



# Singapore HEALTH Award 2022

Recognising  
Inclusivity in Health



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# CONGRATULATORY NOTE

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The theme of this year's Singapore HEALTH Award (SHA) = "Inclusivity in Health" – highlights the importance of collaborative efforts in creating healthy environments that we learn, work, live and play.

Inclusivity is also about catering to the physical and mental well-being needs of all population segments, from young to old. HPB's wide range of health promoting programmes aim to inculcate healthy behaviours in pre-school students, equip employees with knowledge and skills to make healthier choices, and sustain healthy living amongst Singaporeans in the community.

In doing so, our partners such as employers, schools and health ambassadors play a key role in positively influencing the lifestyle behaviours of our population. Apart from expanding our reach to more Singaporeans, our partners remain critical in collaborating with HPB to provide meaningful and relevant health promoting programmes to the various segments of our population. During the COVID-19 pandemic, this included co-creating solutions with them and extending our reach to different segments of the population through our strong connections with educational institutions, workplaces, and grassroots and community organisations. Our partners also showed strong support in pivoting with us as we explored virtual programmes to ensure that Singaporeans can continue to access our programmes in a safe and healthy way.

We are heartened to know that the number of pre-school operators receiving this year's **Healthy Pre-Schools (Platinum) Award** has increased since 2019. This demonstrates strong and sustained health promotion efforts for the students, their parents and teachers. Even more commendable are the number of small chains being recognised in this award, as they often face challenges in resources to implement health programmes.

For the **Organisational Champion Award**, SHA 2022 represents the first time that new categories of partners such as hawker centres and facility management companies are recognised. This demonstrates the increasing prevalence of health promotion efforts across different workplace segments and target audience. Whether large or small companies, they have all set strong examples of how caring for your people leads to happier, healthier and more productive employees.

Every individual can make a lasting impact on health promotion. Our Health Ambassadors who are awarded the **Health Ambassador Recognition Award** this year are exemplary individuals for others to emulate. They have strived to promote health through the pandemic and continued to sustain healthy habits in the community during these challenging times.

We would thus like to take this opportunity to congratulate all 135 award recipients, as well as extend our heartfelt gratitude and thanks to all our partners. We wish you all every success in health as we continue this journey towards a Healthier SG.

Yours sincerely,  
Singapore HEALTH Award 2022 Planning Committee



# PROGRAMME OVERVIEW

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TIME	PROGRAMME
8.15 am	Registration
9.00 am	<b>Opening Addresses by</b> SMS Janil Puthucheary and SMS Zaqy Mohamad
9.20 am	<b>Awards Presentation</b>
10.30 am	<b>Plenary Session</b>
11.20 am	<b>Refreshments</b>
12.00 pm	<b>End of programme</b>

# PLENARY SESSION

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Introducing our panel of health promotion advocates from all 3 settings – Schools, Workplaces, and the Community.



## **Dr Jared Ng**

Adjunct Assistant Professor, Duke-NUS and LKC-NTU  
Chief of Department (Emergency and Crisis Care), and Senior Consultant Psychiatrist,  
Institute of Mental Health

Passionate about promoting health and well-being, and public health approaches to mental health issues, Dr Jared believes in giving back to the community and holds various teaching positions so that he can impart knowledge and experiences to inspire the next generation. As a parent, he believes that health promotion at an early age goes a long way in fostering healthy habits and lifestyles. Outside of work, he sits on the Board of Management for several schools in Singapore and volunteers with the Ministry of Social and Family Development.



## **Ms Nurliza Mohd Shah**

Principal, Enfant Educare Pte Ltd

Having been in the preschool industry for more than 15 years, Nurliza is the principal of a preschool and holds a Master of Science, majoring in Early Childhood Education from Boston University.

She has vast experience as an educator, trainer and mentor and has worked with many trainee teachers over the years. For the past decade, she has also been an adjunct trainer with the National Institute of Early Childhood Development (NIEC). Her passion for working with teachers and parents has allowed her to bring out the best in the young children that she crosses paths with.



## **Ms Justina Tan**

Managing Director, People  
Changi Airport Group Singapore

Having been in the HR field since 2004, Justina was appointed to drive HR transformation in CAG. With her passion for organisational development work, she has driven various culture initiatives, implemented talent management and leadership development structures, spearheaded employee engagement and designed performance management systems to drive performance.

Under her strategic leadership, CAG has been an award-winning employer of choice in the industry.



## **Mr Tan Cher Liang David**

Capability Developer  
Health Ambassador, HPB

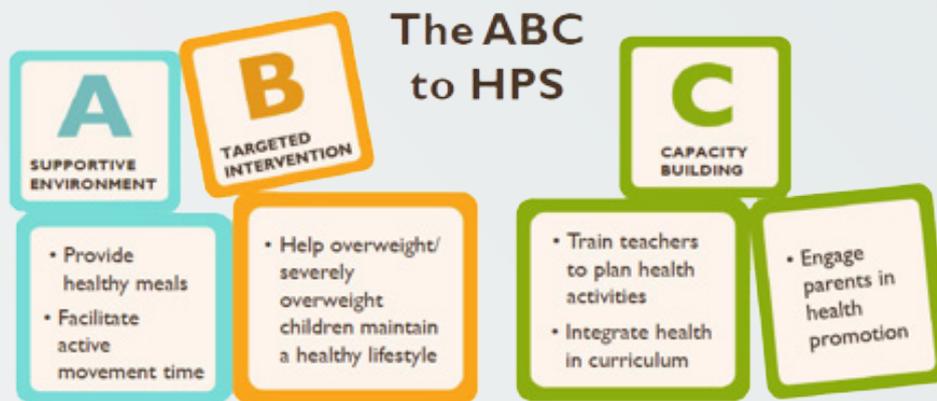
With over 15 years of experience in human capital development, David is also a trained counsellor and a recipient of the inaugural SkillsFuture Study Award for the Training Sector. David works with organisations to enhance workplace learning through learning design, competency mapping and formulation of learning road maps.

Passionate about giving back to the community meaningfully, David has been part of HPB's Health Ambassador Network (HAN) at least 10 years. He not only volunteers for deployments at senior activity centres, but also conducts programme audits and trains up other health ambassadors so that they can carry out their roles to the highest standards.

# HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

Health promotion in early childhood is paramount for the prevention of infectious diseases and for developing good healthy habits in childhood, particularly in nutrition, physical activity and social-emotional development.

The Healthy Pre-Schools (Platinum) Award recognises pre-schools that have been accredited 'Platinum' consecutively for three cycles under HPB's Healthy Pre-school Accreditation Framework. The award aims to encourage pre-schools to help pre-schoolers adopt healthier habits during their formative years, achieved through sustained efforts in providing a supportive environment for pre-schoolers, implementing targeted interventions and capacity-building for parents, teachers and staff members.



## Building Block A: Supporting Environment

For Platinum pre-schools, they are certified in the Healthy Meals in Pre-schools programme.

In addition, the pre-schools facilitate active movement time, where centres with full day services have to include 60 minutes of gross motor activities daily with at least 30 minutes of outdoor time; and centres with half day services have to include 30 minutes of gross motor activities thrice weekly, with at least one session outdoors or equivalent.

## Building Block B: Targeted intervention

These pre-schools put in effort to help overweight children maintain a healthy lifestyle.

## Building Block C: Capacity Building

The pre-schools send at least one teacher to be trained annually in health topics such as nutrition, physical activity, myopia prevention, mental well-being and oral health. The trained teacher plans and implements one health activity after the training is completed. The pre-schools also conduct lessons on health topics for healthy habit formation. Parents are also engaged annually in health promotion through health workshops or activities.

# HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

## HUDA CHILDCARE (WOODLANDS) PTE LTD

Huda Childcare believes that laying a solid foundation of cognitive skills, socio-emotional wellbeing, physical health and universal values is important for all its students. The centre employs an integrated thematic curriculum to stimulate active learning in a fun and exploratory way for their students, including learning about health topics such as physical activity and healthy eating.



The centre is mindful of providing all students with a healthy environment to grow in during school hours. This applies to careful consideration about the sources and type of food and drinks consumed by students; in-house chefs curate a variety of healthy, nutritious and delicious meals to ensure that students meet their daily needs for optimal growth and physical development.

Beyond the programmes in school, it also recognises that parents play a critical role in building a healthy environment at home; and strives to support parents in this area as much as possible. Huda Childcare shares healthy recipes and healthy living articles as a reference for parents to conduct together with their children and family at home.



For healthier eating, the school designs simple, creative and fun recipes so that parents can be actively involved in whipping up dishes with their children. An example would be a "rainbow fruit kebab" where preparation only involves buying and cutting of fruits.

To encourage an active lifestyle together, the school provides recommendations on nature walks (e.g. park connectors in Singapore) so that parents can exercise with their children during weekends.

# HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

## ICHIBAN MONTESSORI CHILDCARE CENTRE (SEGAR) PTE LTD

Ichiban Montessori (Segar) believes in providing a variety of meaningful experiences for students to make sense of their world; and this includes the way that students understand health and wellbeing. Through providing stimulating environments and an integrated curriculum, the centre enables students to build healthy habits that will sustain them later in life.



Ichiban's philosophy is that the partnership between home and school is crucial. Therefore, parents and caregivers are important partners in their student's health journeys and the centre seeks to involve them as much as possible. For example, the centre participates annually in a community walkathon where students and their family members are encouraged to participate and use this as a bonding opportunity as well. The centre also provides reading resources and materials for parents to encourage physical activity for their children while at home.

As Ichiban believes that community partners are important stakeholders in the health promoting ecosystem within a school, they take an inclusive approach to partner with community partners to combine resources in their health promotion efforts. This ensures that the school's health promotion efforts can be sustained and reinforced when parents and their children are continuously exposed to these aligned efforts in their daily environments.



Physical fitness is another key health topic in Ichiban as it promotes healthy growth and development of children. As such, the curriculum is designed to involve students in physical activities where components such as flexibility, coordination and agility are weaved in. On such example is a ribbon dance where students created their own ribbons from streamers, and got to wave and dance with them alongside their friends.



The centre believes that eye health as an integral part of holistic health education for young students, and actively promotes myopia education and has conducted eyecare awareness talks for the students. In addition, children are taught about eye massage exercises and other eyecare activities in the classroom.



# HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

## MY WORLD PRESCHOOL (CANBERRA) PTE LTD

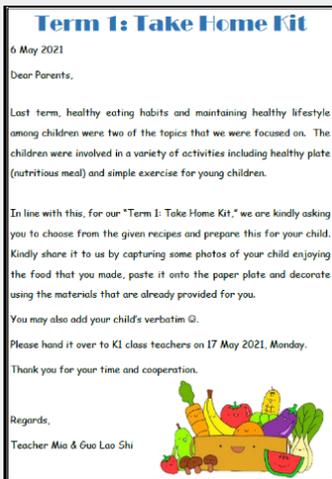
MY World Preschools believes that programmes and curriculum should be designed to satisfy the curiosity of children, no matter the age group. The centre adopts a learner-centred approach that engages students through experiential participation, exploration, inquiry and reflection.



At MY World Preschool (Canberra), nutritional education and healthier eating are important core topics for the students.

A healthy eating corner provides awareness and education for students so that this knowledge can support them in cultivating healthier eating habits.

Much emphasis has also been placed on providing healthy and holistic meals for the students. Healthier ingredients are used in the menu so that they benefit from a healthier diet during school hours. The school also introduces interesting healthier dishes such as whole meal noodles, giving the students an opportunity to cultivate preferences for healthier dishes, from young.



To ensure that there is continuity of healthy were designed to include healthier recipes such as watermelon popsicles and broccoli cheddar muffins.



2

### Set a Good Example

Just like any other aspects of parenting, parents' behaviour and habits are influential to their children. Adopt a healthy diet with whole family with more fruits and vegetables, including food with high protein and less fats. Try not to express your dislike for certain food to prevent your child from developing a biased opinion on the food. During mealtimes, take the chance to educate your child on the various health benefits of the food on the table.



In further equipping parents with knowledge and skills, regular newsletters to them provide parenting tips such as "How To Deal With A Picky Eater"; offering practical and easy to implement tips for parents to ensure that their children are encouraged to try new or healthier foods.

# ORGANISATIONAL CHAMPION AWARD

This award recognises companies from both private and public sectors, SMEs and non-SMEs, as well as landlords and developers; for their efforts in bringing comprehensive health and wellness programmes to workplaces, making healthy living more accessible to half a million workers in Singapore.

Awardees have holistic workplace health promotion (WHP) efforts in 4 key areas:



## STRATEGIC POSITIONING AND MANAGEMENT

- Strategic positioning and organisation of workplace health programmes which set a solid foundation for a strong and meaningful context of employee health
- An exemplary organisation positions workplace health as a core business and organisation need and aligns key HR strategies to this. There is also investment of manpower and financial resources, as well as nurturing a culture of health from top down



## HOLISTIC NEEDS ASSESSMENT AND PROGRAMME PLANNING

- A holistic needs assessment can stem from the collection of biometric indicators, an understanding of employees' health and lifestyle practices, and other tools such as employee engagement surveys
- From the needs assessment, realistic goal-setting and programme planning are the next steps



## COMPREHENSIVE COVERAGE

- An effective plan includes extensive and inclusive health offerings for all levels of staff, throughout the year
- Apart from addressing key priorities identified in the needs assessment, a strong plan will include offerings that cover all major health topics



## MONITORING AND EVALUATION

- Evaluation of the programmes is necessary so that effectiveness can be monitored
- Indicators can be split into process, output and outcome categories, and measured before and after the programme

# ORGANISATIONAL CHAMPION AWARD

## BLACKBERRY SINGAPORE PTE LTD

BlackBerry's commitment to workplace health is evident through its dedicated resources towards health and wellness. Although it has a smaller workforce situated in Singapore, BlackBerry strived to provide all employees with comprehensive wellness policies, benefits and programmes.

The importance of employees' health can also be seen as BlackBerry continued organizing its annual flu vaccination and health screening during the pandemic, allowing employees to receive their screening offsite at various clinic locations.



**REGISTER FOR HEALTH SCREENING**  
Click [HERE](#) to register for your health screening appointment.

**YOUR BASIC PACKAGE INCLUDES:**

- Blood Glucose
- Full Cholesterol (Lipid) Profile
- Height & Weight Measurement
- Body Mass Index
- Blood Pressure Measurement

**THINGS TO DO BEFORE HEALTH SCREENING:**

1. NO Food at least 8 hours before the health screening. Only plain water is allowed.
2. If you are diabetic and on food restriction, please omit your anti-diabetic drugs for the morning.
3. If you are on prescribed medication, please continue your medication as directed by your doctor.

For package top-up and more information, please refer to the [Registration Portal](#).

BlackBerry also developed an ergonomics program aimed at improving employees' performance, reducing discomfort and accommodating all levels of work abilities. This program includes an online course conducted by its Environment, health, Safety & Sustainability (EHSS) team together with a guidebook that is stationed at each employee's workstation. This "Fit your new environment to you" guidebook provides employees with instructions on how to set up his/her workstation properly. Furthermore, employees are also allowed to request for a formal ergonomic assessment via a link on the company intranet.

Additionally, there is a designated annual Ergonomics Day where professionals will go around the office to observe the employees' postures and workstation set-ups, before making recommendations for adjustments when necessary.



### Talk on Staying Steady at Home

This session will be designed to help employees cope with the stress that come along with the fight against COVID-19. During this time, many employees are being tested to work from home, which brings its own set of challenges like social isolation, lack of structure and the bombardment of daily amounts of depressing and discouraging information. This talk aims to enable employees to work through their fears, anxieties and frustrations in order to make the most of this trying period.

- Outline:**
- Building personal mental immunity in relation to COVID-19
  - Managing the influx of deceptive information
  - Accurately and intelligently filtering, selecting and evaluating related to COVID-19
  - Responding and reacting to viruses triggered by COVID-19
  - Maintaining a positive mindset during this period



**BBStg** | [HOME](#) | [COMPANY](#) | [ACTORS](#) | [EXTERNAL](#) | [GO/HR](#) | [GO/IT](#)

**BE SAFE & WELL INFORMED: MENTAL WELLNESS WHILE WORKING FROM HOME**  
[Return Document](#) | [010/14/2021](#)

**COVID-19: Mental Wellness While Working From Home**

**DATE:** 01/10/2021 | **BY:** 01/10/2021

With the onset of COVID-19, the world has changed and we have our daily lives. Trying to make positive and make adjustments to your day of life as you feel the only one that has not been changing. To support BlackBerry employees, we have put some resources to help you manage this pandemic. We are in this together and hope you and your families are healthy and safe.

[Download Wellness](#)

Apart from physical health, BlackBerry also places emphasis on mental well-being of its employees. When work from home arrangements started in March 2020, there were multiple comments from employees about increasing stress levels with work and home demands blurring the lines. BlackBerry acted on this feedback and brought in online wellness workshops such as "Staying Steady at Home", "Sleep Solutions" and "Dealing with Negativity".

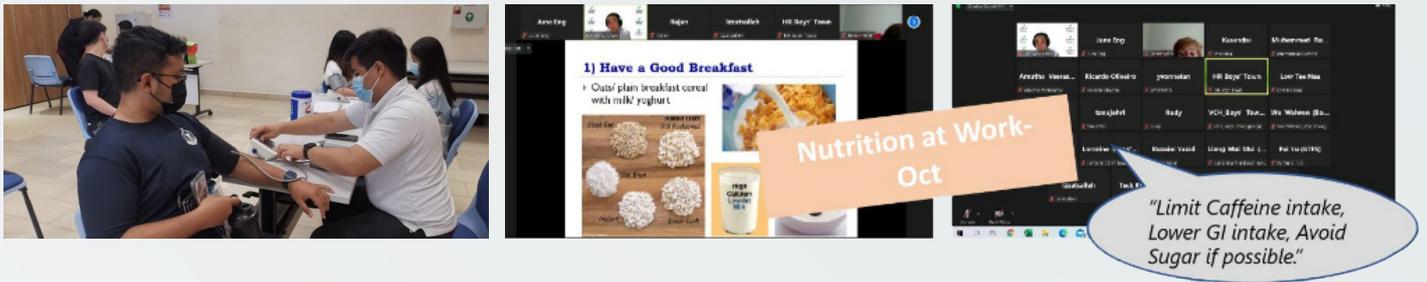
On top of structured workplace health activities such as workshops and physical activity sessions, BlackBerry also empowers employees to make positive changes in their health. Its wellness reimbursement programme allows each employee to be reimbursed for purchases of approved health and wellness items or services, which saw a 95% participation in this scheme.

# ORGANISATIONAL CHAMPION AWARD

## BOYS' TOWN

One of Boys' Town's strategies is to become an Employer of Choice. Besides providing meaningful work and career growth for its employees, they advocate and promote a family-oriented, caring and supportive work culture that is anchored through the pillars of physical, mental and environmental well-being.

As part of its comprehensive workplace health offerings, Boys' Town conducts regular health screening in order to determine employees' health priorities and needs. To complement its programme planning, a survey was also conducted to find out what employees' interests are. From the survey, regular workouts such as Zumba and Yoga were conducted for employees through virtual platforms.



Part of the programme also focuses on building healthier lifestyle habits through education, and workshops such as "Snacking smart" and "Nutrition at work" provided employees with nutritional knowledge to eat healthier.



Ergonomics talks provide employees with skills and tips to work better and reduce physical stress on the body. As a result, employees reported that their bodily pain had decreased after knowing what to do to relieve the various aches and pains they experience, better.

Boys' Town was also very clear about their goals for the health plan: they were hoping to decrease the number of medical leave days and increase the number of exercise days per employee. As a result of their dedication and commitment to employees' health, these goals were steadily met:

- 15% of employees started exercising at least 1 day a week, and 12% of employees increased their exercise frequency to 3 days a week
- There was a 20% decrease in medical leave taken

# ORGANISATIONAL CHAMPION AWARD

## CHANGI AIRPORT GROUP (SINGAPORE) PTE LTD



Changi Airport Group (CAG) adopts an integrated approach to workplace health and believes that health programmes should be holistic and fun for its employees.

Its “Healthy Habits Happy Life (HHHL) programme” has a range of thoughtfully curated health workshops as well as activities that employees can hop on anytime, anywhere to encourage the building of healthy habits in their personal lifestyle.

The HHHL committee meets regularly to plan and review wellness initiatives based on employee feedback and interests. A needs assessment is also conducted annually, drawing from various sources of data such as corporate health screening reports, lifestyle survey reports, programme feedback and employee engagement reports. This integrated approach forms the backbone of CAG’s workplace health strategy.

To reach out to its employees who are often busy and on the go, the HHHL committee created an in-house app to facilitate quick access to bite-size information, including health videos. Through the app, employees can conveniently register for activities and access their own personalised health scorecard to track their participation across various health pillars, such as Physical Fitness, Emotional Health and Financial Well-being. Incentives, such as sports accessories and vouchers, are given out to encourage employee participation and these are redeemable through the app as well.



Other than broad-based programmes, CAG implements targeted interventions to help employees stay healthy. One example is a 3-month chronic disease lifestyle programme (CLIP), specifically for employees who are overweight or at risk. The programme comprised of aerobic and strength training and nutrition talks which aimed at equipping employees with practical steps to change their lifestyles.

At the end of the programme, 88% of the participants had either lost or did not gain additional weight, and 75% had a reduction in waist circumference. More employees had also started exercising at least once a week and decreased in sedentary behaviour, compared to pre-programme.

# ORGANISATIONAL CHAMPION AWARD

## HOUSING AND DEVELOPMENT BOARD

Understanding the importance of healthy living, the Housing & Development Board (HDB) champions workplace health across all aspects of organisational culture, as well as through its policies and programmes. Its comprehensive staff wellbeing framework guides all workplace health efforts and also ensures that diligence is taken to evaluate how effective the programmes are in improving employee health.



HDB takes care to ensure that all staff, including staff who are based in Branches island-wide, can participate in the plethora of wellbeing activities organised. During HDB's biennial health screening exercise, screening sessions were organised at HDB Hub and at Branches for staff to join with ease. To provide greater convenience for staff who were working from home due to COVID-19 Safe Management Measures, special arrangements were also made for staff to go for their health screening at the service provider's clinics near their homes.

Other than taking care of staff's physical wellbeing, HDB has a suite of mental wellbeing resources to build up staff's resilience. A team of HDB staff have been trained as Wellness Ambassadors, and they are on hand to provide support and a listening ear to colleagues experiencing distress or burn out at work.

Comprehensive training strategies ensure that staff development programmes include those that focus on building mental resilience and wellness, and specially curated talks on mental wellbeing are frequently organised to raise staff awareness. Additionally, fully subsidised counselling services are available round the clock to all staff should they need an alternative platform to seek help.



To encourage staff to keep healthy and give back to our community, HDB and HDB Staff Union (HDBSU) jointly organised the HDB-HDBSU Steps Challenge which ran from 1 Nov to 31 Dec 2020. Staff could keep fit and earn rewards by clocking steps daily over a 2-month period. For every 6 million steps taken by staff during the challenge, 1 bag of groceries worth \$50 would be sponsored by NTUC Fairprice Foundation for beneficiaries on the Public Assistance Schemes and living in HDB rental blocks. One hundred bags of groceries were raised and distributed to the beneficiaries.



On top of its initiatives for their employees, HDB is a key enabler in HPB's "Health in the Heartland Programme" which aims to improve tenants' health in the neighbourhood malls. The programme specifically targets hard-to-reach mature workers such as retail, F&B workers and cleaners, who may not have convenient access or resources for healthier living.

# ORGANISATIONAL CHAMPION AWARD

## NATSTEEL HOLDINGS PTE LTD



Total Workplace Safety and Health is an integral part of NatSteel's workplace health strategies and programmes, and it truly believes that healthy employees make for happier and safer workplaces. In establishing itself as a leader in the industry for workplace health standards and practices, NatSteel's commitment is evident through its dedicated resources, funds, committees and programmes.

Apart from regular health programmes such as exercise sessions, NatSteel implemented a 6-month chronic disease management programme for employees with at least one chronic condition, or at risk of developing one. This programme was created as hypertension, diabetes and cholesterol were observed to be common health conditions amongst the workforce that was also ageing gradually. Via the occupational health unit, employees' baseline blood pressure, BMI and health habits were reviewed and 1-1 coaching was provided. Upon evaluation, it was clear that this programme saw successful results. For example, the number of employees with high blood pressure had decreased from 26% (in 2020) to 24% (in 2021).



In its effort to identify at-risk employees, NatSteel leverages data tools to churn out regular reports on employees' health status. Such early detection is helpful as employees can start managing their health before chronic conditions develop.



NatSteel recognised that workplace and home stressors increased significantly during the pandemic. A survey was conducted to determine the key mental well-being needs of its employees, and workshops focused on these key topics.

NatSteel also put in place a structured framework to guide its journey of being a mental health-friendly workplace. The framework targets leadership and culture-building down to the training of ground supervisors and managers; and has specific action points for each pillar.

NatSteel's care for its employees extended throughout the pandemic. During the COVID-19 lockdown, HR and in-house doctors prepared chronic disease medications based on their employees' last consultation records and delivered prescriptions to their homes. Workers residing at dormitories connected to their occupation health team via video consults, and prescriptions were also delivered to them.

# HEALTH AMBASSADOR RECOGNITION AWARD

Health Ambassadors are volunteers from all walks of life who are passionate about healthy living and want to inspire fellow Singaporeans to live healthier lives.

This year, Health Ambassadors are recognised for their contributions beyond their years of service. For example, their collaborations and deployments with the Regional Health Services have helped expand their roles and partnerships with HPB. Health Ambassadors were also nominated based on their efforts to raise mental well-being awareness amongst the community.

Nominated Health Ambassadors are recognised in the following key areas:



More than  
**5 years**  
of active volunteering with  
HPB – deployed at least  
4 times a year



More than  
**80 hours**  
of deployment  
(virtual/face to face)  
between 1 Jan 2021 and  
31 May 2022



More than  
**16 hours**  
of deployment in community  
initiatives to raise awareness  
of mental well-being using  
HPB resources between  
1 Jan to 31 May 2022



Led at least  
**1 interest group and  
sustained interest  
group activities**  
with at least 24 sessions  
between 1 Jan to 31 Dec 2021;  
or at least 4 deployments with  
the Regional Health Services  
between 1 Jan 2021 to 31 May  
2022

# HEALTH AMBASSADOR RECOGNITION AWARD

## TAN CHER LIANG DAVID

David has been a familiar face within the Health Ambassadors Network (HAN) for the last 10 years. A passionate individual in bettering the lives of others, he has volunteered actively in many HPB programmes and even in initiatives with our partners. David has always been in the forefront supporting a range of health initiatives from obesity management, war on diabetes, to mental well-being.

David has been regularly involved in functional health screening events in the community, educating seniors on the use of their FIT kits, improving their understanding on age-related functional decline, and equipping them with knowledge to manage their own health better.



David also volunteers his time at the hospitals and senior activity centres where he conducts exercises for seniors, and engages mature workers at heartland malls to introduce them to active ageing programmes and onboard them on the Healthy 365 app.

As someone who pursues excellence, David conducts programme audits to ensure that HPB's programmes are delivered with the high standards they were designed with. He also provides HPB with timely and constructive feedback through his own deployment experiences. Knowing that knowledge and skills are important in his role, David has committed to various deployment trainings over the years to broaden his knowledge on HPB's programmes, and also proactively shares his learnings with members of the public.

In his dedication to the HAN, David has also proactively taken on mentorship roles with new Health Ambassadors, and uses his own time to guide them in their deployments. He even goes so far as to make accommodations to his work schedule so that he can prioritise his role as a Health Ambassador.



# HEALTH AMBASSADOR RECOGNITION AWARD

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## LIM PENG TATT

Peng Tatt has been an experienced trainer under the Health Ambassador Network for the past 18 years. An approachable person, his humble demeanour has helped him to build a strong cohesive team amongst the Health Ambassadors and has garnered him great trust and respect amongst his peers and partners. This is apparent based on feedback from partners as he supports collaborations such as the regional health services and senior activity centres.



Despite his busy schedule, he sets aside additional time to volunteer in various HPB programmes and is always willing to take on more responsibilities when called upon – be it leading exercise teams or mentoring other new health ambassadors, he takes it upon himself to contribute to the greater good of the community. This is the reason Peng Tatt raised his hand to be a Health Ambassador Trainer so that more Health Ambassadors can be trained and deployed, as soon as possible. With each training, he also ensures that they are able to deliver exercises and programmes at an acceptable standard.



Particularly, Peng Tatt has been very active in conducting exercises in senior activity centres. On top of that, he proactively shares tips for healthy living with the seniors at the end of each session. Apart from his involvement at the senior activity centres, he also volunteered himself to be deployed to conduct exercises for rehabilitating patients in Sengkang Community Hospital and Outram Community Hospital – demonstrating an outstanding passion and attitude to help others in need.

During the pandemic where public roadshows were held in community spaces, Peng Tatt was one of the volunteers who participated in raising awareness and understanding of mental well-being concerns, as well as sharing tips on how to take care of one's mental health. His commitment as a Health Ambassador is exemplary as Peng Tatt even goes so far as to reject work assignments as a free lance trainer, to serve the community!

# LIST OF AWARD WINNERS

## HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

ACE @ WORK CHILDCARE PTE LTD (CCK 757)

ALORA CHILDCARE (LENG KEE) PTE LTD

BABILOU FAMILY SINGAPORE PTE LTD

BESTCARE MONTESSORI PTE LTD

BRIGHT SPARKS CHILDCARE LLP

BRIGHTON MONTESSORI @ SUNSET

BRITISH COUNCIL (SINGAPORE) PRE-SCHOOL

BUSY BEES

EAGER BEAVER SCHOOLHOUSE 1 PTE. LTD.

EDELWEISS KINDERGARTEN SEMBAWANG  
PRESBYTERIAN CHURCH

ENFANT EDUCARE PTE LTD

ESKOL VALLEY @ NORTHSTAR PTE. LTD.

EUREKA SCHOOLHOUSE PTE LTD

GENIUS HIVE PRE-SCHOOL PTE. LTD.

GLOBAL TOTS PTE. LTD.

GREENLAND CHILDCARE @ FERNVALE  
PTE LTD

HAMPTON PRE-SCHOOL (BISHAN)

HUDA CHILDCARE (WOODLANDS11) PTE. LTD.

ICHIBAN MONTESSORI

ICHIBAN MONTESSORI CHILDCARE CENTRE  
(SEGAR) PTE. LTD.

KIDDIWINKIE SCHOOLHOUSE @ CACTUS

LEARNING VISION @ CET CAMPUS EAST

LEARNING VISION @ HWA CHONG

LEARNING VISION @ NATIONAL UNIVERSITY  
HEALTH SYSTEM

LEARNING VISION @ VISTA POINT  
(WOODLANDS)

LITTLE CHAMPS SCHOOLHOUSE  
(MONTESSORI) PTE. LTD.

LITTLE GENIUS EDUCARE CENTRE

LITTLE SHEPHERDS' SCHOOLHOUSE  
@ CHURCH OF OUR LADY STAR OF THE SEA

MAHOTA PRESCHOOL (PRIME EDUCATION  
INVESTMENTS HOLDINGS PTE. LTD.)

MINDCHAMPS

MINDCHAMPS PRESCHOOL  
@ CITY SQUARE PTE. LTD

MY FIRST SKOOL AT BLK 153 BISHAN

MY FIRST SKOOL AT BLK 295A  
COMPASSVALE CRESCENT

MY FIRST SKOOL AT BLK 332B  
ANCHORVALE LINK

MY FIRST SKOOL AT BLK 54 CHIN SWEE

MY FIRST SKOOL AT BLK 541 ANG MO KIO

MY FIRST SKOOL AT SEMBAWANG  
SHOPPING CENTRE

MY WORLD

MY WORLD @ CANBERRA

MY WORLD @ TAMPINES NORTH

NTUC FIRST CAMPUS - LITTLE SKOOL HOUSE

NTUC FIRST CAMPUS - MY FIRST SKOOL

# LIST OF AWARD WINNERS

## HEALTHY PRE-SCHOOLS (PLATINUM) AWARD

PAP COMMUNITY FOUNDATION

PARIPOSA PRESCHOOL

PCF SPARKLETOTS PRESCHOOL  
@ BUKIT BATOK EAST BLK 208 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ EUNOS BLK 616 (KN)

PCF SPARKLETOTS PRESCHOOL  
@ EUNOS BLK 629 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ GEYLANG SERAI BLK 412 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ HENDERSON-DAWSON BLK 59 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ KAKI BUKIT BLK 526 (KN)

PCF SPARKLETOTS PRESCHOOL  
@ KEBUN BARU BLK 109 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ PAYA LEBAR BLK 125 (KN)

PCF SPARKLETOTS PRESCHOOL  
@ PUNGGOL WEST BLK 271A (KN)

PCF SPARKLETOTS PRESCHOOL  
@ SIGLAP BLK 172 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ TAMPINES CENTRAL BLK 725 (DS)

PCF SPARKLETOTS PRESCHOOL  
@ TAMPINES-CHANGKAT BLK 358 (KN)

PCF SPARKLETOTS PRESCHOOL  
@ WOODGROVE BLK 339 (CC)

PCF SPARKLETOTS PRESCHOOL  
@ YIO CHU KANG BLK 644 (EY)

PCS WOODLANDS CENTRE

PRINCE SIDDHATTHA CHILD CARE CENTRE

SDM MORIAH PRESCHOOL (GREENWICH)  
PTE LTD

SPRING BRAINY KIDZ (POTONG PASIR)  
PTE. LTD.

SPRING BRAINY KIDZ GROUP PTE. LTD.

STAR LEARNERS

STAR LEARNERS @ GAMBAS PTE LTD

STAR LEARNERS @ HOUGANG PTE LTD

STAR LEARNERS @ JURONG WEST PTE LTD

STAR LEARNERS @ SENGKANG PTE. LTD.

STAR LEARNERS @ SIMEI PTE. LTD.

STAR LEARNERS @ TAMPINES PTE. LTD.

STAR LEARNERS @ YUNG HO PTE LTD

STARSHINE MONTESSORI CHILDCARE CENTER

THE LITTLE SKOOL-HOUSE AT-THOMSON

YWCA OUTRAM CHILD DEVELOPMENT CENTRE

# LIST OF AWARD WINNERS

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## ORGANISATIONAL CHAMPION AWARD

### Achievement Award Winners

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CHANGI AIRPORT GROUP (SINGAPORE) PTE LTD

HOUSING & DEVELOPMENT BOARD

NATSTEEL HOLDINGS PTE LTD

### Excellence Award Winners

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84 MARINE PARADE CENTRAL MARKET AND  
FOOD CENTRE

216 BEDOK NORTH MARKET & FOOD CENTRE

254 YUHUA VILLAGE MARKET & HAWKER  
CENTRE

347 YUHUA MARKET & HAWKER CENTRE

448 CLEMENTI MARKET & FOOD CENTRE

628 ANG MO KIO MARKET & FOOD CENTRE

ABC BRICKWORKS FOOD CENTRE

ALBERT CENTRE MARKET & FOOD CENTRE

AUDITOR-GENERAL'S OFFICE

BEIN SPORTS ASIA PTE LIMITED

BENDEMEER MARKET & FOOD CENTRE

BLACKBERRY SINGAPORE PTE. LIMITED

BOON LAY PLACE MARKET & FOOD VILLAGE

BOYS' TOWN

CAPITALAND GROUP

CARTUS CORPORATION PTE. LTD.

CBRE PTE. LTD.

CHANGI VILLAGE HAWKER CENTRE

CHENG SAN MARKET & COOKED FOOD CENTRE

CHINATOWN COMPLEX

CHONG BOON MARKET & FOOD CENTRE

CHONG PANG MARKET & FOOD CENTRE

CITY DEVELOPMENTS LIMITED

GEYLANG BAHRU MARKET & FOOD CENTRE

GEYLANG SERAI MARKET

GHIM MOH MARKET & FOOD CENTRE

GLAXOSMITHKLINE (PIONEER SECTOR)

GOLDEN MILE FOOD CENTRE

HOUGANG HAINANESE VILLAGE CENTRE

ILLUMINA SINGAPORE PTE LTD

INFINEON TECHNOLOGIES ASIA PACIFIC PTE LTD

JURONG WEST 505 MARKET & FOOD CENTRE

KOVAN 209 MARKET & FOOD CENTRE

LENDLEASE RETAIL PTE LTD

MARINA BAY ALLIANCE

MARSILING LANE FOOD CENTRE

NATIONAL UNIVERSITY OF SINGAPORE

# LIST OF AWARD WINNERS

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## ORGANISATIONAL CHAMPION AWARD

OLD AIRPORT ROAD FOOD CENTRE

PASAR 16 @ BEDOK

PUB, SINGAPORE'S NATIONAL WATER AGENCY

RAJAH & TANN SINGAPORE LLP

REDHILL MARKET

REPUBLIC OF SINGAPORE AIR FORCE

SIMS VISTA MARKET & FOOD CENTRE

SINGAPORE ARMED FORCES

SINGAPORE LAND AUTHORITY

SINGAPORE TELECOMMUNICATIONS LIMITED

TAMPINES ROUND MARKET & FOOD CENTRE

TEKKA CENTRE

THE MARKETPLACE @ 58

TIONG BAHRU MARKET

TOA PAYOH WEST MARKET & FOOD CENTRE

TRANSIT LINK PTE LTD

UPPER BOON KENG MARKET & FOOD CENTRE

WHAMPOA DRIVE MARKET & FOOD CENTRE

# LIST OF AWARD WINNERS

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## HEALTH AMBASSADOR RECOGNITION AWARD

MR TAN CHER LIANG DAVID

MR LIM PENG TATT



Singapore  
**HEALTH Award**

