



## JOINT PRESS RELEASE

### SIX-MONTH LONG PUBLIC ENGAGEMENT TO SEEK VIEWS AND SUGGESTIONS ON WAR ON DIABETES

#### *Diabetes Prevention and Care Taskforce formed to drive efforts on whole-of-nation fight against diabetes*

**Singapore, 24 September 2016** – The Diabetes Prevention and Care Taskforce, led by Minister for Health Mr Gan Kim Yong and Acting Minister for Education (Schools) Mr Ng Chee Meng, has launched a public engagement exercise to seek views from a wide spectrum of Singaporeans on potential initiatives that could be adopted in the War on Diabetes. The feedback gathered from the six-month long public engagement from September 2016 to February 2017 will contribute to the Diabetes Action Plan that the Ministry of Health (MOH) will roll out progressively in 2017.

2. MOH announced in April this year that we want to create a supportive environment for individuals to lead lives free from diabetes, and for those with the disease, to manage their condition well. The public engagement is a key platform to garner Singaporeans' views on how we can collectively fight against diabetes as a nation.
3. The public engagement sessions will be conducted in two phases. The first phase, from September to December 2016, will focus on identifying the barriers, gaps and issues hindering Singaporeans from adopting a healthy lifestyle. It hopes to garner suggestions on how to promote healthy eating and regular physical exercise, and how to encourage Singaporeans to go for recommended health screenings and follow-up.
4. The Health Promotion Board (HPB) and its partners will hold a series of focus group discussions and dialogues in settings such as workplaces and community venues, to reach out to a wide spectrum of Singaporeans of diverse ages and backgrounds. The key target groups for the first phase include youth, women, working adults, mature workers, and the different ethnic communities.
5. The second phase, from January to February 2017, will focus on eliciting views on specific measures and initiatives proposed during the first phase. To engage Singaporeans who may not be able to participate in the face-to-face sessions, an online public consultation will be launched to allow more Singaporeans to participate in the conversation on the War on Diabetes. The public will be able to provide feedback on the initiatives they think would be most relevant and effective in fighting diabetes.

6. MOH and HPB aim to seek a wide range of views from key public and private stakeholders, such as local non-government organisations, F&B industry players and academia. MOH and HPB will also be engaging those living with diabetes and their families and caregivers to identify their challenges and understand how MOH can better support them to control their condition and live well with diabetes.

7. Following the public engagement sessions, the Taskforce will study the feedback gathered, and evaluate the feasibility of incorporating the proposed measures into the Diabetes Action Plan.

8. The public engagement exercise was launched by the two Taskforce co-chairpersons on 24 September 2016, at Kallang Wave Mall. At the event, the War on Diabetes logo was also launched. The details of the logo can be found in [Annex A](#).

## **OFFICIAL FORMATION OF TASKFORCE**

9. The Diabetes Prevention and Care Taskforce was set up in June 2016 to spearhead a whole-of-nation initiative to tackle diabetes. Its objectives are to:

- Reach out to the public and engage stakeholders to mobilise a whole-of-nation effort to fight diabetes;
- Develop and implement a multi-year Diabetes Action Plan; and
- Monitor progress and evaluate the outcomes of our efforts.

10. The Taskforce includes representatives from the government sector, healthcare arena, academia, employers' associations, unions, and non-profit organisations. The list of members is appended in [Annex B](#).

11. The Taskforce will be supported by three workgroups addressing the key areas crucial to the war on diabetes:

- The [Healthy Living and Prevention](#) workgroup, led by Minister of State for Health and Communications & Information Mr Chee Hong Tat, which will formulate a strategic plan to motivate healthy living by gleaning useful lessons from local and international best practices, and enhance screening and follow-up;
- The [Disease Management](#) workgroup, led by Minister of State for Health Dr Lam Pin Min, which will identify areas for improvement in the current clinical management of diabetes, and strengthen evidence-based, effective clinical and lifestyle management in diabetes, including end-of-life care; and
- The [Public Education and Stakeholder Engagement](#) workgroup, led by Senior Minister of State for Health and Environment & Water Resources Dr Amy Khor, which will inspire behaviour change and engage the public and relevant stakeholders on ways to create a supportive environment for healthy living and better disease management, drawing on community efforts.

12. In the coming months, the Taskforce and workgroups will conduct a review of the current food strategies and exercise programmes, as well as work on ways to strengthen post health screening follow-up. This includes encouraging Singaporeans to have a regular

family doctor, who will provide a first and continuous line of care in the community. More details of the workgroups can be found in Annex C.

LOGO DETAILS

一同抗击糖尿病

AYUH KITA TEWASKAN  
KENCING MANIS

நீரிழிவு நோயிலிருந்து  
காப்போம்!

## BE AWARE

Know your risk and screen for diabetes

## EAT RIGHT

Eat in moderation, choose more whole-grains, fruits, vegetables, and reduce intake of sugar and saturated fat

## ADOPT AN ACTIVE LIFESTYLE

Stay fit by engaging in at least 150 minutes of physical activity weekly

## TAKE CONTROL

Aim for a healthy weight, and have regular check-ups with your family doctor

*Let's beat diabetes* is a public-facing articulation of the core thought underpinning our campaign: *Our fight against diabetes begins today*. It speaks of how preventing and managing diabetes is an ongoing process that begins with a change in lifestyle. It is a rallying call to fight against and stay ahead of diabetes, together.

The four letters of 'BEAT' contain four sub-messages that represent the four key aspects of diabetes – knowledge, prevention, screening and management. The images encapsulated within each of the letters also reiterate each key pillar of the fight against diabetes, in an easy-to-understand manner.

- Blood-drops signify diabetes management, by checking one's blood sugar level, while the ticks represent health screening
- The vegetable and fruit symbolise healthy eating
- A human figure in motion denotes physical activity
- A weighing scale depicts weight management

**DIABETES PREVENTION & CARE TASKFORCE MEMBERS**

<b>Co-Chairs</b>	
Mr Gan Kim Yong	Minister for Health
Mr Ng Chee Meng	Acting Minister for Education (Schools) and Senior Minister of State for Transport
<b>Members</b>	
Prof David Chan	Director, Behavioural Sciences Institute, Singapore Management University
Mr Chee Hong Tat	Minister of State for Health and Communications & Information
Prof Chia Kee Seng	Dean, Saw Swee Hock School of Public Health, National University of Singapore
Madam Halimah Yacob	Speaker of Parliament
Dr Amy Khor	Senior Minister of State for Health and Environment & Water Resources
Dr Lam Pin Min	Minister of State for Health
Ms Lee Huay Leng	Editor, Lianhe Wanbao Senior Vice President (New Growth), Lianhe Zaobao
Dr Lim Suet Wun	Honorary Secretary, Singapore National Employers Federation Group Chief Operating Officer, Parkway Operations Division, Parkway Group Healthcare Pte Ltd
A/Prof Benjamin Ong	Director of Medical Services, Ministry of Health
Mr James Tan	Executive Director, TOUCH Community Services (TOUCH Diabetes Support)
Ms K Thanaletchimi	President, Healthcare Services Employees' Union
Ms Gladys Wong	Honorary Treasurer, Singapore Nutrition and Dietetics Association Assistant Honorary Secretary, Diabetic Society of Singapore Chief Dietician, Khoo Teck Puat Hospital
Mr Wong Siew Hoong	Director-General of Education, Ministry of Education
Dr Wong Tien Hua	President, Singapore Medical Association

**DETAILS OF WORKGROUPS****1. Healthy Living and Prevention Workgroup:**

*Chairperson: Minister of State for Health and Communications & Information Mr Chee Hong Tat*

Moving upstream to keep the population healthy and prevent diabetes is a key focus of the Taskforce. The Healthy Living and Prevention workgroup is spearheading efforts to review strategies to motivate healthier living, and consider potential new measures to improve dietary quality, and discourage over-eating. It will also develop an assessment tool to motivate high risk individuals to screen for diabetes, and study ways to strengthen post health screening follow-up.

**2. Disease Management Workgroup:**

*Chairperson: Minister of State for Health Dr Lam Pin Min*

Patients with diabetes can continue to lead fulfilling lives. The Disease Management Workgroup seeks to optimise diabetes management and prevent complications. It is reviewing the current state of clinical management of diabetes in Singapore and identifying areas for improvement. A key area of focus is to anchor diabetes care in the community as far as possible, and establish links with specialist care when needed. A regular family doctor, who can partner individuals and help them to manage their medical needs in the community holistically, will play a critical role in the fight against diabetes.

**3. Public Education and Stakeholder Engagement Workgroup:**

*Chairperson: Senior Minister of State for Health and Environment & Water Resources Dr Amy Khor*

To fight diabetes, every Singaporean has to be engaged and contribute to this collective effort. Educating the public to raise diabetes awareness, is the first step to empowering every one of us to start tackling diabetes. The Public Education & Stakeholder Engagement workgroup will drive public awareness of the risks and implications of diabetes, with the aim of motivating individual behavioural change. At the same time, the workgroup is engaging various stakeholders in the War, such as those with diabetes and their caregivers, employers, schools, and many more, to understand their concerns and mobilise their support.