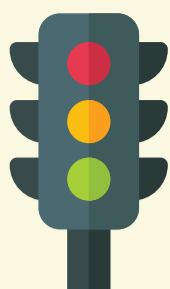


NATIONAL POPULATION HEALTH SURVEY 2019



The National Population Health Survey 2019 is the first of a series of cross-sectional population health surveys that measure the health and risk factors of Singapore residents

AREAS THAT ARE ENCOURAGING



DAILY SMOKING



1 in 10 (10.6%)
smoke daily

but

Men are 6 times more likely to smoke



PHYSICAL ACTIVITY



8 in 10 (80.1%)
have sufficient total physical activity¹

but



Only 1 in 3 (35.2%)
have regular leisure-time exercise²



SCREENING FOR CHRONIC DISEASES



2 in 3 (66.3%)
had been screened for diabetes, high blood pressure and high blood cholesterol³

but



Those aged 40-49 years (62.6%) were less likely to be screened

AREAS THAT NEED WATCHING



BINGE DRINKING



1 in 10 (10.2%)
binge drink⁴

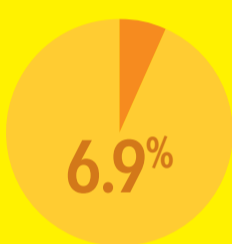
Young adults are more likely to binge drink

Age 18-29 years: 16.6%

Age 30-39 years: 13.8%



DIABETES



6.9%
report having diabetes



HIGH BLOOD CHOLESTEROL



13.6%
report having high blood cholesterol



HIGH BLOOD PRESSURE



15.6%
report having high blood pressure



Men are more likely to report having diabetes, high blood pressure, or high blood cholesterol

AREAS THAT CAN BE IMPROVED



SCREENING FOR COLORECTAL CANCER

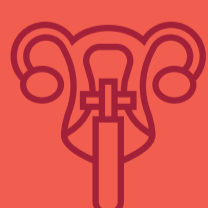


Only 4 in 10 (42.0%)
had a FOBT⁵ in the past 1 year or colonoscopy in the past 10 years



Women were less likely to go for colorectal cancer screening

38.7%



SCREENING FOR CERVICAL CANCER



Fewer than 1 in 2 (48.2%)
women went for a Pap smear test in the past 3 years



Women aged 25-29 years old were less likely to go for cervical cancer screening

21.0%



SCREENING FOR BREAST CANCER



Fewer than 4 in 10 (38.7%)
women took a mammogram in the past 2 years



Women aged 60-69 years old were less likely to go for breast cancer screening

36.9%

Download the NPHS 2019 report for more detailed information from the survey at www.hpb.gov.sg/nphs2019report

- Sufficient total physical activity refers to ≥ 30 minutes of at least moderate-intensity activities or equivalent for ≥ 5 days a week.
- Regular leisure-time exercise refers to the participation in any sports or exercise for ≥ 20 minutes per occasion, for ≥ 3 days a week. Leisure-time exercise refers to be of higher intensity and will have greater health benefits.
- 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.
- 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.
- Faecal occult blood test (FOBT) is a blood stool test to determine if the stool contains blood for detection of colorectal cancer.

or scan the QR code for the NPHS report

