

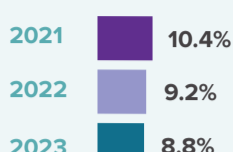
# NATIONAL POPULATION HEALTH SURVEY 2023

The National Population Health Survey (NPHS) is a cross-sectional population health survey series that monitors the health and risk factors as well as lifestyle practices of Singapore residents.



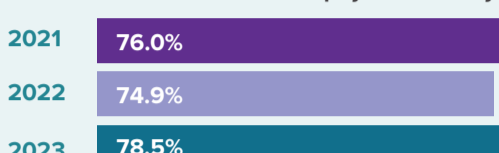
## Prevalence of daily smoking continued to decrease in recent years

### Prevalence of daily smoking



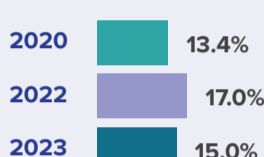
## Percentage of residents engaging in sufficient total physical activity has increased

### Prevalence of sufficient total physical activity<sup>1</sup>

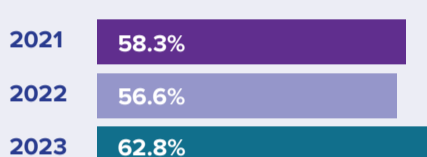


## Prevalence of poor mental health has decreased, and the willingness to seek help from healthcare professionals has increased

### Prevalence of poor mental health<sup>2</sup>



### Willingness to seek help from healthcare professionals<sup>3</sup>

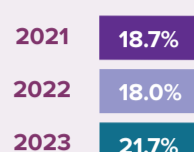


### Willingness to seek help from informal support network<sup>3</sup>

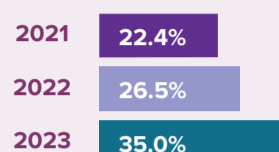


## Uptake of influenza and pneumococcal vaccination has improved

### Influenza vaccination uptake<sup>4</sup>



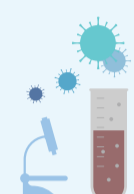
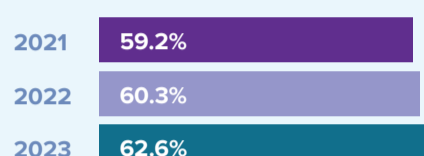
### Pneumococcal vaccination uptake<sup>5</sup>



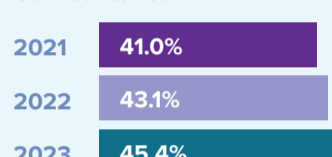
## Screening participation for chronic disease, cervical cancer and colorectal cancer has increased

### Screening participation among Singapore residents

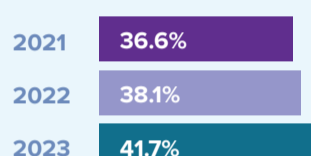
#### Chronic disease<sup>6</sup>



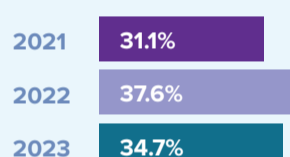
#### Cervical cancer<sup>7</sup>



#### Colorectal cancer<sup>8</sup>



#### Breast cancer<sup>9</sup>



## We encourage everyone to...

### Eat Healthier

- Choose foods that are lower in sodium, sugar and saturated fat
- Use less salt and sauces when cooking, and avoid finishing soups and gravies when eating out
- Quarter, Quarter, Half for healthier, balanced meals!
- Visit [go.gov.sg/nutrition-hub](https://www.go.gov.sg/nutrition-hub) to learn about the benefits of a balanced meal plan



### Be Active

- Engage in at least 150 to 300 minutes of moderate-intensity physical activity per week
- Include some strength, balance and flexibility exercises at least 2 times per week
- Visit [moveit.gov.sg](https://www.moveit.gov.sg) for resources and ideas to get moving!



### Achieve Better Mental Health and Well-being

- Practise self-care and adopt healthy coping techniques (e.g. relaxation techniques) to better cope with daily stresses
- Reach out for support when feeling overwhelmed
- Visit [MindSG.gov.sg](https://www.MindSG.gov.sg) for more mental well-being tips



### Quit Smoking

- Quit smoking to protect your health and the health of those around you
- Visit [go.gov.sg/iqquit](https://www.go.gov.sg/iqquit) for resources and programmes to support you in quitting smoking



### Screen Regularly

- Go for regular health screening and follow up to detect health risks early
- Visit [go.gov.sg/screenforlife-resources](https://www.go.gov.sg/screenforlife-resources) for the list of recommended screening tests



To learn more on tips, resources and programmes, visit HealthHub at [www.healthhub.sg](https://www.healthhub.sg)

Download the NPHS 2023 report for more detailed information about the survey at [www.hpb.gov.sg/nphs](https://www.hpb.gov.sg/nphs)



or scan the QR code for the NPHS report

1. Sufficient total physical activity refers to engagement in  $\geq 150$  minutes of moderate-intensity or  $\geq 75$  minutes of vigorous-intensity physical activities or its equivalent per week.
2. Mental health is measured using a 12-item General Health Questionnaire (GHQ12). Poor mental health refers to having a score of 3 or more.
3. Healthcare professionals refer to counsellors, doctors, psychologists or psychiatrists and informal support networks refer to friends, relatives, colleagues, religious leaders or teachers in school.
4. Influenza vaccination uptake refers to the proportion of Singapore residents aged 18 to 74 years who reported having received influenza vaccination in the past 12 months.
5. Pneumococcal vaccination uptake refers to the proportion of Singapore residents aged 65 to 74 years who reported ever having received pneumococcal vaccination.
6. Chronic diseases screening participation refers to the proportion of Singapore residents aged 40 to 74 years with no previous diagnosis of chronic diseases, who were screened for all three health conditions within the recommended guidelines. The recommended screening guidelines are: once every 3 years for diabetes and hyperlipidaemia and once every 2 years for hypertension.
7. Cervical cancer screening participation refers to the proportion of women aged 25 to 29 years who had gone for a Pap test in the past 3 years and women aged 30 to 74 years who took a human papillomavirus (HPV) test in the past 5 years.
8. Colorectal cancer screening participation refers to the proportion of Singapore residents aged 50 to 74 years who had a Faecal Immunochemical Test (FIT) in the past 1 year or a colonoscopy in the past 10 years.
9. Breast cancer screening participation refers to the proportion of women aged 50 to 69 years who had gone for mammography in the past 2 years.