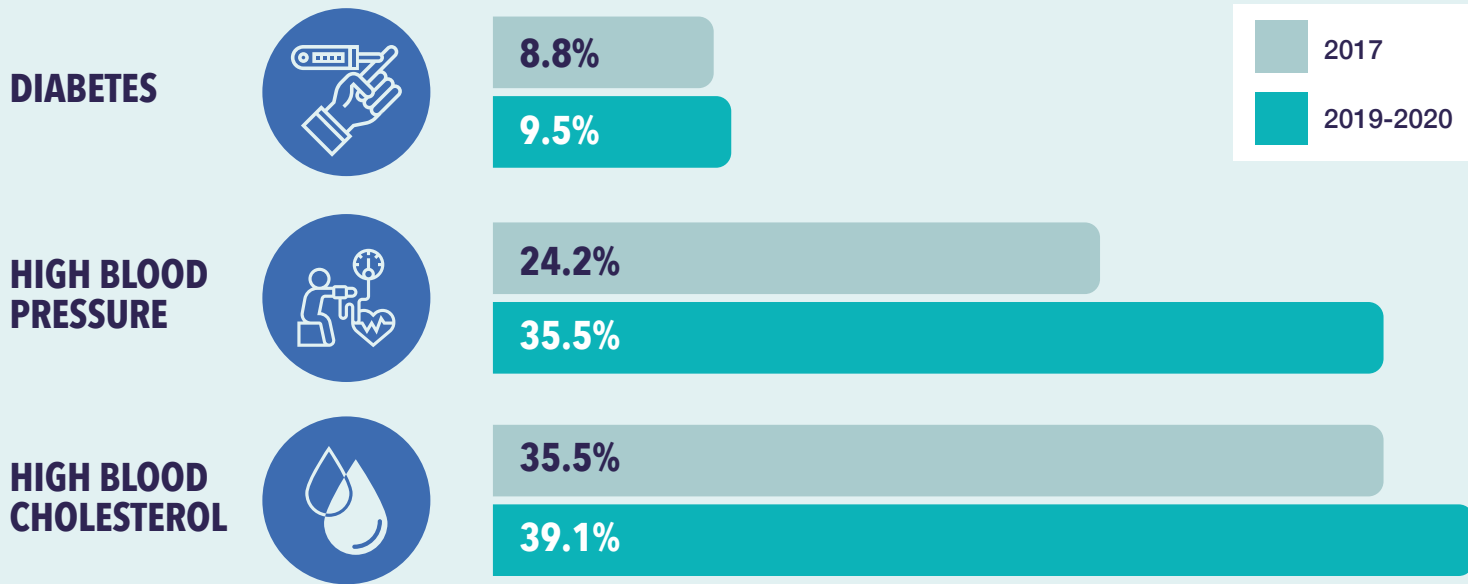


NATIONAL POPULATION HEALTH SURVEY 2020

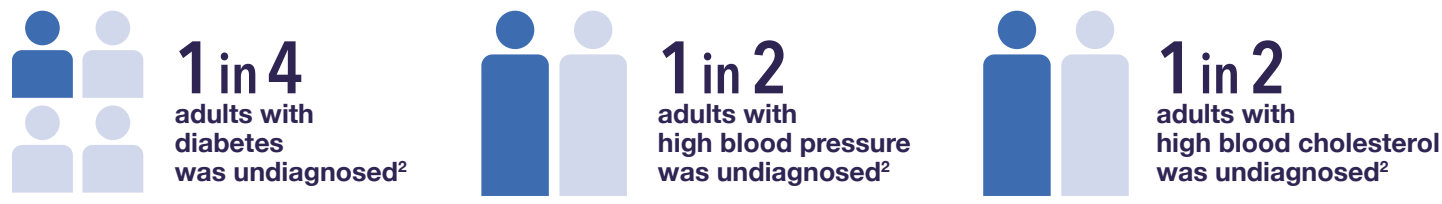
CHRONIC DISEASES¹ IN SINGAPORE

Prevalence of diabetes, high blood pressure and high blood cholesterol increased from 2017 to 2019-2020



Substantial proportion of adults had undiagnosed² chronic diseases

Proportion of adults with undiagnosed² chronic disease, 2019-2020

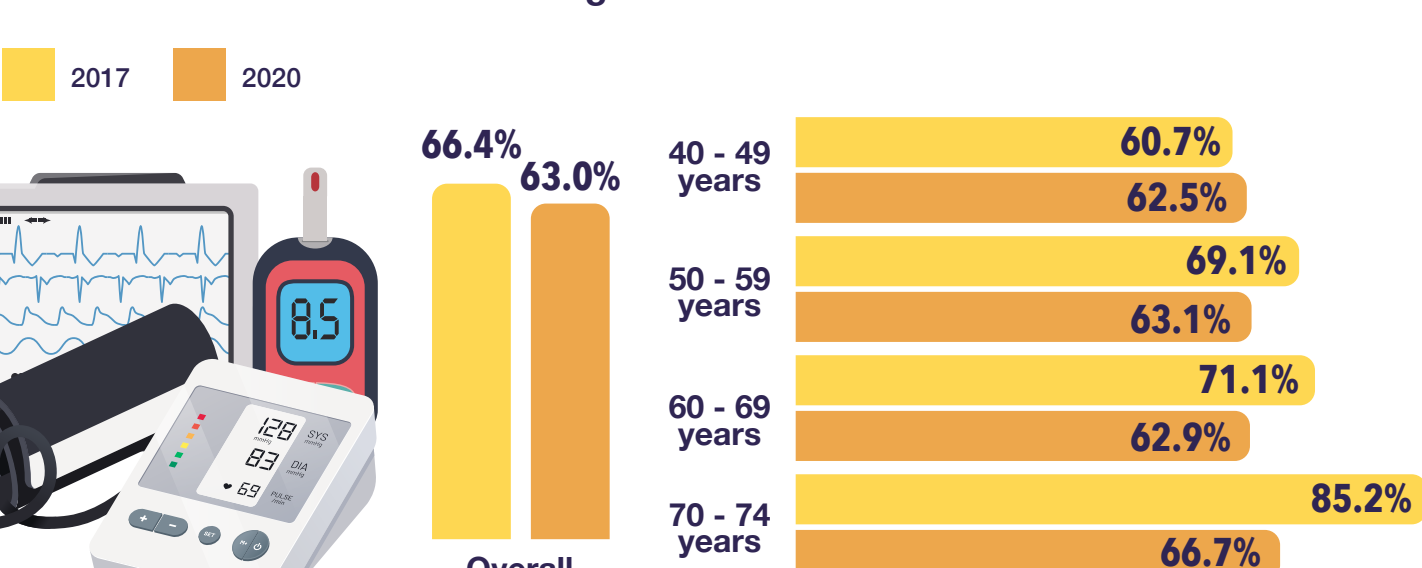


Age profile of adults with undiagnosed² chronic disease, 2019-2020

Age Group	Diabetes	High blood pressure	High blood cholesterol
18 - 29	...	9.3%	13.9%
30 - 39	14.5%	13.5%	17.7%
40 - 49	12.0%	21.7%	23.2%
50 - 59	34.0%	28.6%	25.8%
60 - 69	25.0%	19.5%	14.6%
70 - 74	14.5%	7.3%	4.8%

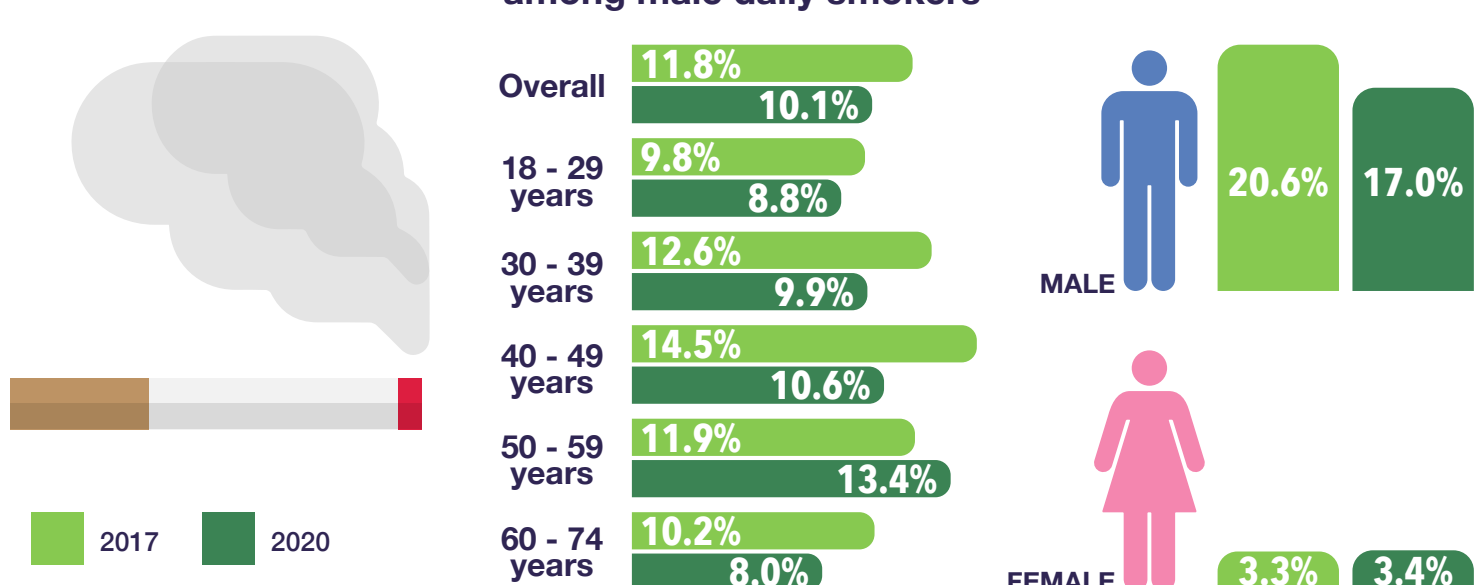
SCREENING FOR CHRONIC DISEASES³

Fewer adults aged 40-74 years were screened for diabetes, high blood pressure and high blood cholesterol

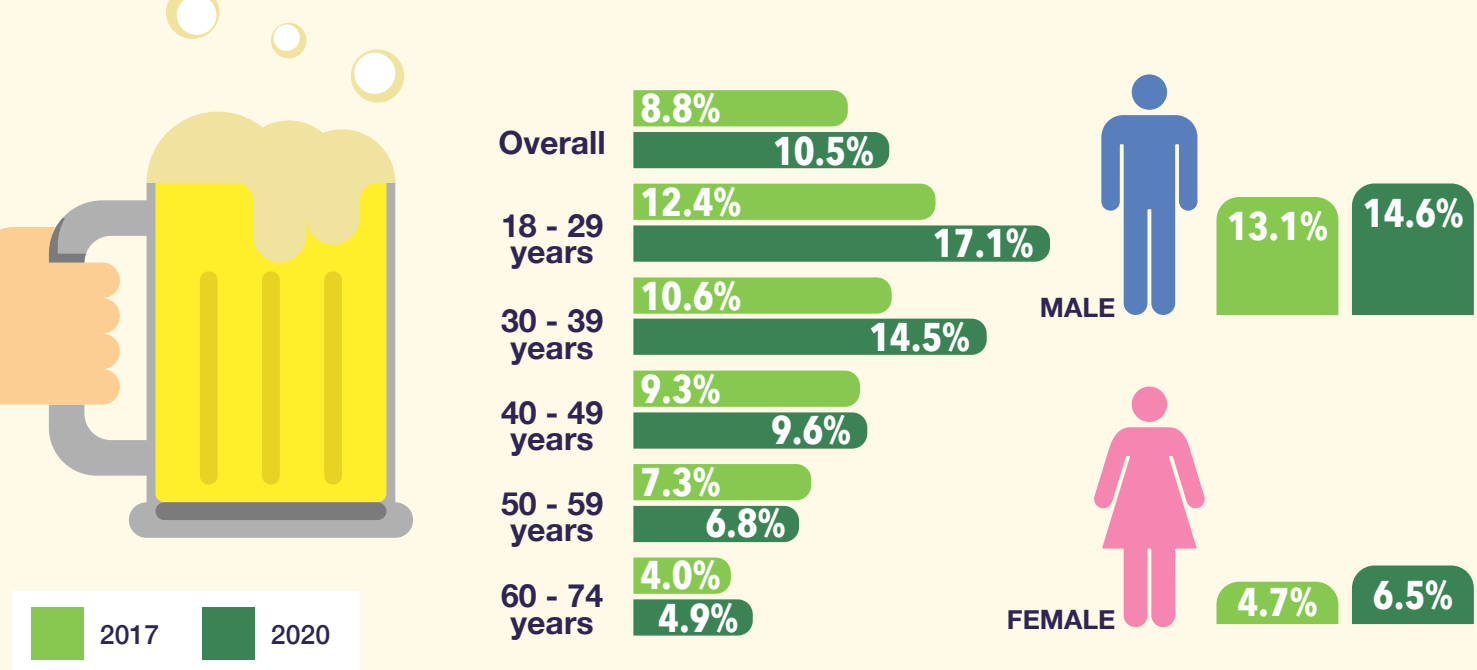


RISK FACTORS

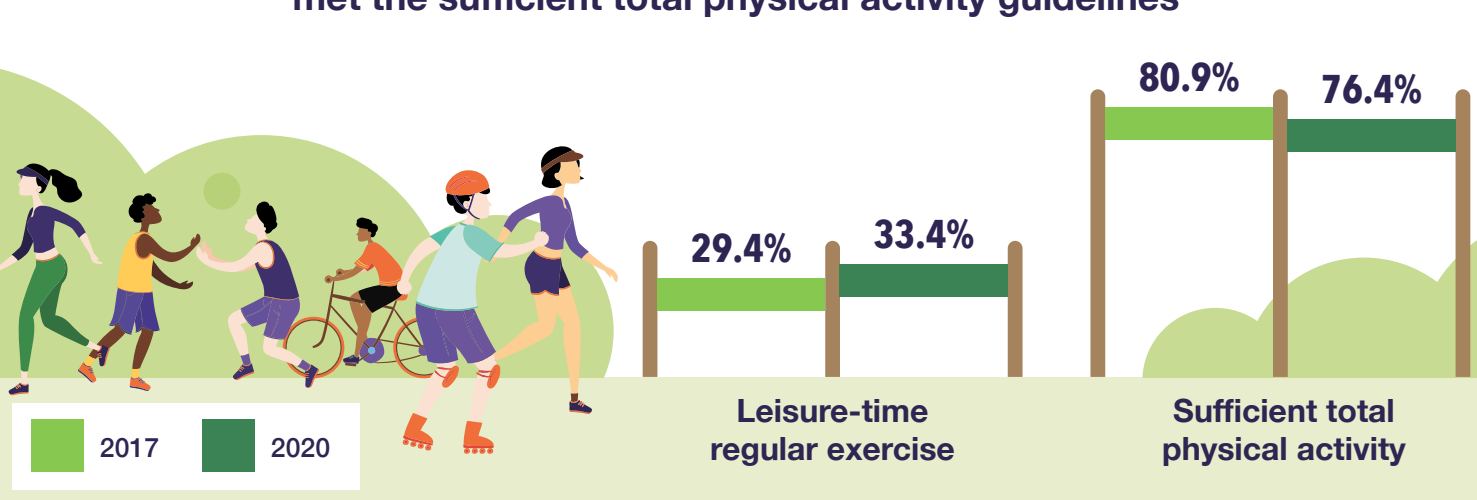
Prevalence of daily smoking decreased from 2017 to 2020 especially among male daily smokers



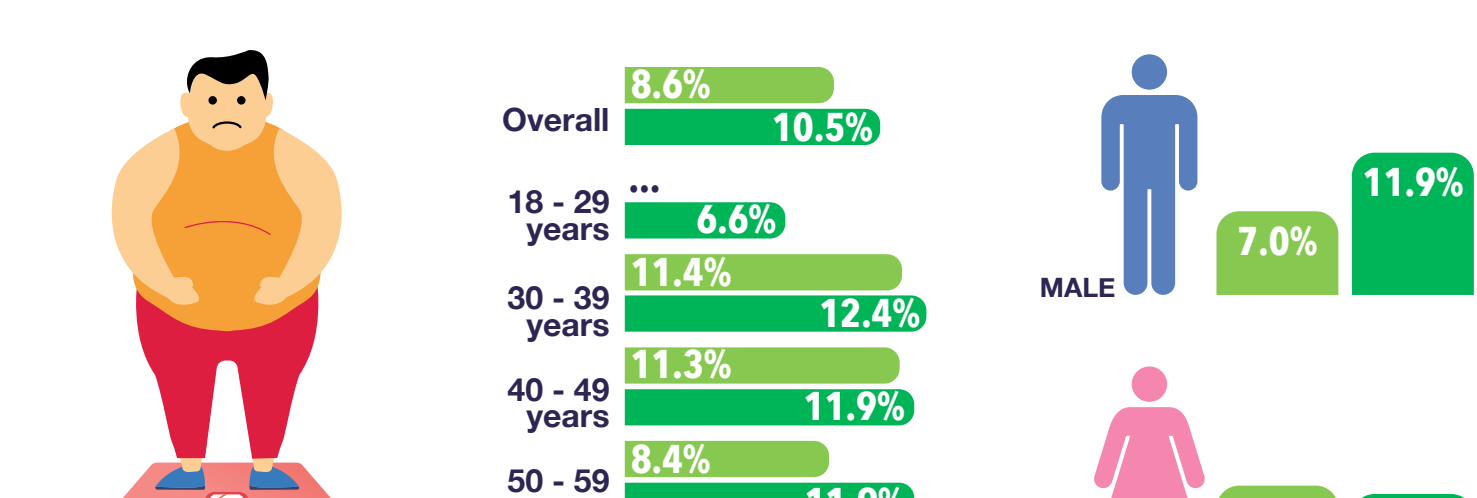
Increase in proportion of binge drinkers⁴ was larger among adults aged 18 to 39 years



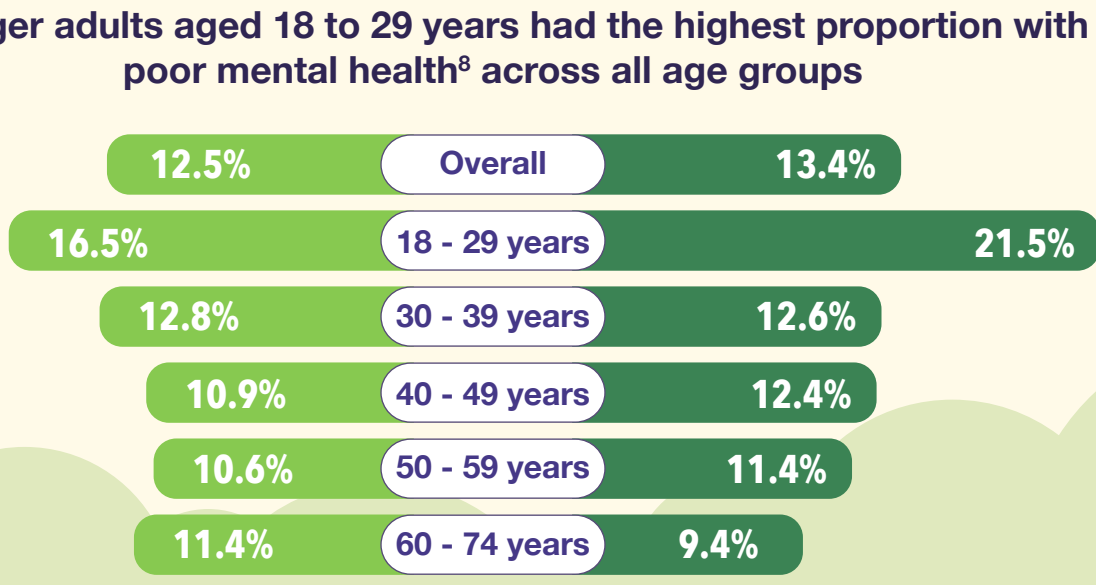
More adults engaged in leisure-time regular exercise⁵ but fewer adults met the sufficient total physical activity guidelines⁶



Increase in obesity⁷ prevalence was observed across most age groups and among males



Younger adults aged 18 to 29 years had the highest proportion with poor mental health⁸ across all age groups



WHAT CAN YOU DO?



Eat Healthier

- 1/2 Plate with fruits and vegetables
- 1/4 Plate wholegrains
- 1/4 Plate meat, bean-based foods and others
- Reduce intake of salt and sugar



Be Active

- At least 150 minutes of moderate-intensity physical activity per week
- Include some strength, balance and flexibility exercises at least 2 times per week



Screen Early

- Regular health screening helps to detect health risks at early stage



Quit Smoking



Refrain from Drinking



Achieve better mental health and well-being

- Learn some relaxation techniques to cope with the stresses of everyday life
- If you or your loved ones feel overwhelmed, do seek professional help

To learn more on tips, resources and programmes, visit HealthHub at www.healthhub.sg #StayWellToStayStrong

Download the NPHS 2020 report for more detailed information from the survey at www.hpb.gov.sg/nphs2020report

1. Chronic disease refers to diabetes, high blood pressure or high blood cholesterol. Chronic disease prevalence is a composite indicator of (i) those who reported that they were diagnosed with the chronic disease by a doctor and on medication, (ii) those who reported that they were diagnosed with the chronic disease by a doctor and not on medication but were found to have chronic disease during health examination and (iii) those who had been newly diagnosed with the chronic disease during the health examination and did not self-report doctor-diagnosed chronic disease. Data on diabetes, high blood pressure, high blood cholesterol and obesity are reflected as "2019-2020" as they are collected over a period of 2 survey cycles to ensure that there are enough data for a detailed analysis. Data on other indicators e.g. daily smoking and physical activity are based on latest survey cycle in 2020.

2. Proportion of residents with undiagnosed chronic diseases were based on residents who attended the health examination.

3. Adults aged 40-74 years, who do not have chronic diseases should be screened for high blood pressure every 2 years, and for diabetes and high blood cholesterol every 3 years.

4. Binge drinking is the consumption of ≥ 5 alcoholic drinks for men or ≥ 4 alcoholic drinks for women in any 1 drinking session in the past month.

5. Leisure-time regular exercise refers to the participation in any sports or exercise for ≥ 20 minutes per occasion for ≥ 3 days a week. Leisure-time exercise tends to be of higher intensity and will have greater health benefits.

6. Sufficient total physical activity refers to ≥ 150 minutes of moderate-intensity or ≥ 75 minutes of vigorous-intensity physical activities or any equivalent combination of the two per week.

7. Obesity refers to a body mass index equal to or greater than 30 (kg/m^2) ($\text{BMI} \geq 30$ (kg/m^2)).

8. Mental health is measured using a 12-item General Health Questionnaire (GHQ12). Poor mental health refers to having a score of 3 or more.

9. Data refer to Singapore residents aged 18 to 74 years unless otherwise stated. Data for Others ethnic group were included in "Overall" but not shown in ethnic-specific data.

10. ... = negligible

or scan the QR code for the NPHS report

