym access and daily salad bar spread they currently enjoy. Health is wealth for our Chief Experience Officers and the organisation.”

Patrick Fiat
General Manager and Chief Experience Officer
Royal Plaza on Scotts

Health@Downtown

Another precinct where HPB has created a large-scale healthy workplace ecosystem is the Downtown Core Business District. HPB embarked on a partnership with the Singapore National Employers Federation in November 2017 for the Health@Downtown initiative.

HPB leveraged the Singapore National Employers Federation's network of over 600 member companies located within the business district, to provide more than 350,000 workers in the Downtown Core Business District convenient access to health programmes such as health screening, fitness workouts and nutrition workshops.

In particular, high-intensity physical activities like Vertical Challenge and Calisthenics Fitness were introduced to cater to the precinct's working population, predominantly made up of young working adults.

In 2018, HPB worked with the Singapore National Employers Federation to introduce structured programmes such as functional group workouts, to enable individuals to monitor their fitness levels. Thematic challenges were also organised to provide workers with the opportunities to put their fitness levels to the test and compete among their peers.

As of March 2019, close to 8,000 workers have participated in the Health@Downtown activities, and the majority of these participants saw positive behavioural outcomes, such as an increase in median active time by 35%.

“The screening and regular workout sessions have enabled me to improve my body mass index, and I have lost four kilograms since joining the sessions. I feel more energetic after adopting a more active lifestyle.”

Susan Chong
Participant from Odfjell Singapore

ONE Changi Cares

To encourage the employees at Changi Airport to adopt a healthy lifestyle, HPB provided customised health programmes to Changi Airport Group to support its vision of caring for their employees' and partners' health and wellness needs.

Changi Airport Group and Certis also collaborated with HPB to launch the inaugural ONE Changi Steps Challenge. The 15-week Challenge aimed to encourage airport staff across all terminals, to increase their incidental physical activities and take charge of their health. As of March 2019, more than 5,500 airport workers have participated in the ONE Changi

Steps Challenge programme. Close to 80% of them participated in HPB's National Steps Challenge™, a population-level programme that encourages Singaporeans to weave incidental physical activity into their everyday lives, for the first time.

In collaboration with Certis, HPB launched the 16-week pilot fitness programme, Get Fit+, a fitness programme designed to help workers improve their fitness levels through monthly health coaching. The programme nudged Certis officers across all airport terminals to improve their fitness, under the guidance of health coaches who shared health tips with the participants. Among those who participated in the Get Fit+ programme, 75% of the participants showed positive improvements in at least one of these areas: body mass index, fat percentage or muscle strength.

“Changi Airport Group is delighted to partner HPB in promoting healthy living among the Changi Airport community. The 2018 ONE Changi Steps Challenge drew active participation from many of our airport partners, getting everyone pumped up! Together with HPB, we also curated targeted health and lifestyle programmes that suited the varied needs of our frontline staff. Our Changi Airport community has benefitted greatly from the expertise and resources offered by HPB.”

Damon Wong, General Manager, Quality Service Management, Changi Airport Group, and President, Changi Airport Recreation Club



Participants of ONE Changi Steps Challenge.

ENHANCING HEALTH PROGRAMMES FOR WORKPLACES

As working adults spend most of their time at the workplace, it is imperative that they are able to work in environments that are conducive to their health and wellbeing. The Health Promotion Board (HPB) works with its partners to deliver workplace health programmes and advise companies in designing healthy workspaces.

Workplace Alliance for Health Scheme

The Workplace Alliance for Health Scheme was launched in March 2018 to offer medium to large enterprises with more than 200 employees, a cost-effective opportunity to kickstart or enhance their workplace health programmes.

Under the scheme, companies receive co-funding support for implementing corporate wellness solutions for their employees. Solutions are split into two categories to cater to the varied needs of companies.

The elementary category offers primary health screening and follow-up checks, while the advanced category offers targeted interventions in the areas of weight management, chronic disease management and smoking cessation. In particular, the scheme seeks to encourage companies' development of novel solutions such as tele-coaching and app-based health improvement programmes.

As of March 2019, the Workplace Alliance for Health Scheme has benefitted close to 20 companies, with over 35,000 workers gaining access to health and wellness programmes. The co-funding has also enabled some companies to pilot innovative health solutions for their workers, including app-based health coaching and monitoring.

“Our employees have benefitted from the Workplace Alliance for Health Scheme which has resulted in better health for them. For us, a healthy employee equates a happy and engaged employee.”

Continental Singapore

BCA-HPB Green Mark for Healthier Workplaces

In a move to integrate health and wellbeing into offices, and support companies in creating healthier workplaces, HPB collaborated with the Building and Construction Authority (BCA) to launch the BCA-HPB Green Mark for Healthier Workplaces scheme.

The scheme aims to encourage companies to place greater emphasis on occupants' health, wellbeing and comfort in relation to office design and daily operations. It also seeks to create a supportive environment through the establishment of workplace health structures, policies and programmes. By creating healthy work environments, the scheme also encourages employees to take charge of their personal health, in addition to their environmental sustainability efforts.

As of March 2019, a total of 14 offices have been awarded BCA-HPB Green Mark for Healthier Workplaces, either by implementing health policies and structured programmes, or by infusing health promoting concepts into their office design and facilities.



Healthy work environments can support employees in taking charge of their personal health, for a more productive workforce.

MAKING HEALTH ACCESSIBLE TO HARD-TO-REACH MATURE WORKERS

One of the key segments that the Health Promotion Board (HPB) reaches out to is the mature workforce. In particular, a key focus is on those employed in the retail, cleaning, and food and beverage sectors, who tend to have unstructured work patterns, long shift hours and are dispersed across many work locations. To increase the opportunities for mature workers to benefit from and have access to health programmes, HPB has developed a series of initiatives tailored for these workers.

Health Chats @ Hawker Centres

Health Chats @ Hawker Centres is a new workplace health initiative rolled out in June 2018 that brings customised health programmes to hawkers, market retailers and cleaners working at hawker centres. Many of them, with their unstructured work patterns, long shift hours and short rest breaks, have limited access to health programmes conducted during regular hours outside their workplace.

The Health Chats @ Hawker Centres programme seeks to equip workers with skills, knowledge and support to make positive behavioural changes and adopt healthier lifestyle habits.

The programme, which is conducted monthly over six months, comprises health checks involving body mass index and blood pressure measurements, as well as health and safety coaching sessions that are tailored to suit the demographics and work nature of the workers. The coaching topics include chronic disease prevention and management, ergonomic lifting techniques and age-appropriate low-impact exercises to build strength, balance and flexibility, and to relieve body pain due to work.

The health chats are designed as bite-sized, 15-minute sessions held throughout the day within the hawker centres, so that workers can join at any time during the lull period of their work.



Hawkers and market retailers exercising together at the Geylang Serai Market, as part of the Health Chats @ Hawker Centres programme.



Health coaches conducting health checks at hawker centres to help participants keep track of their body mass index and blood pressure measurements.

The programme was piloted at five hawker centres between June 2018 and February 2019 - Tiong Bahru Market, ABC Brickworks Market and Food Centre, 85 Redhill Lane Market, Geylang Serai Market and Tekka Market - benefitting more than 1,000 workers across these centres.

The health chats are very good and convenient as they are held near my stall. The programme teaches us how to eat healthily, eat more vegetables and fruits, and less sugar. The stretch-band exercises have also helped to reduce my body aches.

A stall owner at Geylang Serai Market

Health Programme for Cleaners

The workforce for the cleaning sector is typically made up of mature workers who are scattered across different locations and tend to have limited access to health programmes due to their unstructured work patterns.

In January 2018, HPB launched the Health Programme for Cleaners in collaboration with Nanyang Technological University (NTU), National University of Singapore (NUS), and 10 cleaning companies. This initiative equips cleaners working at these tertiary institutions with knowledge and skills to adopt better work and lifestyle habits to improve their health.

The collaboration brought the customised health programme to the university campuses, where group-based 30-minute health coaching sessions were conducted during the lull period of the cleaners' work day. The monthly interactive sessions tailored to the workers' age-related and work-related health needs, cover a range of topics including chronic disease management, healthy ageing and ergonomics.

As of March 2019, about 800 cleaners from NUS and NTU have benefitted from the programme, and about 40% of those with unhealthy body mass index have shown an improvement in their weight.

The stretching exercises are useful as they make me more alert and flexible.

A cleaner from Nanyang Technological University



A health coach guiding cleaners on proper lifting techniques.

REACHING OUT TO THE BUSY SINGAPOREANS

The Health Promotion Board (HPB) ensures health promotion programmes are relevant and within easy reach of busy Singaporeans. From mass physical activities and thematic challenges, to mental wellness workshops, HPB runs programmes that are catered to the varied interests and needs of diverse segments of the working population.

Thematic Challenges for Younger Workers

HPB piloted thematic games and challenges in the downtown business district, to attract the young working crowd to stay active.

One such activity was the Game of Zones Obstacle Challenge which took place in November 2018. A total of 109 participants competed in various activities in 10 zones that tested participants' fitness levels, problem-solving skills and teamwork.

Riding on the success of the first year, the Healthy Workplace Ecosystems Futsal Champions League was introduced for the second time in August 2018. It featured 64 matches with 329 participants, attracting 77 more participants compared to the first year.



The Futsal Champions League drew over 300 participants in 2018.

National Steps Challenge™ Corporate Challenge

As part of HPB's continued efforts to encourage working adults to move more, the National Steps Challenge™ Corporate Challenge took place for the third season. From January 2019, the Corporate

Challenge called on organisations to rally their employees to increase their physical activity levels through friendly competitions with other organisations.



Office employees taking part in a Vertical Challenge as part of the Corporate Challenge.

Over 198,000 working adults from more than 1,000 organisations across various industries participated in the Corporate Challenge. They included organisations in the finance, education and manufacturing sectors. In the latest season, the Corporate Challenge brought back features from the previous seasons, with the addition of the Moderate- to Vigorous-intensity Physical Activity (MVPA) component.

Besides recognising the top three performing companies that clocked the highest step count and MVPA duration, HPB also encouraged companies to participate actively throughout the challenge by rewarding those that showed the greatest improvement every month.

“

Making a lifestyle change to manage my weight and improve my health has always been on my mind as I am not getting any younger. This has always been a challenge due to work and family commitments. When our company encouraged us to join the National Steps Challenge™ Corporate Challenge, I seized the opportunity to join my colleagues in the morning brisk walking group before we start work, and we encourage each other to stay active.”

Selvja Jong, participant from Ingersoll Rand S.E. Pte Ltd

Sunrise in the City

Originally designed to encourage working adults to start their work day by exercising, the Sunrise in the City programme has been expanded to make workout sessions available during lunch time and on weekends.

HPB partners with gyms and other exercise studio operators to offer 34 different types of workouts and exercises at easily accessible locations, catering to people with varying fitness levels.



Working adults participating in a Sunrise in the City programme.

In 2018, the number of sessions under Sunrise in the City increased from 200 per month in 2017 to 450 per month, conducted by 17 gym partners across 40 locations. New workouts such as CrossFit, High Intensity Interval Training and jumping fitness were also introduced, while sessions targeted at couples were piloted to encourage couples to join the programme together. Sunrise in the City was

also extended to gyms in the heartlands to cater to adults working in the retail and industrial sectors. As of March 2019, more than 9,000 participants have attended the sessions.

i-Run

The i-Run programme aims to encourage informal running groups to enjoy regular running activities led by professional trainers and pacers. These professionals also conduct running clinics to offer tips on improving cardiovascular fitness, running techniques and injury prevention.



i-Run at Gardens by the Bay.

The i-Run programme is free and open to runners of various fitness levels including beginners and avid runners, as well as corporate groups. In 2018, the programme was conducted at several locations, including Labrador Park and Gardens by the Bay, entailing four one-hour runs per week. HIIT (high-intensity interval training) and strength training are conducted for the participants before the runs.

Leveraging festive seasons such as Mid-Autumn, Halloween and Christmas, thematic runs were organised with runners dressing up in costumes appropriate to the particular festivity, to make running fun and engaging for the runners.

The programme has attracted more than 900 participants as of March 2019.

GETTING ON THE DIGITAL HIGHWAY TO A HEALTHY NATION



The Health Promotion Board leverages technology platforms to extend the reach of its programmes and enhance their effectiveness to nudge Singaporeans to adopt healthy lifestyles.

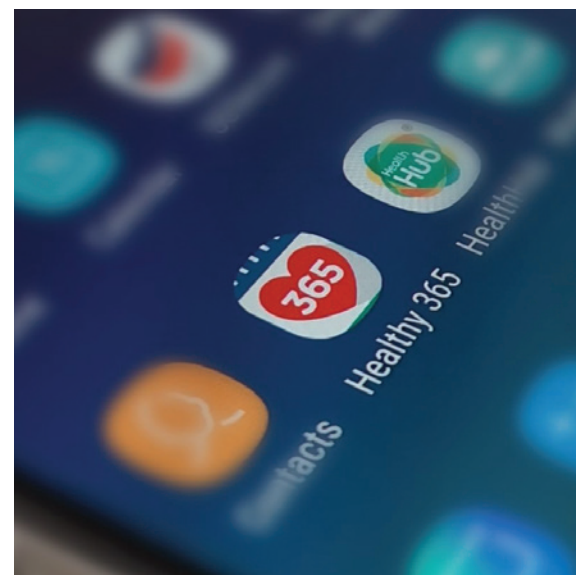
ENHANCING HEALTHY 365 TO MAKE HEALTHY LIVING EASIER

The Health Promotion Board's (HPB) Healthy 365 mobile application was developed to guide Singaporeans towards healthy behaviour and nudge them to take greater ownership of their health and wellness. In 2018, the app was further enhanced, strengthening its capacity and functionalities.

Healthy 365 provides the technology platform for the National Steps Challenge™. In Season 4 of the Challenge, the user interface for the Healthy 365 app was upgraded to provide a better user experience. It also facilitated the seamless integration of the loyalty platform which provides participants with faster and easier rewards redemption.

In addition to the upgrade, a new and improved dashboard was introduced. The new dashboard supports the tracking of participants' heart rate to measure Moderate- to Vigorous-intensity Physical Activity, to encourage participants to do higher-intensity physical activities.

Healthy 365 also offers a new digital loyalty platform for the Eat, Drink, Shop Healthy (EDSH) Challenge. EDSH was designed to encourage



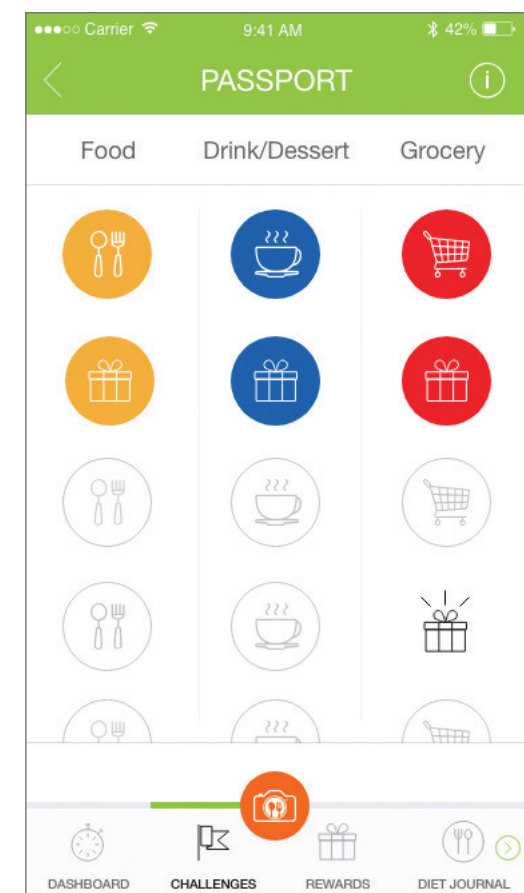
Healthy 365 was enhanced with new features to nudge Singaporeans towards healthy living.

people to choose healthier options when dining out or grocery shopping. With the inclusion of new retail and food and beverage partners, the EDSH Challenge has helped increase the Healthy 365's user base to more than 530,000.

Several game-like elements, such as Tap and Win, enhanced leader boards and industry hall of fame, as well as revamped challenge listings and summary pages were introduced to keep the participants engaged.

In recognition of its innovations in health management information systems, Healthy 365 came out tops in the "IT Excellence: Beyond Healthcare to Health Category of the National Health IT Excellence Award" in 2018.

As of 31 March 2019, the app has garnered 1.9 million downloads.



New digital loyalty platform for the Eat, Drink, Shop Healthy Challenge.

IMPROVING THE HEALTHHUB EXPERIENCE

HealthHub is Singapore's one-stop health portal and mobile application which provides Singaporeans with personalised health-related content, key medical records and e-services. These services enable users to better manage and improve their health and that of their family members. As of March 2019, there were more than 519,000 HealthHub downloads.

In August 2018, new components were added to improve users' experience. New e-services were added to the portal to improve users' access to healthcare services. These included booking of medical appointment, refill of medication,

request for medical report, self-service payment, Community Health Assist Scheme (CHAS) balance summary, and allowing users to grant their caregivers access to their records. These enhancements enabled greater access to information on the go.

In recognition of its innovations in health management information systems, HealthHub came out tops in the "IT Excellence: Beyond Healthcare to Health Category of the National Health IT Excellence Award" in 2018.

healthhub.sg

Your health. In your hands.

Choose the easier way to manage your health.

Medical appointments 3pm

School health check today

Brush your teeth

Latest medical records

More whole grains

Manage medical appointments

View personal medical records

View child's school health and dental records

Get trusted health and wellness advice

Forget the mess. With HealthHub, you can now have your medical records, appointments and health advice right at your fingertips. Take charge of your health today.

Download on the App Store

GET IT ON Google Play



Recruitment exercise for Health Insights Singapore.

LEVERAGING WEARABLE TECHNOLOGY FOR HEALTH INSIGHTS

Health Insights Singapore (hiSG) is a ground-breaking technology-enabled longitudinal study launched by HPB in 2018. It gathers novel insights into the lifestyle behaviours of Singaporeans using wearable technology. The project involved the recruitment of 2,000 working adults and collaboration with Nanyang Polytechnic and the National University of Singapore to study the behaviours of tertiary students.

The goal of hiSG is to analyse the inter-connectedness across lifestyle data collected from a large cohort of Singaporeans. The information gathered will augment findings from traditional data sources.

The use of smart wearable devices allows for continuous data measurements, providing a 24-hour view on an individual's lifestyle and

behaviours. The accuracy of data collected will provide measurements of metrics such as physical activity, resting heart rate and sleep quality. The various interrelationships and associations of metrics across these health topics, such as the relationship between diet and physical activity, could then be examined.

From the insights gathered into how an individual's lifestyle behaviours interact and are interconnected, algorithms and predictive models can be developed to provide personalised health promotion tailored to the needs of individuals. The rich data will also be available as public resource for research and collaborations among academia and healthcare institutions.

AT THE FOREFRONT OF SHAPING HEALTHIER LIVES



The journey to promote healthy living among Singaporeans must begin at home. The Health Promotion Board strives to help our employees realise their potential, by strengthening their capabilities and developing an innovative culture that pushes boundaries for the promotion of healthy living.

BUILDING CAPABILITIES FOR LONG-TERM GROWTH

The Health Promotion Board's (HPB) efforts in promoting a healthy lifestyle and disease prevention has left its mark on Singapore's health landscape. Changes have been made to HPB's operating model and organisation structure to harness synergies across its divisions and help its employees build new capabilities and skills.

Strategic and Leadership Capabilities

In September 2018, HPB's Leadership Group was strengthened with the formation of a Senior Leadership Group comprising two Deputy Chief Executive Officers and four Group Directors. The aim of the Senior Leadership Group is to drive greater synergies and integration across all divisions.

HPB was also reorganised into five clusters of core capabilities – Programmes and Outreach, Policy and Technology, Youth Preventive Services, Strategic Planning and Collaborations, and Enablers. The new structure allows HPB to enhance its capabilities and deliver even more impactful programmes which are accessible to all Singaporeans.

Pathways to Enable a Digital Workforce

A two-tiered approach was taken to build the digital capabilities of HPB's employees across various levels.

SkillsFuture for Digital Workplace was rolled out in partnership with the Union, to help employees tap digital tools to enhance their daily lives.

Multiple learning pathways were also developed to cultivate a digital mind-set and build capabilities in data visualisation and analytics. Employees learned data visualisation and analytics skills through structured programmes which included projects based on real-life situations. HPB's employees also visited different industries to learn best practices on the use of technology and analytics.

PUSHING THE BOUNDARIES TO DELIVER IMPACTFUL PROGRAMMES AND SERVICES

The Health Promotion Board's (HPB) culture of daring to try and learning quickly has enabled HPB employees to deliver innovative and impactful programmes and services to Singaporeans.

2018 Public Sector Transformation Awards

In 2018, HPB won three Public Sector Transformation Awards. These awards recognise and reward public officers and agencies for excellence in service delivery, organisation practices and innovation.

- Best Practice Awards (Organisational Development) – HPB's Innovation Journey
- Innovation Project Award – National Steps Challenge™
- Innovation Champion Award – Sebastian Chua, Senior Deputy Director, Procurement

HPB was invited to showcase its innovation practices at the Public Sector Transformation exhibition. Through the exhibition, public officers learned about HPB's focus on innovation and how



Showcasing HPB's innovative practices at the Public Sector Transformation Exhibition.

it has led to the development of new approaches to health promotion. HPB's innovation award winners also showcased how they solved real-life challenges and were able to implement creative solutions of scale and impact.

PASSION FOR IMPROVING HEALTH

The passion for improving health is at the heart of what the Health Promotion Board (HPB) does. In 2018, HPB's employees were once again recognised for their commitment in achieving excellence.

12th Tan Chin Tuan Nursing Award for Enrolled Nurses 2018

HPB's employee, Christina Chua Phuay Kiang was one of the ten merit winners of the 2018 Tan Chin Tuan Nursing Award. The national award is the pinnacle of distinction for Enrolled Nurses.

It recognises promising and talented Enrolled Nurses for their exemplary performance and dedication to the nursing profession.



Christina Chua Phuay Kiang, Senior Enrolled Nurse I, Youth Preventive Services (third from left).



Health Minister Gan Kim Yong presenting the Healthcare Humanity Award to Cheong Wai Leong from Youth Preventive Services.

Healthcare Humanity Award 2018

The Healthcare Humanity Award aims to raise public recognition and respect for the healthcare profession as a noble one. Cheong Wai Leong, Assistant Manager of Dental Therapy from the Youth Preventive Services team, was conferred the award in 2018.



Nursing and dental employees of Youth Preventive Services receiving the Singapore Health Quality Service Award from President Halimah Yacob.

HPB Quality Service Award 2018

HPB's Quality Service Award recognises employees who demonstrate service excellence in their work by going the extra mile to make a positive impact. In 2018, the award was enhanced to align with the Public Service Transformation Award which focused on service excellence behaviours, mind-set and impact. The award was presented to six teams and 43 individuals.

Singapore Health Quality Service Award

The Singapore Health Quality Service Award presented by the SingHealth Duke-NUS Academic Medical Centre honours healthcare professionals who deliver quality care and excellent service to patients. In 2018, HPB was invited to participate for the first time. A total of 15 nursing and dental employees from the Youth Preventive Services team were conferred the award.

EXPANDING OUR INTERNATIONAL FOOTPRINT

The Health Promotion Board (HPB) has been actively expanding Singapore's footprint and influence in the global health promotion arena, through forging partnerships and collaborations with health promotion foundations, networks and governments around the world in technical cooperation, capability building and benchmarking.

Collaboration with the World Health Organisation (WHO)

As a WHO Collaborating Centre for Health Promotion and Disease Prevention since 2007, HPB plays a key role in strengthening regional capacity in the prevention of non-communicable diseases. This is achieved through the transferring of learnings from Singapore's strategic planning and implementation experiences in improving the health behaviours of the population.

In July 2018, HPB and WHO co-organised the Healthy Eating in Educational Institutions training workshop which was attended by senior government officials from Vietnam, Laos and Cambodia. The workshop facilitated the sharing of good practices, and deepened the capabilities of the region's health and education sectors in promoting healthy eating in schools. It also resulted in the development of country action plans and regional guidelines to implement healthy meals in schools, to improve the health of children and youth within the ASEAN region.

HPB actively participates in knowledge exchange and international benchmarking with local and overseas health promotion experts.

In 2018, HPB organised and participated in more than 50 such international engagements, including visits, attachments, conferences and leadership programmes for high-level delegates and dignitaries from more than 17 countries and jurisdictions. These platforms profile Singapore's thought leadership, and help influence international discourse on effective and innovative public health policies and practices.

In recognition of Singapore's novel approaches in improving the health of its citizens, Singapore was conferred a special award, "Best Practice for Physical Activity – Active City for Walking and Cycling", by WHO at the 8th Alliance for Healthy Cities Global Conference in Kuching, Malaysia in October 2018.



CORPORATE GOVERNANCE

Corporate Governance

The Health Promotion Board (HPB) was established on 1 April 2001 to perform the functions, objects and duties set out in the Health Promotion Board Act (Chapter 122B) (the Act). HPB was also registered as a charity (Registration no: 01810) under the Charities Act (Chapter 37) since 17 September 2004.

Board of Directors

The Board of Directors (the Board) comprises eleven independent members from diverse sectors including academia, audit, finance, healthcare and the public sector. The Board is committed to ensuring the highest standards of corporate governance and operations and programmes management. It reviews and approves HPB's strategies, plans and financial budgets to ensure that activities and resources allocated are optimised to meet HPB's objectives and key priorities. It ensures that internal control systems and processes are in place to comply with applicable laws and regulations and to preserve integrity and transparency within HPB. The Board also approves documented human resource policies in key areas of recruitment, remuneration and benefits.

There are four board committees with written terms of reference approved by the Board. These committees are the Personnel Board, Audit & Risk Management Committee, Medical and Dental Board, and Finance & Investment Committee. Each committee oversees different aspects of strategic and operational management and control.

Members of the Board are paid allowances based on the rates set by the Public Service Division, ranging from \$5,625 to \$22,500. In FY 2018/2019, the total allowance for board members is \$118,125.

Disclosure & Transparency

There are clear policies and procedures for board members and staff to declare, prevent and address potential or actual conflict of interest. Where conflict of interest arises, they recuse themselves from discussions and decisionmaking on the subject matter.

All staff are expected to uphold the integrity of Public Service to instil public confidence and trust by adhering to HPB's Code of Conduct. An Internal Disclosure (whistle-blowing) policy is also in place to empower staff to report wrongful and unethical practices in HPB directly to the Chairperson of the Audit & Risk Management Committee or to the Chairman of the Board.

Among the top three HPB key executives in FY2018/2019, one key executive receives annual remuneration of between \$700,000 and \$800,000 and two between \$400,000 and \$500,000. The annual remuneration includes salary, bonus, benefits and employers' CPF contributions.

Reserve Policy Statement

HPB manages its reserves judiciously and reviews it annually to ensure long-term financial sustainability. As at 31 March 2019, our reserves stood at \$41.8m (or 14% of HPB's annual expenditure) and are unrestricted for use to fund capital and operational requirements, including the funding of deficits as and when they arise.

BOARD MEETING ATTENDANCE

26 June 2018:

Mr Philip Lee Sooi Chuen
Prof Chia Kee Seng
Prof Chua Hong Choon
Ms Low Yoke Kiew
Dr Intan Azura Binte Mokhtar
Mrs Quek Bin Hwee
Prof Tan Chorh Chuan
Mr Tay Choon Hong

Absent with apologies:

Dr Lim Kuo-Yi
Mr Lim Teck Yin
Mr T K Udairam

20 Nov 2018:

Mr Philip Lee Sooi Chuen
Prof Chia Kee Seng
Prof Chua Hong Choon
Dr Lim Kuo-Yi
Mr Lim Teck Yin
Ms Low Yoke Kiew
Mrs Quek Bin Hwee
Prof Tan Chorh Chuan
Mr Tay Choon Hong
Mr T K Udairam

Absent with apologies:

Dr Intan Azura Binte Mokhtar

28 Aug 2018:

Mr Philip Lee Sooi Chuen
Prof Chua Hong Choon
Dr Lim Kuo-Yi
Ms Low Yoke Kiew
Prof Tan Chorh Chuan
Mr Tay Choon Hong

Absent with apologies:

Prof Chia Kee Seng
Mr Lim Teck Yin
Dr Intan Azura Binte Mokhtar
Mrs Quek Bin Hwee
Mr T K Udairam

26 Mar 2019:

Mr Philip Lee Sooi Chuen
Prof Chia Kee Seng
Prof Chua Hong Choon
Dr Lim Kuo-Yi
Mrs Quek Bin Hwee

Absent with apologies:

Mr Lim Teck Yin
Dr Intan Azura Binte Mokhtar
Ms Low Yoke Kiew
Mr Tay Choon Hong
Mr T K Udairam
Prof Tan Chorh Chuan

ANNUAL FINANCIAL STATEMENTS

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STATEMENT BY DIRECTORS

For the financial year ended 31 March 2019

We, Philip Lee Sooi Chuen and Zee Yoong Kang, on behalf of Health Promotion Board (the “Board”), do hereby state that, in our opinion:

- (i) The accompanying statement of financial position, statement of comprehensive income, statement of changes in equity and statement of cash flows together with the notes thereto are drawn up so as to give a true and fair view of the financial position of the Board as at 31 March 2019 and the financial performance, changes in equity and cash flows of the Board for the financial year then ended; and
- (ii) At the date of this statement, there are reasonable grounds to believe that the Board will be able to pay its debts as and when they fall due.

On behalf of the Board



Philip Lee Sooi Chuen
Chairman

5 July 2019



Zee Yoong Kang
Chief Executive Officer

INDEPENDENT AUDITOR'S REPORT

For the financial year ended 31 March 2019

Independent Auditor's Report to the member of Health Promotion Board

Report on the Audit of the Financial Statements

Our opinion

In our opinion, the accompanying financial statements of Health Promotion Board ("the Board") are properly drawn up in accordance with the provisions of the Public Sector (Governance) Act 2018, Act 5 of 2018 (the "Public Sector (Governance) Act"), the Health Promotion Board Act, Chapter 122B (the "Act"), Charities Act, Chapter 37 (the "Charities Act") and Statutory Board Financial Reporting Standards in Singapore (SB-FRS) so as to give a true and fair view of the financial position of the Board as at 31 March 2019 and of the financial performance, changes in equity and cash flows of the Board for the financial year ended on that date.

What we have audited

The financial statements of the Board comprise:

- the statement of financial position as at 31 March 2019;
- the statement of comprehensive income for the year then ended;
- the statement of changes in equity for the year then ended;
- the statement of cash flows for the year then ended; and
- the notes to the financial statements, including a summary of significant accounting policies.

Basis for Opinion

We conducted our audit in accordance with Singapore Standards on Auditing ("SSAs"). Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Independence

We are independent of the Board in accordance with the Accounting and Corporate Regulatory Authority Code of Professional Conduct and Ethics for Public Accountants and Accounting Entities ("ACRA Code") together with the ethical requirements that are relevant to our audit of the financial statements in Singapore, and we have fulfilled our other ethical responsibilities in accordance with these requirements and the ACRA Code.

Other Information

Management is responsible for the other information. The other information comprises the information included in the annual report, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT

For the financial year ended 31 March 2019

Independent Auditor's Report to the member of Health Promotion Board (cont'd)

Report on the Audit of the Financial Statements (cont'd)

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with the provisions of the Public Sector (Governance) Act, the Act, the Charities Act and SB-FRS, and for such internal control as management determines is necessary to enable the preparation of the financial statements that are free from material misstatement, whether due to fraud or error.

A statutory board is constituted based on its constitutional act and its dissolution requires Parliament's approval. In preparing the financial statements, management is responsible for assessing the Board's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Board or to wind up the Board or for the Board to cease operations.

Those charged with governance are responsible for overseeing the Board's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with SSAs, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Board's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Board's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Board to cease to continue as a going concern.

INDEPENDENT AUDITOR’S REPORT

For the financial year ended 31 March 2019

Independent Auditor’s Report to the member of Health Promotion Board (cont’d)

Report on the Audit of the Financial Statements (cont’d)

Auditor’s Responsibilities for the Audit of the Financial Statements (cont’d)

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Report on Other Legal and Regulatory Requirements

Opinion

In our opinion:

- (a) the receipt, expenditure, investment of moneys and the acquisition and disposal of assets by the Board during the year are, in all material respects, in accordance with the provisions of the Public Sector (Governance) Act, the Act, the Charities Act and the requirements of any other written law applicable to moneys of or managed by the Board.
- (b) proper accounting and other records required have been kept, including records of all assets of the Board whether purchased, donated or otherwise.

Basis for Opinion

We conducted our audit in accordance with SSAs. Our responsibilities under those standards are further described in the *Auditor’s Responsibilities for the Compliance Audit* section of our report. We are independent of the Board in accordance with the ACRA Code together with the ethical requirements that are relevant to our audit of the financial statements in Singapore, and we have fulfilled our other ethical responsibilities in accordance with these requirements and the ACRA Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion on management’s compliance.

Responsibilities of Management for Compliance with Legal and Regulatory Requirements

Management is responsible for ensuring that the receipts, expenditure, investment of moneys and the acquisition and disposal of assets, are in accordance with the provisions of the Public Sector (Governance) Act, the Act, the Charities Act and the requirements of any other written law applicable to moneys of or managed by the Board. This responsibility includes monitoring related compliance requirements relevant to the Board, and implementing internal controls as management determines are necessary to enable compliance with the requirements.

Auditor’s Responsibilities for the Compliance Audit

Our responsibility is to express an opinion on management’s compliance based on our audit of the financial statements. We planned and performed the compliance audit to obtain reasonable assurance about whether the receipts, expenditure, investment of moneys and the acquisition and disposal of assets, are in accordance with the provisions of the Public Sector (Governance) Act, the Act and the requirements of any other written law applicable to moneys of or managed by the Board.

INDEPENDENT AUDITOR’S REPORT

For the financial year ended 31 March 2019

Independent Auditor’s Report to the member of Health Promotion Board (cont’d)

Report on Other Legal and Regulatory Requirements (cont’d)

Auditor’s Responsibilities for the Compliance Audit (cont’d)

Our compliance audit includes obtaining an understanding of the internal control relevant to the receipts, expenditure, investment of moneys and the acquisition and disposal of assets; and assessing the risks of material misstatement of the financial statements from non-compliance, if any, but not for the purpose of expressing an opinion on the effectiveness of the Board’s internal control. Because of the inherent limitations in any accounting and internal control system, non-compliances may nevertheless occur and not be detected.



PricewaterhouseCoopers LLP
Public Accountants and Chartered Accountants

Singapore, 5 July 2019

STATEMENT OF FINANCIAL POSITION

For the financial year ended 31 March 2019

	Note	2018/2019 \$	2017/2018 \$
Non-current assets			
Property, plant and equipment	4	11,647,028	9,715,048
Intangible assets	5	6,902,172	5,036,918
Financial assets, held-to-maturity	6a	-	14,981,500
Financial assets, at amortised cost	6b	14,985,200	-
		33,534,400	29,733,466
Current assets			
Receivables	7	8,526,108	2,662,050
Prepayments		2,226,342	1,194,159
Grant receivables	8	10,279,148	11,451,993
Cash and cash equivalents	10	97,280,143	98,633,071
		118,311,741	113,941,273
Current liabilities			
Payables and accruals	11	55,437,288	53,782,106
Grants received in advance	8	301,043	1,049,623
		55,738,331	54,831,729
Net current assets		62,573,410	59,109,544
Non-current liabilities			
Deferred capital grants	12	263,552	377,232
Obligations in respect of pension scheme	13	7,759,554	7,943,913
		8,023,106	8,321,145
Net assets		88,084,704	80,521,865
Equity			
Share capital	14	46,304,531	41,044,244
Accumulated surplus		41,780,173	39,477,621
		88,084,704	80,521,865

The accompanying notes form an integral part of these financial statements.

STATEMENT OF COMPREHENSIVE INCOME

For the financial year ended 31 March 2019

	Note	2018/2019 \$	2017/2018 \$
Income			
Service maintenance income	16	1,332,544	1,326,336
Interest income		2,050,849	1,438,546
Sponsorship income	16	7,998,322	8,551,686
Donation income		1,512,531	1,611,410
Other income	16	754,400	788,914
		13,648,646	13,716,892
Expenditure			
Staff cost	17	(87,597,135)	(85,009,505)
Depreciation of property, plant and equipment	4	(1,911,840)	(2,005,162)
Amortisation of intangible assets	5	(2,056,474)	(3,035,327)
Programme and marketing expenses		(153,637,871)	(119,759,947)
General and administrative expenses		(22,450,379)	(20,159,505)
Information technology services and maintenance		(25,606,972)	(21,056,776)
		(293,260,671)	(251,026,222)
Deficit before grants		(279,612,025)	(237,309,330)
Grants			
Government operating grants	9	280,083,399	239,363,886
Non-government operating grants	9	1,634,878	-
Deferred government capital grants amortised	12	196,300	285,669
		281,914,577	239,649,555
Surplus for the financial year		2,302,552	2,340,225
Other comprehensive income:			
Items that will not be reclassified subsequently to profit or loss:			
Actuarial losses on obligations in respect of pension scheme	13	-	(257,011)
Total comprehensive income		2,302,552	2,083,214

The accompanying notes form an integral part of these financial statements.

STATEMENT OF CHANGES IN EQUITY

For the financial year ended 31 March 2019

	Note	Share capital \$	Accumulated surplus \$	Total equity \$
2018/2019				
Beginning of financial year		41,044,244	39,477,621	80,521,865
Issuance of ordinary shares	14	5,260,287	-	5,260,287
Surplus for the year		-	2,302,552	2,302,552
Total comprehensive income		-	2,302,552	2,302,552
End of financial year		46,304,531	41,780,173	88,084,704
2017/2018				
Beginning of financial year		35,870,054	48,481,407	84,351,461
Issuance of ordinary shares	14	5,174,190	-	5,174,190
Surplus for the year		-	2,340,225	2,340,225
Other comprehensive income for the year	13	-	(257,011)	(257,011)
Total comprehensive income		-	2,083,214	2,083,214
Total transactions with owners, recognised directly in equity				
- Dividends paid	15	-	(11,087,000)	(11,087,000)
End of financial year		41,044,244	39,477,621	80,521,865

The accompanying notes form an integral part of these financial statements.

STATEMENT OF CASH FLOWS

For the financial year ended 31 March 2019

	Note	2018/2019 \$	2017/2018 \$
Cash flows from operating activities			
Deficit before grants		(279,612,025)	(237,309,330)
Adjustments for:			
- Depreciation of property, plant and equipment		1,911,840	2,005,162
- Amortisation of intangible assets		2,056,474	3,035,327
- Net loss on disposal of property, plant and equipment		10,112	871
- Write-off of intangible assets		56,175	15,806
- Interest income		(2,050,849)	(1,438,546)
- Actuarial losses on obligations in respect of pension scheme		-	(257,011)
		(277,628,273)	(233,947,721)
Changes in working capital:			
- Receivables		(5,385,242)	(345,756)
- Prepayment		(1,032,183)	(892,671)
- Payables and accruals		1,655,182	5,435,843
- Obligations in respect of pension scheme		(184,359)	(1,778,443)
Net cash used in operating activities		(282,574,875)	(231,528,748)
Cash flows from investing activities			
Additions to property, plant and equipment		(3,853,932)	(5,415,258)
Additions to intangible assets		(3,977,903)	(3,041,076)
Additions to financial assets		-	(14,981,500)
Interest received		1,568,333	1,654,134
Net cash used in investing activities		(6,263,502)	(21,783,700)
Cash flows from financing activities			
Government grants received		282,225,162	243,919,176
Proceeds from issuance of shares		5,260,287	5,174,190
Dividends paid		-	(11,087,000)
Net cash provided by financing activities		287,485,449	238,006,366
Net decrease in cash and cash equivalents		(1,352,928)	(15,306,082)
Cash and cash equivalents at beginning of financial year	10	98,633,071	113,939,153
Cash and cash equivalents at end of financial year	10	97,280,143	98,633,071

The accompanying notes form an integral part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

These notes form an integral part of and should be read in conjunction with the accompanying financial statements.

1. General information

Health Promotion Board (the "Board") was established on 1 April 2001 under the provisions of the Health Promotion Board Act (Chapter 122B) (the "Act") and is under the purview of Ministry of Health. As a statutory board, the Board is subject to the directions of Ministry of Health, and is required to implement policies and policy changes as determined by its supervisory ministry. The Board's registered office is located at 3 Second Hospital Avenue, Singapore 168937.

The Board is also registered as a charity (Registration No: 01810) under the Charities Act (Chapter 37) since 17 September 2004.

The principal activities of the Board are to:

- (a) advise the Government, either of its own motion or upon request made to it by the Minister, on all matters connected with the promotion of good health and healthy lifestyles amongst the people of Singapore, including the formulation of policies, the creation of conditions and the provision of public facilities that are conducive to the promotion of good health and healthy lifestyle amongst the people of Singapore;
- (b) devise, organise and implement programmes and other activities for or related to the promotion of good health and healthy lifestyle amongst the people of Singapore, health education programmes and programmes and other activities for or related to the prevention or detection of diseases;
- (c) collaborate with any organisation to devise, organise and implement, or to provide support or assistance to any organisation in devising and implementing any of the programmes or activities referred to in paragraph 1(b);
- (d) monitor and conduct investigations and research into any matter relating to the health and nutritional statuses of the people of Singapore;
- (e) promote a healthy food supply in Singapore;
- (f) determine, establish and recommend nutritional standards and dietary guidelines, and guidelines for the provision of nutritional information;
- (g) provide healthcare services (including medical, dental, health-screening and immunisation services) to school children and such other persons or class of persons as the Board thinks fit;
- (h) provide consultancy services to Government departments, members of the healthcare industry and the private sector on matters relating to health education, the preservation and promotion of health, healthy lifestyles and healthy dietary practices and the prevention and detection of diseases; and
- (i) represent the Government internationally on matters related to or connected with health education, the preservation and promotion of health and the prevention and detection of diseases.

There have been no significant changes in the nature of these activities during the financial year.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies

2.1 Basis of preparation

Statement of compliance

These financial statements of the Board have been prepared in accordance with the provisions of the Public Sector (Governance) Act 2018, Act 5 of 2018 (the "Public Sector (Governance) Act 2018"), the Health Promotion Board Act, Chapter 122B (the "Act"), Charities Act, Chapter 37 (the "Charities Act") and Statutory Board Financial Reporting Standards ("SB-FRS"). SB-FRS include Statutory Board Financial Reporting Standards, Interpretations of SB-FRS and SB-FRS Guidance Notes as promulgated by the Accountant-General.

Basis of measurement

The financial statements have been prepared in accordance with SB-FRS under the historical cost convention, except as disclosed in the accounting policies below:

The preparation of these financial statements in conformity with SB-FRS requires management to exercise its judgement in the process of applying the Board's accounting policies. It also requires the use of certain critical accounting estimates and assumptions. The areas involving a higher degree of judgement or complexity, or areas where estimates and assumptions are significant to the financial statements are disclosed in Note 3.

Interpretations and amendments to published standards effective in 2018

On 1 April 2018, the Board adopted the new or amended SB-FRS and Interpretations of SB-FRS ("INT SB-FRS") that are mandatory for application for the financial year. Changes to the Board's accounting policies have been made as required, in accordance with the transitional provisions in the respective SB-FRS and INT SB-FRS.

The adoption of these new or amended SB-FRS and INT SB-FRS did not result in substantial changes to the Board's accounting policies and had no material effect on the amounts reported for the current or prior financial years except for the following:

- (i) Adoption of *SB-FRS 115 Revenue from Contracts with Customers*

The Board has adopted the new standard using the modified retrospective approach with the cumulative impact of the adoption recognised in the opening retained earnings at 1 April 2018. Comparative information for 2017/2018 are not restated. The accounting policies for revenue from contracts with customers under SB-FRS 115 are disclosed in Note 2.10.

The effects on adoption of SB-FRS 115 are as follows:

- (a) Accounting for sponsorship received

The Board receives sponsorships in cash and/or in-kind and is expected to provide publicity entitlements of approximately equal value to the sponsors. SB-FRS Guidance Note 7 requires the Board to account and disclose sponsorships received in accordance with SB-FRS 115 Revenue Contracts with Customers.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.1 Basis of preparation (cont'd)

Interpretations and amendments to published standards effective in 2018 (cont'd)

- (i) Adoption of *SB-FRS 115 Revenue from Contracts with Customers* (cont'd)
 - (a) Accounting for sponsorship received (cont'd)

As a result, the Board recognised sponsorships in cash and/or in kind income and expense amounting to \$7,998,322 and \$8,551,686 at 31 March 2019 and 1 April 2018, respectively.
- (ii) Adoption of *SB-FRS 109 Financial Instruments*

The Board has adopted the new standard retrospectively from 1 April 2018, in line with the transition provision permitted under the standards. Comparatives for financial year ended 2018 are not restated and the Board has recognised any difference between the carrying amounts at 31 March 2018 and 1 April 2018 in the opening retained earnings.

The accounting policies for financial instruments under FRS 109 are disclosed in Note 2.5.

The effects on adoption of FRS 109 are as follows:

Note	Financial assets, held-to- maturity \$	Financial assets, at amortised cost \$
Balances at 31 March 2018 before adoption of FRS109	14,981,500	-
Reclassifying debt securities from held-to-maturity to amortised cost	(a) (14,981,500)	14,981,500
Balances at 1 April 2018 after adoption of FRS109	-	14,981,500

- (a) Reclassification from held-to-maturity to amortised cost

Debt securities amounting to \$14,981,500 previously classified as “held-to-maturity” were reclassified to “amortised cost” at 1 April 2018. The Board intends to hold the assets to maturity to collect contractual cash flows and these cash flows consist solely of payments of principal and interest. There was no difference between the previous carrying amount and the revised carrying amount of these financial assets at 1 April 2018.

2.2 Property, plant and equipment

Property, plant and equipment are initially measured at cost, subsequent to recognition, property, plant and equipment are measured at cost less accumulated depreciation and accumulated impairment losses.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.2 Property, plant and equipment (cont'd)

Subsequent expenditure relating to property, plant and equipment that has already been recognised is added to the carrying amount of the asset only when it is probable that future economic benefits associated with the item will flow to the Company and the cost of the item can be measured reliably. All other repair and maintenance expenses are recognised in profit or loss when incurred.

Depreciation on property, plant and equipment is recognised as an expense in the income and expenditure statement on a straight-line basis over the estimated useful lives of each component of property, plant and equipment.

The estimated useful lives for the current and comparative periods are as follows:

	Useful lives
Computers	3 to 5 years
Leasehold improvements	8 years
Furniture and fittings	8 years
Office equipment	3 to 10 years
Medical equipment	8 years
Motor vehicles	10 years

Capital work-in-progress included in property, plant and equipment are not depreciated as these assets are not yet available for use.

The residual values, estimated useful lives and depreciation method of property, plant and equipment are reviewed, and adjusted as appropriate, at each balance sheet date. The effects of any revision are recognised in profit or loss when the changes arise.

Gains and losses on disposal of property, plant and equipment are determined by comparing the proceeds from disposal with the carrying amount of property, plant and equipment, and are recognised net within other income/other expenses in the income and expenditure statement.

2.3 Intangible assets

Intangible assets that are acquired by the Board, which have finite useful lives, are measured at cost less accumulated amortisation and accumulated impairment losses. Intangible assets are amortised in income and expenditure on a straight-line basis over their estimated useful lives of 3 to 5 years, from the date on which they are available for use.

Computer software under development

Computer software under development are stated at cost. Expenditure relating to the capital work-in-progress are capitalised when incurred. No depreciation is provided until the intangible assets are ready for use.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.4 Impairment of non-financial assets

The carrying amounts of the Board’s non-financial assets are reviewed at each reporting date to determine whether there is any indication of impairment. If any such indication exists, the assets’ recoverable amounts are estimated.

The recoverable amount of an asset or cash-generating unit (“CGU”) is the greater of its value in use and its fair value less costs to sell. In assessing value in use, the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of the time value of money and the risks specific to the assets or CGU. For the purpose of impairment testing, assets that cannot be tested individually are grouped together into the smallest group of assets that generates cash inflows from continuing use that are largely independent of the cash inflows of other assets or groups of CGU.

An impairment loss is recognised if the carrying amount of an asset or its CGU exceeds its estimated recoverable amount. Impairment losses are recognised in the income and expenditure statement.

Impairment losses recognised in prior periods are assessed at each reporting date for any indications that the loss has decreased or no longer exists. An impairment loss is reversed if there has been a change in the estimates used to determine the recoverable amount. An impairment loss is reversed only to the extent that the asset’s carrying amount does not exceed the carrying amount that would have been determined, net of depreciation or amortisation, if no impairment loss had been recognised.

A reversal of impairment loss for an asset is recognised in profit or loss.

2.5 Financial assets

- (a) The accounting for financial assets before 1 April 2018 under SB-FRS 39 are as follows:
 - (i) Initial recognition and measurement

Financial assets are recognised when, and only when, the Board becomes a party to the contractual provisions of the financial instrument. The Board determines the classification of its financial assets at initial recognition.

When financial assets are recognised initially, they are measured at fair value, plus, in the case of financial assets not at fair value through profit or loss, directly attributable transaction costs.
 - (ii) Subsequent measurement

The subsequent measurement of financial assets depends on their classifications as follows:

 - (a) Loans and receivables
 - Receivables
 - Grant receivables
 - Cash and cash equivalents

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.5 Financial assets (cont'd)

- (a) The accounting for financial assets before 1 April 2018 under SB-FRS 39 are as follows: (cont'd)
 - (ii) Subsequent measurement (cont'd)
 - (a) Loans and receivables (cont'd)

Non-derivative financial assets with fixed or determinable payments that are not quoted in an active market are classified as receivables. Subsequent to initial recognition, loans and receivables are measured at amortised cost using the effective interest method, less impairment. Gains and losses are recognised in income and expenditure when the loans and receivables are de-recognised or impaired, and through the amortisation process.
 - (b) Financial assets, held-to-maturity

Non-derivative financial assets with fixed or determinable payments and fixed maturity are classified as held-to-maturity when the Board has the positive intention and ability to hold the investment to maturity. Subsequent to initial recognition, held-to-maturity investments are measured at amortised cost using the effective interest method, less impairment. Gains and losses are recognised in profit or loss when the held-to-maturity investments are derecognised or impaired, and through the amortisation process.

- (iii) Impairment of financial assets

Loans and receivables/Financial assets, held-to-maturity

The Board assesses at each balance sheet date whether there is objective evidence that a financial asset or a Group of financial assets is impaired and recognises an allowance for impairment when such evidence exists.

For financial assets carried at amortised cost, the Board first assesses whether objective evidence of impairment exists individually for financial assets that are individually significant, or collectively for financial assets that are not individually significant. If the Board determines that no objective evidence of impairment exists for an individually assessed financial asset, whether significant or not, it includes the asset in a group of financial assets with similar credit risk characteristics and collectively assesses them for impairment. Assets that are individually assessed for impairment and for which an impairment loss is, or continues to be recognised are not included in a collective assessment of impairment.

If there is objective evidence that an impairment loss on financial assets carried at amortised cost has been incurred, the amount of the loss is measured as the difference between the asset’s carrying amount and the present value of estimated future cash flows discounted at the financial asset’s original effective interest rate. If a loan has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate. The carrying amount of the asset is reduced through the use of an allowance account. The impairment loss is recognised in income and expenditure.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.5 Financial assets (cont'd)

(a) The accounting for financial assets before 1 April 2018 under SB-FRS 39 are as follows: (cont'd)

(iii) Impairment of financial assets (cont'd)

Loans and receivables/Financial assets, held-to-maturity (cont'd)

When the asset becomes uncollectible, the carrying amount of impaired financial assets is reduced directly or if an amount was charged to the allowance account, the amounts charged to the allowance account are written-off against the carrying value of the financial assets.

Objective evidence that financial assets (including equity securities) are impaired can include default or delinquency by a debtor, restructuring of an amount due to the Board on terms that the Board would not consider otherwise, or indications that a debtor or issuer will enter bankruptcy.

If in a subsequent period, the amount of the impairment loss decreases and the decrease can be related objectively to an event occurring after the impairment was recognised, the previously recognised impairment loss is reversed to the extent that the carrying amount of the asset does not exceed its amortised cost at the reversal date. The amount of reversal is recognised in income and expenditure.

In assessing collective impairment, the Board uses historical trends of the probability of default, timing of recoveries and the amount of loss incurred, adjusted for management's judgement as to whether current economic and credit conditions are such that the actual losses are likely to be greater or less than suggested by historical trends.

(iv) De-recognition

A financial asset is de-recognised where the contractual right to receive cash flows from the asset has expired. On de-recognition of a financial asset in its entirety, the difference between the carrying amount and the sum of the consideration received and any cumulative gain or loss that had been recognised in other comprehensive income is recognised in income and expenditure.

(b) The accounting for financial assets from 1 April 2018 under SB-FRS 109 are as follows:

(i) Classification and measurement

The Board classifies its financial assets into the amortised cost measurement category.

The classification of debt instruments depends on the Board's business model for managing the financial assets as well as the contractual terms of the cash flows of the financial assets.

Financial assets with embedded derivatives are considered in their entirety when determining whether their cash flows are solely payment of principal and interest.

The Board reclassifies debt instruments when and only when its business model for managing those assets changes.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.5 Financial assets (cont'd)

(b) The accounting for financial assets from 1 April 2018 under SB-FRS 109 are as follows: (cont'd)

(i) Classification and measurement (cont'd)

At initial recognition

At initial recognition, the Board measures a financial asset at its fair value plus, in the case of a financial asset not at fair value through profit or loss, transaction costs that are directly attributable to the acquisition of the financial assets. Transaction costs of financial assets carried at fair value through profit or loss are expensed in profit or loss.

At subsequent measurement

Debt instruments

Debt instruments mainly comprise of cash and cash equivalents, receivables, grant receivables and quoted and unquoted debt securities.

There are three prescribed subsequent measurement categories, depending on the Board's business model in managing the assets and the cash flow characteristic of the assets. The Board managed these group of financial assets by collecting the contractual cash flow and these cash flows represents solely payment of principal and interest. Accordingly, these group of financial assets are measured at amortised cost subsequent to initial recognition.

A gain or loss on a debt investment that is subsequently measured at amortised cost and is not part of a hedging relationship is recognised in profit or loss when the asset is derecognised or impaired. Interest income from these financial assets are recognised using the effective interest rate method.

(ii) Impairment

The Board assesses on forward looking basis the expected credit losses associated with its debt instruments carried at amortised cost.

For receivables, grant receivables and cash and cash equivalents, the general 3-stage approach is applied. Credit loss allowance is based on 12-month expected credit loss if there is no significant increase in credit risk since initial recognition of the assets. If there is a significant increase in credit risk since initial recognition, lifetime expected credit loss will be calculated and recognised.

(iii) Recognition and de-recognition

Regular way purchases and sales of financial assets are recognised on trade date - the date on which the Board commits to purchase or sell the asset.

Financial assets are de-recognised when the rights to receive cash flows from the financial assets have expired or have been transferred and the Board have transferred substantially all risks and rewards of ownership.

On disposal of a debt instrument, the difference between the carrying amount and the sale proceeds is recognised in profit or loss.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.6 Grants

Government grants and contributions received by the Board from other organisations for the purchase of depreciable assets are taken to grants received in advance account in the first instance. They are taken to the deferred capital grants account upon the utilisation of the grants for the purchase of assets which are capitalised.

Deferred capital grants are recognised in the income and expenditure statement over the periods necessary to match the depreciation and write off of the assets purchased or donated, with the related grants. Upon the disposal of property, plant and equipment, the balance of the related deferred capital grants is recognised in the income and expenditure statement to match the net book value of the property, plant and equipment disposed.

Government and other grants received by the Board to meet operating expenses are recognised as income in the year these operating expenses were incurred and there is reasonable assurance that the Board will comply with the conditions attached to it. Government grants are accounted for on the accrual basis.

Government grants are grants received from government bodies, including statutory boards. Funds received from all other organisations are classified as non-government grants.

2.7 Cash and cash equivalents

For the purpose of presentation in the statement of cash flows, cash and cash equivalents include cash at bank, cash placed with Accountant-General's Department (AGD) and cash on hand.

2.8 Payables and accruals

Payables and accruals represent liabilities for goods and services provided to the Board prior to the end of financial year which are unpaid. They are classified as current liabilities if payment is due within one year or less (or in the normal operating cycle of the business, if longer). Otherwise, they are presented as non-current liabilities.

Payables and accruals are initially recognised at fair value, and subsequently carried at amortised cost using the effective interest method.

2.9 Share capital

Ordinary shares are classified as equity. Incremental costs directly attributable to the issuance of new ordinary shares are deducted against the share capital account.

2.10 Revenue recognition

Revenue is recognised to the extent that it is probable that the economic benefits will flow to the Board and the revenue can be reliably measured, regardless of when the payment is made. Revenue is measured at the fair value of consideration received or receivable, taking into account contractually defined terms of payment and excluding taxes or duty.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.10 Revenue recognition (cont'd)

(a) Service maintenance income

The Board provides service maintenance to the tenants of the building located at 3 Second Hospital Avenue, Singapore 168937. The revenue is recognised when the services are rendered over time on a monthly basis. Payment for the transaction price is due on the Board's credit term policy at the time the invoice is issued to the tenants.

(b) Interest income

Interest income is recognised on a time-proportion basis using the effective interest method.

(c) Sponsorship income

Sponsorship income refers to contributions of cash, goods and/or services in support of the Board's programmes and the Board is expected to provide publicity entitlement of approximately equal value to the sponsors. Sponsorship-in-kind are measured at the fair value of the cash, goods and/or services received and are recognised over time when the publicity entitlements are rendered.

(d) Donation income

Donation income refers to outright donations in support of the Board's programmes with no benefits given to the donors.

(e) Other income

Other income includes clinic services fee, HealthZone admission fee and course fee.

The revenue for clinic services fee and course fee are recognised when the services are rendered over time on an hourly and daily basis respectively. Payment for the transaction price is due on the Board's credit term policy at the time the invoice is issued to the customers.

The revenue for HealthZone admission fee is recognised when the customers purchase and utilise the admission tickets at a point in time. Payment for the transaction price is received once the customers purchase the admission tickets.

2.11 Employee benefits

Employee benefits are recognised as an expense, unless the cost qualifies to be capitalised as an asset.

(a) Defined contribution plans

A defined contribution plan is a post-employment benefit plan under which an entity pays fixed contributions into a separate entity and will have no legal or constructive obligation to pay further amounts. Obligations for contributions to defined contribution pension plans are recognised as an employee benefit expense in the income and expenditure statement in the periods during which services are rendered by employees.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

2. Significant accounting policies (cont'd)

2.11 Employee benefits (cont'd)

(b) Employee leave entitlement

Employee entitlements to annual leave are recognised when they accrue to employees. A provision is made for the estimated liability for annual leave as a result of services rendered by employees up to the reporting date.

(c) Short-term employee benefits

Short-term benefit obligations are measured on an undiscounted basis and are expensed as the related service is provided. A liability is recognised for the amount expected to be paid under short-term cash bonus if the Board has a present legal or constructive obligation to pay this amount as a result of past service provided by the employee and the obligation can be estimated reliably.

(d) Post-employment benefits

Cost of providing defined benefit retirement scheme (the "HPB Pension Scheme") is determined using the projected unit credit method, with actuarial valuations being carried out at least once in three years. The present value of obligation for all pensionable employees is determined by projecting each active employee's benefits accrued from the starting date of their service with the Board (i.e., 1 April 2001) up to the valuation date, allowing for salary increases and the probability of earlier exits, and discounted using a long-term discount rate. The obligations to existing pensioners under the HPB Pension Scheme are calculated as the present value of pensions payable to the pensioners for their remaining lifetime.

At each valuation date, the total present value of obligation is compared to the book amount to determine the actuarial gain or loss. The Board recognises all actuarial gains and losses arising from post employment benefits in other comprehensive income and all expenses related to defined benefit plans in personnel expenses in income and expenditure statement.

Past service cost is recognised immediately to the extent that the benefits are already vested since the starting date of the pensionable employees' service with the Board.

2.12 Operating lease

Payments made under operating leases (net of any incentives received from the lessor) are recognised in profit or loss on a straight-line basis over the period of the lease.

Contingent rents are recognised as an expense in profit or loss when incurred.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

3. Critical accounting estimates, assumptions and judgements

Estimates, assumptions and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

(a) Pension expense

Pension expense is determined using certain actuarial estimates and assumptions relating to the discount rate used in valuing the defined benefit obligation and future expectations such as mortality rate of covered employees. These estimates and assumptions directly influence the amount recognised in income and expenditure. Further details about the assumptions used and sensitivity analysis are disclosed and further explained in Note 13 to the financial statements.

(b) Government operating grants

Government grants to meet operating expenses are recognised as income in the income and expenditure statement on the accrual basis in the year these operating expenses were incurred and there is reasonable assurance that the Board will comply with the conditions attached to it. For certain grants, the government agencies reserve the right to withdraw, withhold or reduce the amount of any funds approved but not yet disbursed or to call for the refund of all funds which have been disbursed to the Board if the conditions are not met.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

4. Property, plant and equipment

	Computers \$	Leasehold improvements \$	Furniture and fittings \$	Office equipment \$	Medical equipment \$	Motor vehicles \$	Capital work-in- progress \$	Total \$
2018/2019								
Cost								
Beginning of financial year	7,720,027	10,752,555	189,830	3,880,819	16,245,483	387,701	2,937,333	42,113,748
Additions	13,812	38,034	7,980	3,430	19,365	-	3,771,311	3,853,932
Disposals	(4,944,857)	(1,708,551)	(15,325)	(1,398,620)	(1,991,413)	(56,001)	-	(10,114,767)
Transfer	427,238	-	-	-	905,141	1,622,250	(2,954,629)	-
End of financial year	3,216,220	9,082,038	182,485	2,485,629	15,178,576	1,953,950	3,754,015	35,852,913
Accumulated depreciation								
Beginning of financial year	6,945,604	10,289,196	184,156	3,730,086	11,191,878	57,780	-	32,398,700
Depreciation charge	331,982	273,192	1,688	75,100	1,090,432	139,446	-	1,911,840
Disposals	(4,944,857)	(1,708,551)	(13,194)	(1,395,086)	(1,989,766)	(53,201)	-	(10,104,655)
End of financial year	2,332,729	8,853,837	172,650	2,410,100	10,292,544	144,025	-	24,205,885
Net book value								
End of financial year	883,491	228,201	9,835	75,529	4,886,032	1,809,925	3,754,015	11,647,028
2017/2018								
Cost								
Beginning of financial year	7,608,377	10,803,151	189,830	4,089,931	14,799,852	56,001	615,912	38,163,054
Additions	636,465	-	-	99,033	2,026,639	331,700	2,321,421	5,415,258
Disposals	(524,815)	(50,596)	-	(308,145)	(581,008)	-	-	(1,464,564)
End of financial year	7,720,027	10,752,555	189,830	3,880,819	16,245,483	387,701	2,937,333	42,113,748
Accumulated depreciation								
Beginning of financial year	6,895,655	9,997,660	178,929	3,839,634	10,900,086	45,267	-	31,857,231
Depreciation charge	574,764	342,132	5,227	198,597	871,929	12,513	-	2,005,162
Disposals	(524,815)	(50,596)	-	(308,145)	(580,137)	-	-	(1,463,693)
End of financial year	6,945,604	10,289,196	184,156	3,730,086	11,191,878	57,780	-	32,398,700
Net book value								
End of financial year	774,423	463,359	5,674	150,733	5,053,605	329,921	2,937,333	9,715,048

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

5. Intangible assets

	Computer software \$	Computer software under development \$	Total \$
2018/2019			
Cost			
Beginning of financial year	38,601,644	832,795	39,434,439
Additions	-	3,977,903	3,977,903
Disposals	(757,530)	-	(757,530)
Transfer	1,511,492	(1,511,492)	-
End of financial year	39,355,606	3,299,206	42,654,812
Accumulated amortisation			
Beginning of financial year	34,397,521	-	34,397,521
Amortisation charge	2,056,474	-	2,056,474
Disposals	(701,355)	-	(701,355)
End of financial year	35,752,640	-	35,752,640
Net book value			
End of financial year	3,602,966	3,299,206	6,902,172
2017/2018			
Cost			
Beginning of financial year	37,237,752	158,360	37,396,112
Additions	2,366,641	674,435	3,041,076
Disposals	(1,002,749)	-	(1,002,749)
End of financial year	38,601,644	832,795	39,434,439
Accumulated amortisation			
Beginning of financial year	32,349,137	-	32,349,137
Amortisation charge	3,035,327	-	3,035,327
Disposals	(986,943)	-	(986,943)
End of financial year	34,397,521	-	34,397,521
Net book value			
End of financial year	4,204,123	832,795	5,036,918

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

6a. Financial assets, held-to-maturity

	2018/2019 \$	2017/2018 \$
Beginning of financial year	14,981,500	-
Reclassification at 1 April 2018 (Note 2.1(iii))	(14,981,500)	-
Additions	-	14,981,500
End of financial year	-	14,981,500
	2018/2019 \$	2017/2018 \$
Quoted debt securities - Singapore	-	4,971,500
Unquoted debt securities - Singapore	-	10,010,000
Total debt securities	-	14,981,500

As at 31 March 2018, quoted and unquoted debt securities had nominal values amounting to \$5,000,000 and \$10,000,000, with coupon rates of 1.75% and 2.30% per annum and maturity dates on 1 February 2023 and 13 March 2023, respectively.

6b. Financial assets, at amortised cost

	2018/2019 \$	2017/2018 \$
Beginning of financial year	-	-
Reclassification at 1 April 2018 (Note 2.1(iii))	14,981,500	-
Accrued interest	3,700	-
End of financial year	14,985,200	-
	2018/2019 \$	2017/2018 \$
Quoted debt securities - Singapore	4,977,200	-
Unquoted debt securities - Singapore	10,008,000	-
Total debt securities	14,985,200	-

As at 31 March 2019, quoted and unquoted debt securities have nominal values amounting to \$5,000,000 and \$10,000,000, with coupons rates of 1.75% and 2.30% per annum and maturity dates on 1 February 2023 and 13 March 2023, respectively.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

7. Receivables

	2018/2019 \$	2017/2018 \$
Trade receivables	16,050	28,487
Due from related parties		
- trade	7,344	2,021
- non-trade	6,228,369	288,036
Other receivables	1,878,211	1,605,258
Security deposits	396,134	738,248
	8,526,108	2,662,050

The non-trade receivables from the related parties are unsecured, interest free and repayable on demand.

Included in other receivables are interest receivable from deposits under the Centralised Liquidity Management ("CLM") Framework amounting to \$1,217,875 (31 March 2018: \$739,059) and ToteBoard Community Healthcare fund paid on behalf of ToteBoard amounting to \$501,502 (31 March 2018: \$494,962). The amount due from ToteBoard is non-trade in nature, non-interest bearing, repayable on demand and to be settled in cash.

8. Grant receivables/(grants received in advance)

Grant receivables

The movement of grant receivables at the reporting date is as follows:

	Note	2018/2019 \$	2017/2018 \$
(a) Government			
At beginning of the financial year		11,451,993	15,580,893
Deferred capital grants	12	82,620	24,202
Recognised in the statement of comprehensive income	9	279,317,368	185,931,239
Grants received during the financial year		(282,207,711)	(190,084,341)
Grant receivable at end of the financial year		8,644,270	11,451,993
	Note	2018/2019 \$	2017/2018 \$
(b) Non-government – Temasek Care Foundation			
At beginning of the financial year		-	-
Recognised in the statement of comprehensive income	9	1,634,878	-
Grants received during the financial year		-	-
Grant receivable at end of the financial year		1,634,878	-

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

8. Grant receivables/(grants received in advance) (cont'd)

Grants received in advance

The movement in grants received in advance during the financial year is as follows:

	Note	2018/2019 \$	2017/2018 \$
(c) Government			
At beginning of the financial year		1,049,623	647,435
Grants received during the financial year		17,451	53,834,835
Recognised in the statement of comprehensive income	9	(766,031)	(53,432,647)
At end of the financial year		301,043	1,049,623

9. Grant recognised in the statement of comprehensive income

	Note	2018/2019 \$	2017/2018 \$
Government operating grants			
Transferred from grants receivables	8(a)	279,317,368	185,931,239
Transferred from grants received in advance	8(c)	766,031	53,432,647
		280,083,399	239,363,886

Non-government operating grants - Temasek Care Foundation

Transferred from grants receivables	8(b)	1,634,878	-
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10. Cash and cash equivalents

For the purpose of presenting the statement of cash flows, cash and cash equivalents comprise the following:

	2018/2019 \$	2017/2018 \$
Cash at bank and on hand	5,628	111,037
Cash placed with Accountant-General's Department	97,274,515	98,522,034
Cash and cash equivalents in the statement of cash flows	97,280,143	98,633,071

Deposits placed with Accountant-General's Department ("AGD") are centrally managed by AGD under the Centralised Liquidity Management ("CLM") Framework.

The Board earns interest rate ranging from 1.44% to 1.98% per annum (2017/2018: 1.13% to 1.83% per annum).

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

11. Payables and accruals

	2018/2019 \$	2017/2018 \$
Trade payables	5,713,247	14,422,216
Other payables and accruals	46,936,002	36,349,741
Due to related parties		
- non-trade	1,914,046	1,930,707
Security deposits	873,993	1,079,442
	55,437,288	53,782,106

The non-trade payables to related parties are unsecured, interest free and repayable on demand.

12. Deferred capital grants

	Note	2018/2019 \$	2017/2018 \$
At beginning of the financial year		377,232	638,699
Amount transferred from government grants	8a	82,620	24,202
		459,852	662,901
Amount transferred to income and expenditure statement:			
- to match depreciation/ amortisation of related assets		(186,189)	(276,286)
- to match net book value of related assets disposed		(10,111)	(9,383)
		(196,300)	(285,669)
At end of the financial year		263,552	377,232

13. Obligations in respect of pension scheme

The Board operates an unfunded defined retirement benefit plan for certain employees under the provisions of the Pension Act (Chapter 225, 2004 Revised Edition). The pension fund was set up by the Board on 1 April 2001.

In managing the risk arising from the pension scheme, the Board maintains sufficient cash balance to support benefit payments to employees who participated in the plan over the life of the plan. The benefit payment obligations are influenced by discount rate and life expectancy of employees. The pension scheme is a closed scheme for which there shall be no new entrants to the scheme.

The Board performed an actuarial valuation to determine the liability of the Board in respect of its defined retirement benefit plans. The amount of contribution is based on the actuarial valuation performed by Milliman Private Limited in May 2018.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

13. Obligations in respect of pension scheme (cont'd)

	2018/2019 \$	2017/2018 \$
Present value of unfunded obligations	7,759,554	7,943,913

Movements in the net liability recognised in the statement of financial position are as follows:

	2018/2019 \$	2017/2018 \$
At beginning of the financial year	7,943,913	9,722,356
Amounts recognised in the income and expenditure	186,210	236,348
Amounts recognised in the statement of comprehensive income	-	257,011
Benefits paid	(370,569)	(2,271,802)
At end of the financial year	7,759,554	7,943,913

The amounts recognised in the statement of comprehensive income are as follows:

	2018/2019 \$	2017/2018 \$
Interest on obligation	186,210	236,348
Total included in staff costs under other benefits and allowances	186,210	236,348

Sources for actuarial losses resulting from pension valuation as at 31 March 2019 are as follows :

	2018/2019 \$	2017/2018 \$
Effects of change in financial assumptions	-	198,607
Experience adjustments on plan liabilities	-	58,404
Actuarial losses recognised in statement of comprehensive income	-	257,011

Principal actuarial assumptions

Principal actuarial assumptions at the reporting date:

	2018/2019 %	2017/2018 %
Discount rate	2.40	2.40

Assumptions regarding future mortality are based on published mortality tables.

At 31 March 2019, the weighted average duration of the benefit payment obligation was 11 years (31 March 2018: 12 years).

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

13. Obligations in respect of pension scheme (cont'd)

Sensitivity analysis

A 25 basis points change in discount rate at the reporting date would have increased/(decreased) surplus for the financial year by the amounts shown below. This analysis assumes that all other variables remain constant:

	25 bp increase \$	25 bp decrease \$
31 March 2019		
Effect on defined benefit obligation	216,317	(216,317)
31 March 2018		
Effect on defined benefit obligation	230,373	(230,373)

A 10 percent change in mortality rate at the reporting date would have increased/(decreased) surplus for the year by the amounts shown below. This analysis assumes that all other variables remain constant:

	10% increase \$	10% decrease \$
31 March 2019		
Effect on defined benefit obligation	221,646	(221,646)
31 March 2018		
Effect on defined benefit obligation	214,486	(214,486)

14. Share capital

	2018/2019 No. of shares	\$	2017/2018 No. of shares	\$
Issued and fully paid:				
At beginning of the financial year	41,044,244	41,044,244	35,870,054	35,870,054
Issuance during the financial year	5,260,287	5,260,287	5,174,190	5,174,190
At end of the financial year	46,304,531	46,304,531	41,044,244	41,044,244

During the financial year, the Board issued 5,260,287 shares (2017/2018: 5,174,190 shares) to the Ministry of Finance under Section 22A of the Health Promotion Board Act for a total consideration of \$5,260,287 (2017/2018: \$5,174,190).

The shareholder is entitled to receive dividends as and when declared by the Board. The ordinary shares have no par value.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

15. Dividends

	2018/2019 \$	2017/2018 \$
<i>Ordinary dividends paid or proposed</i>		
Final dividend paid in respect of the previous financial year of nil cents (2017/2018: 31 cents) per share	-	11,087,000
	-	11,087,000

The Board does not recommend any dividend to be paid for the financial year under review.

16. Revenue from contracts with customers

Disaggregation of revenue from contracts with customer

The Board derives revenue from the transfer of goods and services over time and at a point in time in the following major revenue streams:

	At a point In time \$'000	Over time \$'000	Total \$'000
2018/2019			
Revenue from:			
- Service maintenance income	-	1,332,544	1,332,544
- Clinic service fee	-	447,987	447,987
- Course fee	-	125,069	125,069
- Sponsorship income	-	7,998,322	7,998,322
- Others	32,416	148,928	181,344
Total revenue from contracts with customers	32,416	10,052,850	10,085,266

2017/2018

Revenue from:

- Service maintenance income	-	1,326,336	1,326,336
- Clinic service fee	-	466,323	466,323
- Healthzone admission fee	743	109,797	110,540
- Course fee	-	86,341	86,341
- Sponsorship income	-	8,551,686	8,551,686
- Others	55,373	70,337	125,710
Total revenue from contracts with customers	56,116	10,610,820	10,666,936

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

17. Staff costs

	2018/2019 \$	2017/2018 \$
Wages and salaries	72,990,091	71,413,770
Employer's contribution to defined contribution plans	9,177,506	9,016,224
Staff welfare and development	2,908,066	2,429,285
Other benefits and allowances	2,521,472	2,150,226
	87,597,135	85,009,505

18. Related party transactions

In addition to the information disclosed elsewhere in the financial statements, the following significant transactions took place between the Board and related parties at terms agreed between the parties:

(a) Sales and purchase of goods and services

During the financial year, the Board engaged in various transactions in the ordinary course of its operation with entities related to the Board at prevailing prices or on customary terms and conditions. These transactions could have been replaced with transactions with other parties on similar terms and conditions.

	2018/2019 \$	2017/2018 \$
Rental of premises	4,472,121	4,415,854
Information technology (IT) professional services	4,791,689	4,290,367
IT-related services	4,416,864	3,559,873
Installation of exhibits	31,143	663,143
Standard ICT Operating Environment (SOE) subscription charges	690,187	812,397
GeBiz charges	738,458	592,075
Training services	419,103	330,813

(b) Key management personnel compensation

Key management personnel of the Board are those persons having the authority and responsibility for planning, directing and controlling the activities of the Board.

Key management personnel compensation is as follows:

	2018/2019 \$	2017/2018 \$
Directors' fees	118,125	104,039
Wages and salaries	5,853,944	4,755,013
Employer's contribution to defined contribution plans	290,066	233,520
	6,262,135	5,092,572

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

19. Commitments

(a) Capital commitments

Capital expenditures approved but not provided for and not recognised in the financial statements are as follows:

	2018/2019 \$	2017/2018 \$
Commitments in respect of contracts placed as at reporting date	6,621,635	7,738,000

(b) Operating lease commitments - where the Board is a lessee

The future minimum lease payables under non-cancellable operating leases contracted for at the balance sheet date but not recognised as liabilities, are as follows:

	2018/2019 \$	2017/2018 \$
Not later than one year	4,666,747	4,585,518
Between one and five years	4,638,482	9,171,036
	9,305,229	13,756,554

(c) Other lease commitments – Information Technology (IT) cost

Commitments in relation to IT cost contracted for at the reporting date but not recognised as liabilities are as follows:

	2018/2019 \$	2017/2018 \$
Not later than one year	231,443	263,785
Between one and five years	319,320	357,043
	550,763	620,828

20. Financial risk management

Overview

Risk management is integral to the whole business of the Board. The Board has a system of controls in place to create an acceptable balance between the cost of risks occurring and the cost of managing the risks. The management monitors the Board's risk management process to ensure that an appropriate balance between risk and control is achieved.

Financial risk factors

The Board's activities expose it to a variety of financial risks: market risk (including interest rate risk), credit risk and liquidity risk.

The Board of Directors is responsible for setting the objectives and underlying principles of financial risk management for the Board. The management team then establishes the detailed policies such as risk identification and measurement, exposure limits to manage financial risk.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

20. Financial risk management (cont'd)

The finance personnel measure actual exposures against the limits set and prepare regular reports for the review of the management team and the Board of Directors. The information presented below is based on information received by the management team.

(a) Market risk

(i) Interest rate risk

At the reporting date, the interest rate profile of the interest bearing financial instruments are as follows:

	2018/2019 \$	2017/2018 \$
Cash placed with Accountant-General's Department	97,274,515	98,522,034

Sensitivity analysis

A 25 basis points change in interest rates at the reporting date would have increased/ (decreased) surplus for the year by the amounts shown below. This analysis assumes that all other variables remain constant:

	25 bp increase \$	25 bp decrease \$
As at 31 March 2019	243,186	(243,186)
As at 31 March 2018	246,305	(246,305)

(b) Credit risk

Credit risk refers to the risk that counterparty will default on its contractual obligation or commitment that it has entered into with the Board, resulting in financial loss to the Board.

(i) Risk management

The Board adopts the following policy to mitigate the credit risk.

At the reporting date, the maximum exposure to credit risk is represented by the carrying amount of each financial asset in the statement of financial position.

For surplus cash and fixed deposits, the Board mitigates its credit risks by placing with banks and financial institutions, which are regulated.

For financial assets at amortised cost, other than cash and fixed deposits, the Board transacts with Ministries and Government Agencies and high credit quality non-related counterparties.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

20. Financial risk management (cont'd)

(b) Credit risk (cont'd)

(ii) Credit rating

The Board uses the following categories of internal credit risk rating for financial assets which are subjected to expected credit losses under the 3-stage general approach. These four categories reflect the respective credit risk and how the loss provision is determined for each of those categories.

Category of internal credit rating	Definition of category	Basis for recognition of expected credit losses
Performing	Borrower or issuer have a low risk of default and a strong capacity to meet contractual cash flows	12-month expected credit losses
Underperforming	Borrower or issuer for which there is a significant increase in credit risk; as significant in credit risk is presumed if interest and/or principal repayment are over credit terms (either on immediate to 30 days terms)	Lifetime expected credit losses
Non-performing	Borrower or issuer has known credit issues	Lifetime expected credit losses
Write-off	There is no reasonable expectation of recovery and legal means of recovery has been considered	Asset is written off

All financial assets measured at amortised cost as at 31 March 2019 have been categorised as Performing and there is no material 12-month expected credit losses.

Accounting policy for impairment of financial assets based on SB-FRS 39

In 2017/2018, the impairment of financial assets was assessed based on the incurred loss impairment model. Individual receivables which were known to be uncollectible were written off by reducing the carrying amount directly. The other receivables were assessed collectively, to determine whether there was objective evidence that an impairment had been incurred but not yet identified.

The Board considered that there was evidence if any of the following indicators were present:

- Significant financial difficulties of the debtor;
- Probability that the debtor will enter bankruptcy or financial reorganisation; and
- Default or delinquency in payments.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

20. Financial risk management (cont'd)

(b) Credit risk (cont'd)

(i) Financial assets that are neither past due nor impaired

Bank deposits that are neither past due nor impaired are mainly deposits with banks and financial institutions with high credit-ratings assigned by international credit-rating agencies. Receivables and grant receivables that are neither past due nor impaired are substantially counterparties with good collection track records with the Board.

(ii) Financial assets that are past due and/or impaired

There is no other class of financial assets that is past due and/or impaired except for trade receivables.

The age analysis of trade receivables past due but not impaired is as follows:

	2017/2018 \$
Less than 30 days	11,146
Past due 31 - 60 days	163
Past due 61 - 90 days	161
	11,470

(c) Liquidity risk

The Board has minimal exposure to liquidity risk as its operations are funded by government grants. The Board has ensured sufficient liquidity through the holding of highly liquid assets in the form of cash and cash equivalents at all times to meet its financial obligations.

The table below summarises the maturity profile of the Board's financial asset and liabilities at the end of reporting period based on contractual undiscounted payments:

	Less than 1 year 2018/2019 \$	Less than 1 year 2017/2018 \$
Financial assets		
Receivables	8,526,108	2,662,050
Cash and cash equivalents	97,280,143	98,633,071
Grants receivables	10,279,148	11,451,993
Total financial assets	116,085,399	112,747,114
Financial liabilities		
Payables and accruals	(55,437,288)	(53,782,106)
Net financial assets	60,648,111	58,965,008

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

20. Financial risk management (cont'd)

(d) Capital risk

The Board defines "capital" as share capital and accumulated surplus. The Board's policy is to maintain a strong capital base to safeguard the ability to meet its long-term needs and to maintain creditor and market confidence.

There were no changes in the Board's capital management approach during the financial year. The Board is not subject to imposed capital requirements.

(e) Financial instruments by category

The aggregate carrying amounts of receivables, financial assets and financial liabilities at amortised cost are as follows:

	2018/2019 \$
Financial assets, at amortised cost	116,085,399
Financial liabilities, at amortised cost	55,437,288
	2017/2018 \$
Loans and receivables	112,747,114
Financial liabilities, at amortised cost	53,782,106

21. New or revised accounting standards and interpretations

Below are the mandatory standards, amendments and interpretations to existing standards that have been published, and are relevant for the Board's accounting periods beginning on or after 1 April 2019 and which the Board has not early adopted:

(a) SB-FRS 116 Leases (effective for annual periods beginning on or after 1 January 2019)

SB-FRS 116 will result in almost all leases being recognised on the balance sheet, as the distinction between operating and finance leases is removed. Under the new standard, an asset (the right to use the leased item) and a financial liability to pay rentals are recognised. The only exceptions are short-term and low-value leases. The accounting for lessors will not change significantly.

As at the reporting date, the Board has non-cancellable operating lease commitments of \$9,855,992, see Note 19. Of these commitments, approximately \$776,516 relate to short-term leases and low value leases which will both be recognised on a straight-line basis as expense in profit or loss.

For the remaining lease commitments the Board expects to recognise right-of-use assets and lease liabilities of approximately \$8,823,545 on 1 April 2019. Net current assets will be \$4,347,884 lower due to the presentation of a portion of the liability as a current liability.

NOTES TO THE FINANCIAL STATEMENTS

For the financial year ended 31 March 2019

21. New or revised accounting standards and interpretations (cont'd)

(a) SB-FRS 116 Leases (effective for annual periods beginning on or after 1 January 2019) (cont'd)

The Board expects that net surplus will decrease by approximately \$4,610,167 for 2019 as a result of adopting SB-FRS 116. Operating cash flows will increase and financing cash flows decrease by approximately \$4,546,278 as repayment of the principal portion of the lease liabilities will be classified as cash flows from financing activities.

The new standard also introduces expanded disclosure requirements and changes in presentation.

22. Authorisation of financial statements

These financial statements for the financial year ended 31 March 2019 were authorised for issue by the Board on 5 July 2019.

ACKNOWLEDGEMENTS

The Health Promotion Board's Annual Report 2018/2019 editorial team would like to express our heartfelt thanks to the following colleagues and their family members for appearing in the Annual Report for 2018/2019:

Our HPB Talents

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Ainul, Azlina, Daniel, Darren, Effandy, Eliora, Emily, Jalaludin, Jo-anne, Melissa, Nimrta, Riven, Shrutika, Zhen Ling

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