Health Promotion Board

SYMPOSIUM ON SUSTAINABILITY OF HEALTH

SINGAPORE HEALTH AWARD 2019

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PROGRAMME OVERVIEW

2.00pm - 3.05pm	**Registration and Welcome Refreshments**
3.05pm - 3.15pm	**Opening Address** Mr Philip Lee Chairman of Health Promotion Board
3.15pm - 3.30pm	**Keynote Sharing** **Workplace Health and the Future of Work** Speaker: Dr. Joanne Yoong Director, Center for Economic, and Social Research, University of Southern California
3.30pm - 3.35pm	**Video showcasing efforts of Pre-Schools, Workplaces and Health Ambassadors**
3.35pm - 3.50pm	**Presentation of Awards for awardees under the:** - Healthy Pre-School Platinum Award - Corporate Achievement Award - Long Service Award (Health Ambassadors)
3.50pm - 4.00pm	**Best Practice Sharing from Eastman Chemical Singapore, SHA 2019 Corporate Award - Achievement**
4.00pm - 4.30pm	**Panel Discussion on Sustaining Health Promotion Efforts Amidst Evolving Trends**
4.30pm - 5.00pm	**Presentation of SHA 2019 Corporate Awards:** - Excellence - Merit **Presentation of SHA 2019: Special Mention** **Presentation of SHA 2019: Healthy Workplace Ecosystem** **Presentation of SHA 2019 Individual Awards:** - Health Leader - Health Champion

CONGRATULATORY NOTE

The theme of this year's health award - "Sustainability of Health" – highlights the importance of sustaining efforts in creating healthy living environments. In focusing on how we can bring healthy living practices and programmes closer to individuals and communities, employers, employees, pre-school operators and health ambassadors play a key role in positively influencing lifestyle choices, and helping to modify habits and behaviours.This year, the Singapore HEALTH Award will celebrate the commendable achievements of health-promoting partners across three outreach settings –Pre-Schools, Workplaces and the Community.

The Healthy Pre-school (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. This is achieved through sustained efforts in providing a supportive environment to ensure that pre-schoolers have access to healthy meals and active lifestyle in school, implementing targeted interventions to help pre-schoolers maintain a healthy weight, as well as capacity-building initiatives for parents, teachers and staff members.

The Corporate Award recognises companies from both private and public sectors, SMEs and non-SMEs, as well as landlords and developers; for their efforts in bringing health and wellness programmes to workplaces, making healthy living more accessible to half a million workers in Singapore. It also recognises the efforts from workplace champions in advocating for healthier living among their fellow workers.

The Long Service Award (Health Ambassadors) recognises Health Ambassadors who contributed significantly to the promotion of healthy living in the community. They had fulfilled more than 100 deployment hours a year for at least four years since the start of service for the Health Ambassador Network. Their contributions included organising health-related interest groups as well as leading exercises and talks within community spaces, to equip Singaporeans with tips and knowledge on healthy living.

We want to take this opportunity to congratulate all award recipients, as well as extend our heartfelt gratitude and thanks to our partners. We also hope that you would all benefit from the exchange of learnings across health promotion contexts, and continue to encourage each other in this collective effort to make Singapore a nation of healthy and happy people.

Truly, every effort needs a champion.

Yours sincerely,

Singapore HEALTH Award 2019 Planning Committee
Health Promotion Board

JUDGING PANEL

Comprising industry leaders across the public and private sectors with representation from the union, the Judging Panel provided a holistic and all-rounded perspective for the Singapore HEALTH Award 2019.

Ms Jean See

Lead of NTUC's Hospitality and Consumer Business cluster and
Deputy Executive Secretary of the Food, Drinks and Allied Workers Union

Jean is Lead of NTUC's Hospitality and Consumer Business cluster and Deputy Executive Secretary of the Food, Drinks and Allied Workers Union that represents more than 50,000 workers in hotel and food industries.

Jean is concurrently Acting Director of the NTUC Freelancers and Self-Employed Unit (NTUC U FSE), and Executive Secretary of the newly-formed NTUC-affiliated National Instructors and Coaches Association (NICA). She also contributes as a Tripartite Mediation Adviser and is passionate about encouraging active learning and supporting workers to succeed in their career journeys.

Mr Jerry Seah

Director, Membership Development and Engagement
Singapore National Employers Federation

Jerry is the Director of Membership Development and Engagement at the Singapore National Employers Federation (SNEF). Besides leading the SNEF team to drive the Healthy Workplace Ecosystem in the Downtown Business District in partnership with the Health Promotion Board, Jerry also serves on various National Tripartite committees and workgroups to promote and drive government initiatives.

Jerry and his team assist employers to build workplaces that are flexible, inclusive, safe and healthy. He provides consultancy services, conduct talks and provide assistance on government initiatives and grants for companies.

Ms Karina Kuok

Head, Professional Practices
IHRP (Institute for Human Resource Professionals)

Karina is the Head of Professional Practices at IHRP (Institute for Human Resource Professionals). In her role, she is custodian of the IHRP Body of Competencies and professional development programmes, aimed at advancing the capabilities of the IHRP certified professionals.

Karina joined IHRP in 2017, after gaining more than 15 years of HR consulting and marketing experience in the U.S.A. and Asia Pacific. Prior to joining IHRP, she was at Deloitte Consulting SEA, where Karina worked on business transformation change and talent management projects across SEA and ASPAC.

Mr Patrick Han

General Manager,
Workplace Safety and Health Council

Patrick is the General Manager of Workplace Safety and Health Council (WSHC), an appointment he has held at the Ministry of Manpower (MOM) since 2017. Prior to this, he held various appointments at Sats Ltd from 2012 to 2016 and at the People's Association since 1993.

He also works closely with the Health Promotion Board and the seven restructured hospitals to implement the national Total Workplace Safety and Health Programme and the Return to Work Programme in 2018 and 2017, respectively.

Mr Simon Lim

Director, Workplace Health and Outreach Division
Health Promotion Board

Simon is the Director of Workplace Health & Outreach at the Health Promotion Board (HPB). Prior to joining HPB, he was Director (National Service Affairs) where he developed MINDEF's employers' engagement strategy, which strengthened employers' support and improved NSmen engagement survey scores.

He also successfully led the NS50 campaign where he leveraged his strong relationships, partnerships and networks with various trade associations, business councils and employers to get businesses on board and demonstrated their support for NS and NSmen in a visible manner.

HIGHLIGHTS OF THE LEARNING JOURNEY

To facilitate learning and sharing of best practices in health promotion at pre-schools, workplaces and the community, an experiential learning journey was conducted on a Friday morning with around 60 participants from over 40 different organisations and companies.

Over half a day, participants got to experience what it is like to be a pre-schooler at a Healthy Pre-school, to an employee at a workplace with holistic workplace health promotion policies and programmes, and finally, a resident, participating in programmes like the supermarket tour and food trail to learn about healthier options.

Participants at Kampung Admiralty to observe health promotion programmes done at the community.

Supermarket tour and Hawker trail, Kampung Admiralty

Participants learnt how to read nutrition labels and swap regular purchases with healthier choices

"Healthy choices of food are available. Conducive environment and accessibility is the key."

"I am now aware of healthier choices to make when dining out"

Healthy Pre-School, NutureStars @ SAFRA Toa Payoh

Participants learnt how healthy habits for young children can be inculcated in school and at home

"The early childhood learning in healthy eating, how to cherish the resources on earth that was implemented at NutureStars just amazed me"

Health Promoting Workplace, ITE College Central

Participants learnt how physical activity, nutrition and mental wellness can be pervasive in the workplace

"At ITE, there's a self-managed food court with a lot more healthier food choices as well as a KTV lounge, chill-out area, gym etc for staff"

KEYNOTE SHARING

Workplace Health and the Future of Work

Dr Joanne Yoong

Senior Economist, University of Southern California and Visiting Associate Professor, NUS, and Keynote Speaker

Dr Joanne Yoong is an applied micro-economist conducting research on behavioural economics, health and financial decision making, and economic development. Dr Yoong is a Senior Economist at the University of Southern California and is also jointly appointed as Associate Professor of Health Systems and Behavioural Sciences at the Saw Swee Hock School for Public Health and the Director of the Center for Health Services and Policy Research at the National University Hospital System.

Key focus of the keynote sharing:

1. Impact of Health Promotion Efforts on Work and how this would shift with the changes in workplace landscape
2. Building the business case for companies to invest in health
3. Development of the Return-on-investment (ROI) calculator, and the opportunities that it presents

PANEL DISCUSSION

Sustaining Health Promotion Efforts Amidst Evolving Trends

MODERATOR
Mr Sim Beng Khoon
Director,
Health Promotion Board

ACADEMIA
Dr Joanne Yoong
Senior Economist,
University of Southern California and Visiting Associate Professor, NUS

WORKPLACE
Mr Lakshmanan Mani
General Manager, Regional Manufacturing Director, Eastman Chemical Singapore

SCHOOL
Ms Ong Siew Teng
Executive Principal, PCF Sparkletots Pre-school and ECDA Fellow

COMMUNITY
Ms Lee Lan Yong
Health Ambassador

The panel is made up of advocates and thought leaders from all 3 settings, pre-schools, workplace and community. Some key discussion points that they will be covering are:

1. What are some of the key challenges faced at each setting (pre-schools, workplaces, community) to sustain health promotion efforts and some of the strategies used to overcome them?
2. In light of the shifting landscapes in Singapore (e.g. gig economy, technology, ageing population, higher education levels), how do you think this would affect health promotion strategies?

AWARD FRAMEWORK AND LEARNINGS

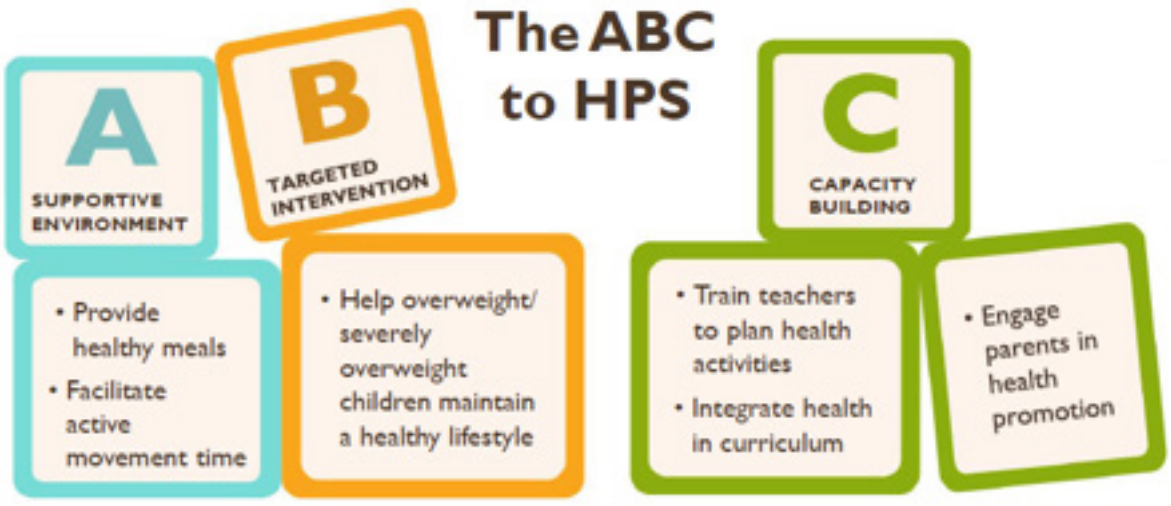
HEALTHY PRE-SCHOOL PLATINUM AWARD

Healthy Pre-school Accreditation Framework

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-school (HPS) Framework accredits pre-schools which have comprehensive school health promotion practices for students, parents and staff.

2019 is the inaugural year that the Health Promotion Board is presenting the Singapore Health Award to pre-schools to recognise their sustained efforts in championing health promotion initiatives for the wellbeing of the students. The inaugural Award will be presented to pre-schools which have been accredited as Healthy Pre-school (Platinum) consecutively for three cycles in Financial Years 2015, 2016 and 2018.

What is a Healthy Pre-school (Platinum)?



Building Block A: Supportive 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

The 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-SCHOOL PLATINUM AWARD

Building Firm Foundations

AGAPE LITTLE UNI

Agape Little Uni. provides a safe and nurturing environment for their little ones! Through play based activities, character building and values infused learning, every Agapian child is set to leave their little footprints as they make their way around the world. Our pre-schoolers are encouraged to take ownership of what they wish to learn and how to learn with the guidance of the teachers. Teachers then provide feedback for children to develop critical thinking skills as well as evaluate their own work. Children build resilience as they learn from their mistakes and seek guidance.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

BUSY BEES ASIA

At Busy Bees, our children's health is of paramount importance to us. Our menu caters to a wide range of cultures using healthy ingredients including wholemeal noodles, wholegrain breads, and brown rice. We also engage children in learning about healthy habits through annual month-long health campaigns. Instead of only providing our children with food, we educate them throughout the entire process.

Projects like Little Chef by Odyssey The Global Preschool facilitate the children's understanding in eating healthily and choosing ingredients bearing the Healthier Choice Symbol to use in their hands-on cookery activities. At Pat's Schoolhouse, we also try to manage overweight children by serving smaller portions of food.

Our children engage in regular fitness lessons as part of the curriculum, where children play games and even do yoga during Learning Vision's Fun N Fitness! Older children at Odyssey engage in fitness lessons which focus on discovering locomotive, non-locomotive and manipulative gross motor skills.

Outdoor learning happens across all brands at places such as Labrador Park and The Cage, which allows children to enjoy the day out in the sun. We also ensure that our kids learn about toilet hygiene and personal hygiene practices such as proper toothbrushing skills.

Parents ultimately play the most vital role in supporting our children's learning. Parents from Pat's Schoolhouse are encouraged to participate in activities with their children such as cooking healthier meals in school and at home. At Small Wonder, parents embark on learning journeys with their child to supermarkets to identify food with the Healthier Choice Symbol.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

CARPE DIEM HOLDINGS PTE LTD

Carpe Diem believes in the importance and value of building healthy and active pre-school children through our Be Healthy Learning Programme.

To ensure the sustainability and awareness of our healthy eating and keeping fit practices, staff, teachers and parents work together to inculcate healthy eating and regular exercise habits in the children.

Carpe Diem's thematic activities comprise creating learning corners/home corners to highlight the concept of My Healthy Plate. Children and parents are engaged in fieldtrips and activities such as cooking a healthy meal or visiting the supermarket to experience healthy meals preparation and to learn about healthier choice products.

Our menu offers healthy and tasty meals that include Asian, Western and vegetarian dishes without any processed meat, and we supplement the meal with plenty of fruits, vegetables and water.

We plan daily outdoor activities and adopt the Fun Start Move Smart physical movements in the exercises that not only develop motor skills, it also builds up their cardiovascular health. Through our music and movement curriculum, children are encouraged and motivated to dance and move to rhythms, beats and tempo that stimulate their creativity, flexibility and agility as a form to develop mind alertness and body fitness.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

CREATIVELAND CHILDCARE & DEVELOPMENT CENTRE @ ADMIRALTY PTE LTD

At Creativeland Childcare & Development Centre @ Admiralty, our children learn about nutrition and physical activities through healthy eating, making healthy choices and learning corners in school.

We have monthly hands-on cookery activities with the children, using wholemeal products and products with the healthier choice symbol. The K1 and K2 children get to shop with their teachers at the neighborhood's supermarket to select the healthier products.

The children enjoy an hour everyday of jumping, crawling, running and moving around in our gym corner. Additionally, we hold parent-child activities such as family day and Zumba workshop to create awareness on the importance of healthy living and mental health, and to encourage families to incorporate physical fitness into their daily lives.

On myopia prevention, we conduct a workshop on "Taking Care of My Eyes" for parents and children to reinforce the causes of myopia, teach them how to prevent the onset and suggest alternative activities to replace screen time.

Selected teachers attend health promotion workshops yearly to gain new knowledge, extend what was learnt into our curriculum and share with fellow teachers and parents.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

CRESTAR EDUCATION GROUP PTE LTD

Kinderland and NurtureStars emphasise a holistic approach to early childhood healthy living, encompassing areas of nutrition, physical activity and social-emotional development for children, parents and staff.

Kinderland's signature KinderFit programme is organised around themes involving the body and its interrelationship with space, time, effort and flow. It empowers young children to look fit and feel great about themselves as they are taught fundamental movement activities, the importance of personal hygiene and adequate sleep and are given customised meal plans.

NurtureStars' ACTIVE LEARNING Curriculum promotes holistic early childhood education by integrating physical activities with classroom learning experiences. We worked with our valued partner JACPA to provide sports programmes, like rhythmic gymnastics, to help our children grow healthily - mentally, physically and emotionally, as well as to foster an appreciation of sports. Through physical education, our children cultivate concentration, resilience and teamwork, as well as develop self-confidence and responsible habits.

Efforts to help overweight children lead a healthier lifestyle include monitoring food intake to prevent overeating, regular monitoring of children's height and weight, highlighting to parents if their child is overweight, and conducting daily workout sessions in the centre. The centres also organise field trips on health topics to encourage our children to form lasting healthy habits from young.

We partner parents - an important determinant of our programme's success - through a series of activities such as parent-child bonding exercises during our annual Sports Day, health workshops and festive celebrations, and share with them health and nutrition tips on the centres' noticeboards.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

G8 EDUCATION SINGAPORE PTE LTD

At G8 Education Singapore centres, we believe in cultivating healthy habits in children that support their well-being and independence. Throughout the year, children are involved in classroom activities and lessons related to nutrition, physical activity, myopia, mental wellness, oral health and safety and hygiene. Teachers and centre leaders deliberately plan for daily energizing physical activities that take place outdoors as well as indoors. Very often, parents join their children at sports events, exercise days and assist to reinforce the right nutrition at home. In addition, our kitchen crew attend trainings to prepare healthy delicious meals for everyone.

One such classroom activity at Bright Juniors @ Yishun is the dental clinic set up where children role-play as dentists and patients to learn about good oral care practices and discuss the habits that may cause poor oral hygiene.

Over at Cherie Hearts @ Charlton, students experience simple cookery class by preparing their own fruit rainbow salad. As part of the activity, teachers reinforce the importance of healthy food and eating a variety of food in the right portion size.

Using songs, stories, craftwork, games and fun-filled activities, we guide our children towards healthy lifelong living and nurture them into confident and independent citizens.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

KIDDY ARK CHILDCARE & DEVELOPMENT CENTRE

Kiddy Ark is mindful of providing all children a healthy environment to grow. This includes healthy meals for every growing child. We review our menu yearly to ensure children, as well as the staff, enjoy healthy food at all times.

Our curriculum focuses on 'All about Health' in term 2. Lesson plans are closely guided by learning goals focusing on healthy habits, active lifestyle and more. The children enjoy role-playing at dramatic corners and visiting the supermarket to identify and purchase healthy snacks to share with their classmates. In addition to healthy eating, lessons also include motor skills development, oral and eye care, body safety and also social emotional development topics such as being thankful.

Our K2 Primary School Transition Programme consists of a visit to a primary school, a recess meal-time experience and interaction with primary school pupils to help them prepare for the possible challenges they may face in a mainstream school.

We always look forward to our Annual Sports Carnival where parents participate in sports together with their children. Through this event, we aim to raise awareness of importance of healthy lifestyles.

We have termly take-home projects where we encourage children to complete tasks together with their parents, such as creating healthy bento meals.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

MY WORLD PRESCHOOL LTD

MY World Preschool supports families with affordable, accessible and quality infant and child care services. MY World Preschool is a subsidiary of Metropolitan YMCA, which has a proven track record of providing affordable and quality child care service since 1980. At MY World, every child deserves a champion.

At MY World, we recognise the importance of inculcating good healthy eating habits in our children from a young age. Much emphasis has been placed to provide healthy and holistic meals for our children. For our efforts, majority of MY World centres have achieved the Healthy Meals in Preschools Programme certification. To promote the physical well-being of our children, gross motor activities which are fun and engaging are also conducted daily.

At MY World, we value our teachers and staff as they guide and exemplify healthy habits for our children. Our teachers and staff attend trainings conducted by HPB regularly which enable them to integrate health topics into our curriculum. Lest our parents feel left out, MY World engages them in activities such as sports events, festive celebrations and share healthy recipes through school's newsletter, just to name a few.

MY World believes that with a good start in life, our children will be able to grow into happy, healthy and balanced individuals who may one day become CHAMPIONS for their little ones.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

PAP COMMUNITY FOUNDATION

At PCF Sparkletots, we believe in helping children acquire the necessary skills and learning dispositions that will enable them to become confident lifelong learners. We are committed in ensuring that all our children are able to learn and grow in a healthy environment and ensure that the knowledge is instilled in our little ones from as young as 2 years old. This includes educating our young ones about food, nutrition and the importance of making healthy choices throughout their lives, as part of the Sparkletots Curriculum.

We promote healthy eating habits in our centres and educate them about the environmental, social and health effects of their food choices through interactive, hands-on activities. Some of the activities that are embedded in our curriculum include understanding and identifying categories of food in My Healthy Plate, planning a well-balanced meal and learning about the benefits of fruits and vegetables. Some of our centres have also partnered with community gardeners to plant vegetables and fruits with the help from our little ones! When our sparkletots participate in helping to grow vegetables and fruits, they are also more likely to eat and try different types of produce which encourage healthy living and double up as a great way to get them out for some fresh air and physical activity.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

PERSATUAN PEMUDI ISLAM SINGAPURA (PPIS)

At PPIS, we strive to incorporate nutrition education in our curriculum. Our teachers introduce My Healthy Plate and explain basic concepts of healthy eating to the children through cooking lessons such as making fruit ice-cream. This is also part of our recent health initiative, 'Fruity Friday', where children will bring fruits to school every Friday and parents are invited to share healthy recipes. Through these activities, the children appreciate the nutritional value of the food served to them.

We constantly review our in-house practices such that they are in accordance with the latest Healthy Meals in Preschools Programme guidelines and we improve our practices by sending our cooks for the culinary training workshop to learn new ways to craft healthier meals. As part of our plan to include parents in cultivating healthy eating habits at home, we also provide them with ways to prepare healthy meals through monthly newsletters and centre events.

In addition, we recognise the importance of maintaining an active lifestyle. This is why we host various programmes initiated by HPB, such as the Plug & Play Programme and Zippy's Friends with the aim to help children learn about the importance of good nutrition, mental wellness and physical activity. Through such programmes, we hope to foster a culture that promotes healthy living.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

SWEETLANDS CHILDCARE

At Sweetlands Childcare, our children spend most of their time in the school with teachers as compared to at home with their parents. Therefore, we believe that we play a vital role in educating and providing more learning opportunities to promote healthy habits and values in our curriculum and routine.

Besides providing healthier choices in our menu, we also educate our parents by providing ideas on preparing healthy snacks or meals in our monthly newsletter. We engage parents in our various activities such as weekly mass workouts, home connections and invite them to participate in school events such as Father's day celebration, zumba workout as well as healthy lifestyle parent workshops. In addition, our educators are encouraged to attend training to equip them with health knowledge and skills for them to impart to the little ones.

We also believe that partnership with different organisations and communities will also promote the children's social and emotional development. For example, participating in the "Hongbao Blessing' organised by Touch Community cultivates kindness and the value of giving back to the community. Participating in public performances organised by community centres or inter-generation activities can also cultivate values as well as boost the children's self esteem and positive energy.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

HEALTHY PRE-SCHOOL PLATINUM AWARD

THE LITTLE SKOOL-HOUSE INTERNATIONAL PTE LTD

Promoting healthy eating and living has always been an important aspect of The Little Skool-House (LSH) programme. We believe that eating the right food and with right amount of physical activities, children will have a strong body and mind to help them cope with stress and illness, and learn better.

The LSH educators create a supportive environment for healthy movement through weekly planned sports activity and ensure that children get their daily dose of outdoor play.

To ensure that teachers are competent in supporting children in this area, they participate in continuous professional development in the areas of healthy eating and living.

LSH menus are designed to meet the Healthy Meals in Preschools Programme requirements. Centre Leader will work closely with centre cooks to implement these menus and incorporate the necessary changes to improve the quality of the meal plan. Cooks participate in culinary workshops yearly to ensure continuous development.

Teachers will also share good eating practices and work closely with parents to ensure that children are eating a balanced meal at home. To augment the parent partnership journey, a variety of health-related activities for parents and children are implemented, such as My Healthy Plate interactive, puppet workshop and parenting workshops to help children cope with challenges and to enhance their mental well-being.

Eye and dental health checks are also scheduled yearly to detect and prevent any issues early.

Please refer to pages 58 to 60 for the list of pre-schools, from each chain, that have been awarded the Healthy Pre-School Platinum Award.

CORPORATE AWARD

The Corporate Award seeks to motivate employers to put in place comprehensive health programmes and health promoting policies such as exercise programmes and healthier eating policies for their employees. More importantly, starting from 2017, to reflect the evolving context of workplace health promotion in increasing the focus on the outcomes and impact on the workforce, the award recognises the efforts companies put in place to monitor and evaluate their programmes to ensure effectiveness for their employees.

Awardees have holistic Workplace Health Promotion (WHP) efforts in 4 key areas:

STRATEGIC POSITIONING AND MANAGEMENT

Strategic positioning and organisation of Workplace Health Promotion (WHP) in an organisation sets a solid foundation for a strong and impactful programme for employee health that leads to business outcomes.

An exemplary organisation positions workplace health as a core business and organisation need, which aligns with key HR strategies and policies. This is also demonstrated through investment of manpower and financial resources, as well as the nurturing of an organisational culture of health.

HOLISTIC NEEDS ASSESSMENT AND PROGRAMME PLANNING

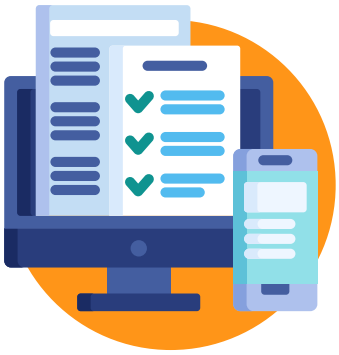
A key factor to the success of a WHP programme is the planning that is involved. This involves holistic needs assessment, as well as planning specific programmes based on the results of the needs assessment.

A holistic needs assessment can consider biometric indicators, health and lifestyle practices, demographics, and other tools such as employee engagement surveys.

SMART (specific, measurable, achievable, relevant, time-bound) objectives should be part of the resulting programme plan.

COMPREHENSIVE COVERAGE

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



A comprehensive WHP programme should also incorporate strategies to motivate and reduce barriers to participation for all levels of staff.

MONITORING AND EVALUATION

Evaluation of the WHP programme is necessary to track the results and effectiveness of the WHP programme. Indicators can be split into process, output and outcome categories.

Examples:

- o Process indicator: Activity/Programme participation rates (e.g., attendance records)
- o Output indicator: Comparing pre-and-post programme knowledge
- o Outcome indicator: Assessing overall impact on organisational indicators such as health risk status

CARTUS CORPORATION PTE LTD

Cartus adopts an integrated approach to workplace health programs, closely linking corporate wellness goals and other key HR strategies to support attainment of business objectives. Active promotion of employees' health and wellbeing is part of Cartus' core values, policies and practices globally. We dedicate financial and manpower resources to promote employee health, setting aside budget for various Workplace Health Promotion (WHP) Programs and create WHP committee with employees at the center stage to oversee and implement programs.
Employees' healthcare benefits is positioned as one of the top talent retention and attraction strategies that built employee engagement traction over the years. The management team regularly reviews health-related practices and policies, and actively participate in the WHP to build innovative strategies towards bringing a holistic approach to maintain a healthy workforce.

INFINEON TECHNOLOGIES ASIA PACIFIC PTE LTD

Infineon's journey to become a high performance company drives the global health objective of enabling health, well-being, supporting performance potential and employability of all employees.

The company believes healthy employees at the peak of their performance can contribute the most to Infineon's success. The Infineon Health & Care framework seeks to develop inclusive health promotion schemes and education, where managers serve as role models, fostering health literacy throughout the organisation so that employees are motivated to take responsibility for their own health and fitness. Leadership in Healthy Lifestyle (LiHL) is Infineon's signature health orientated leadership program launched in 2015 by HR in Singapore and offered to all people managers in Asia Pacific locations. It has since reached more than 90 managers in Singapore with a blended mix of lectures covering topics such as nutrition, exercise and sleep, pre-module physical testing, and 1-on-1 lifestyle coaching. These programs enable managers to internalize what they have learnt and make necessary lifestyle changes, then becoming role models for their teams and families.

INSTITUTE OF TECHNICAL EDUCATION

Under Institute of Technical Education's Strategic People Plan (SPP), they aim to engage and develop staff while promulgating WHP programmes. To resolve the challenge of mass participation in WHP activities due to staff being spread over three ITE locations, ITE planned major WHP programmes with key corporate functions. Each College also has 'localised' Well-Being Committees to help organise WHP programmes at staff's doorsteps. For sustained WHP participation, ITE continually reviews their policies and schemes, such as providing full/partial subsidies for participation in health and sporting activities endorsed and/or organised by Club ITE, and partnering with IT and Estates Divisions to review and develop guidelines and systems for easy access and convenience in booking of in-house sports facilities.

EASTMAN CHEMICAL SINGAPORE PTE LTD

Eastman recognised that financial challenge was the main obstacle encountered during implementation. The Health and Wellness committee revised its program and adopted a system to fill in the specific needs of the company. The committee looked within organisations that offer complimentary health programs, such as HPB's National Steps Challenge and mall exercises, in order to overcome this obstacle and provide cost-effective WHP programmes. To address departments' concerns of loss of production time, mass walks are scheduled on dates with Regional/ Corporate senior management visits, to encourage employees to bond with senior management. Mass workouts are also conducted during long meetings, with Eastman's General Manager and Operations Manager taking the lead. Management support for these activities also boosted employees' beliefs in the company's support for an active lifestyle.

CORPORATE AWARD

HOLISTIC NEEDS ASSESSMENT AND PROGRAMME PLANNING

CHANGI AIRPORT GROUP (SINGAPORE) PTE LTD

One of Changi Airport Group's key employee engagement outcomes is for employees to feel valued as individuals, to enable CAG to sustain high work productivity and business performance. Workplace Health Promotion is a key lever to achieve this goal; WHP initiatives are designed to meet the interests of employees, and lifestyle and potential health risks identified in health screening. This allows CAG to effectively reduce the top two potential health risks faced by employees, and encourage behavioural change such as adopting healthier lifestyle habits. Employees' unique needs at different life stages are also taken care of by their benefits plan: wellness credits for health screening, and flex credits that allow employees to claim for a wide range of health and wellness expenses. Through reviewing findings from the annual health screening organisational report, the WHP team in the CAG People Team also organise targeted health intervention programmes to address potential health issues.

NTT ASIA PACIFIC PTE LTD

Through engaging employees in WHP activities aimed at improving and maintaining good health, NTT Asia Pacific aims to enhance the quality of work-life and well-being of their employees, and develop high employee morale, job satisfaction and employee engagement. They achieve this through promoting an awareness of the importance of physical and mental health, providing health education opportunities in the workplace (such as physical activities and healthy dietary habits through fruit and information distribution initiatives) and ensuring visible company leadership support for WHP programmes. After receiving feedback from employees that the company's health programs should be more targeted to individual needs, they administered a short online survey, and catered to employees' needs through introducing three main health tracks: Vitality, Strength and Mental. Employees were streamed into various health tracks based on their needs and interests indicated by the wellness survey, to engage them based on their personal profile type. To further encourage attendance, employees were rewarded with double points when they attended workshops or classes based on their tracks.

CORPORATE AWARD

HOLISTIC NEEDS ASSESSMENT AND PROGRAMME PLANNING

SINGAPORE POLYTECHNIC

To Singapore Polytechnic (SP), WHP is multi-faceted with four focal areas for holistic staff wellbeing: Physical, Intellectual, Emotional and Social. SP takes care of staff's physical and emotional needs through a suite of health talks, fitness programmes and mental well-being initiatives such as flexible work arrangements and confidential counselling service. SP invests in developing staff through supporting their zest for formal/informal learning to keep them engaged and challenged intellectually. Through employee touchpoints such as corporate events and teambuilding activities conducted throughout the year, we satisfy staff's social needs for interaction and bonding.

To encourage participation, SP taps on the expertise and creativity of their Nutrition, Health & Wellness Diploma students for fresh ideas to organise fun healthy events for staff. A multi-activity healthy lifestyle carnival was organized to appeal to different groups of staff. Staff who love action and puzzles participated in the Escape Room conceptualized by students, and staff who look forward to a stress relief session get to enjoy a free massage by the Singapore Association of the Visually Handicapped team.

CORPORATE AWARD

COMPREHENSIVE COVERAGE

ST HEALTHCARE PTE LTD

ST Healthcare management greatly believes that having healthy workers are key to ensuring staff retention and productivity. Workplace health promotion is seen as an integral part of human resource strategy and is used frequently as an attraction tool. Employees are not only trained on awareness and skills building workshops that are specific to the individual (e.g. Mindfulness workshops, nutrition workshops, physical activity classes); but also as health ambassadors. They learn skills to help support other employees on their health journeys (e.g. smoking cessation training, basic counselling skills, critical incidence management training etc.) Tapping on available grants such as SME Health+ and relying on in-house capabilities help ST Healthcare work around fixed budgets and provide holistic WHP programmes. By building in-house capability, skills, qualifications and knowledge, ST Healthcare is able to design and implement impactful WHP programmes while maximising resources and sustainability.

NATSTEEL HOLDINGS PTE LTD

Total Workplace Safety and Health is a constant key performance indicator and an integral part of Natsteel's HR strategies and both short- and long-term plans. The overall health status of the company's workforce is monitored through annual health screening. KPIs for improvements to achieve good health for employees are cascaded during management's monthly APEX Safety and Health meetings. As noise and dust are constant obstacles in a heavy industrial environment, a hearing conservation program was implemented to manage and reduce noise level. There is also periodic environmental sampling to ensure dust level is below threshold limit. To promote behavioural change in employees' lifestyles, activities like exercises and nutrition talks are conducted for staff. As some employees work on shifts, these activities need to be based on their availability, and support has been obtained from Heads of Departments to release their staff for these WHP initiatives.

CORPORATE AWARD

COMPREHENSIVE COVERAGE

NATIONAL HEALTHCARE GROUP POLYCLINICS

National Healthcare Group Polyclinic's vision is to be a leading health promoting institution that helps advance family medicine and transform primary healthcare in Singapore. Staff are personally appointed by CEO to the WHP Committee/HealthBuzz Teams to drive a wide variety of programmes. Every clinic plans its own WHP activities based on staff preferences, suggestions and feedback. These activities are centred on healthy eating, regular physical activity, staying positive, staying smoke-free and attending evidence-based health screening. Staff Health Screening, staff vaccinations, Corporate Run, ACTIVE Day and a range of regular healthy lifestyle activities, are budgeted for annually. To enhance workplace safety, staff are encouraged to go for regular flu vaccination and reminded to comply with safety procedures.

CORPORATE AWARD

COMPREHENSIVE COVERAGE

NTT SINGAPORE SOLUTIONS

Employee's health is a top priority for us at NTT Singapore Solutions. However, this was not the case for our employees as reflected from the low registration and participation rates of our health programs. The WHP committee aimed to focus on raising awareness and targeted to introduce new initiatives to innovate the current programs in place. We had introduced two new initiatives - the annual health screening with individual review session and renew our workplace health programs.

Complimentary health screening was introduced and employees could take the screening at their convenience. Adoption rates increased when the exercise was extended to family members. The individual debrief session that was scheduled thereafter enabled for employees to personally hear from experts to better understand their health conditions and the potential repercussions. With this, at-risk employees are more informed of their current health conditions and had changed to start taking precautionary actions to keep fit and healthy.

After awareness has been created, the WHP committee introduced fun and interactive elements to workshops that energizes employees while seeking to educate them on key topics. This has gained positive feedback with high employee turnouts as they influence one another to participate in the sessions. To continue to inspire employees, the committee added new workshops on grooming, first aid, financial planning and many others that they are interested in. Every event has been extremely successful with high attendance rates and employees' gain useful skills at the same time.

NATIONAL HEALTHCARE GROUP HQ CORPORATE OFFICE

Singapore's ageing population increases demand for healthcare needs, impacting National Healthcare Group HQ's workforce exponentially. Given the tight labour market, NHG HQ formulated a 3R Approach (Redesign, Recruit, Rejuvenate and Retain) to Workforce Transformation for creating a productive & sustainable workforce. To create this healthy workforce, NHG HQ uses several formal feedback channels to understand, improve, plan and execute their WHP efforts: annual health screening to track cohort health status, biennial Employee Climate Survey (ECS) to track employee satisfaction, and annual Workplace Health Survey to understand the preference and interest of staff. The outcome of engaging, understanding and meeting the needs of staff is evident in NHG HQ's 2018 ECS results. NHG staff responded with a score of 90 percentage points (against 78 percentage points from Singapore National Norm) for the area of providing sufficient variety of (wellness and engagement) activities and initiatives to cater to different employees' needs.

SINGAPORE TELECOMMUNICATIONS LIMITED

Singtel offers a comprehensive health and wellness programme, in addition to medical benefits and policies, to encourage employees to lead healthier lifestyles. This includes mass fitness activities such as brisk walking events, yoga sessions, and inter-group games for its units. Singtel also holds regular workshops on health topics such as eating right, coping with stress, and managing chronic conditions like cholesterol and diabetes. To encourage good dietary habits, Singtel launched a Healthier Dining Program in 2018, with canteen stallholders offering special discounts for healthier menu options and removing oily food options. Singtel's health and wellness promotion efforts have made significant inroads, contributing to positive results across key metrics, including:

- 32% increase in participation in mass fitness activities from 2017 to 2018;
- 12% increase in participation for health and wellness workshops from 2017 to 2018;
- 11% drop in consumption of soft drinks (at least 1 or more can per day) in 2018, compared to 2015;
- Singtel's annual staff engagement survey 2018 showed positive responses higher than the global average* in the areas of organisational culture, manager support, learning, innovation, and employee advocacy.

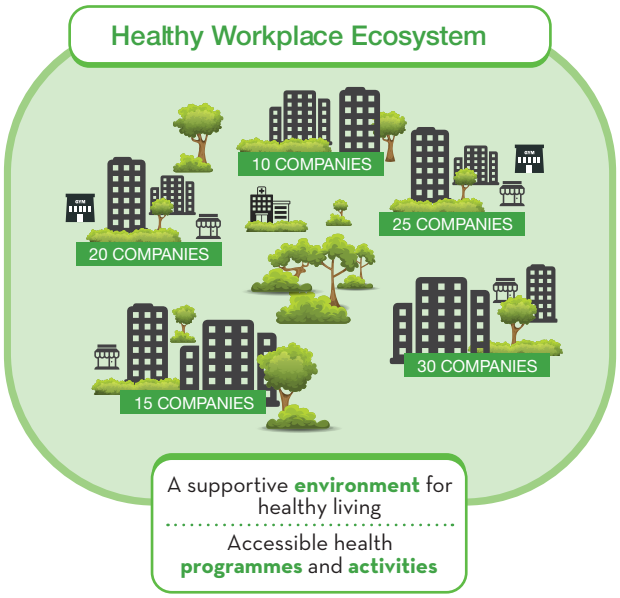
*The annual engagement survey is carried out by a third-party research agency and Singtel's scores are benchmarked against the global average across the same metrics.

HOUSING & DEVELOPMENT BOARD

Housing & Development Board recognized that with their large employee size of over 5,000 staff, it is difficult for them to organize a single physical mass activity which could allow majority of their staff to participate at the same time. In 2017, the organisation leveraged on technology to develop their own "HDB Health" app in-house. The app allows staff to track their own health statistics such as weight changes and calories burnt during the day, and the number of steps taken each day. To encourage staff to stay active, HDB also organised the HDB Steps Challenge where steps taken are tracked via the HDB Health app. HDB has achieved positive outcomes since the start of their WHP journey in the 1990s. For example, over the last 5 years, the average number of medical leave days taken by HDB staff has fallen by 8% and the participation rate of their biennial health screening exercise has increased from 41% to 49%. In their Employee Engagement Survey 2018, 80% of HDB staff said that they were able to balance work commitments with family/personal interests.

HEALTHY WORKPLACE ECOSYSTEM AWARD

PROMOTING HOLISTIC HEALTH & SAFETY IN BUSINESS CLUSTERS - BUILDING HEALTHY WORKPLACE ECOSYSTEMS



With the large number of enterprises in Singapore, there was a need to have in place an approach that will maximise reach and impact to the working population.

Through innovative partnerships with developers and landlords, the **Healthy Workplace Ecosystem** leverages shared facilities and amenities to create a supportive environment that makes healthy living accessible for all workers in the vicinity.

Awardees have holistic Workplace Health Promotion (WHP) efforts in 4 key areas:

1. Strategic positioning and management
   - Positioning WHP as a key tenant engagement strategy and investments in manpower resources to oversee and manage WHP programmes in the ecosystem

2. Supportive policies and environment
   - Having policies and provision of a conducive environment that promotes health

3. Comprehensive programme offerings
   - Regular health activities for a sustained duration, with variety of WHP programmes that caters to the profile of employees in the ecosystem

4. Monitoring and evaluation
   - Monitoring and evaluation system that tracks participation and gather feedback, providing channels for continuous improvements to the WHP programmes

HEALTHY WORKPLACE ECOSYSTEM AWARD

PROMOTING HOLISTIC HEALTH & SAFETY IN BUSINESS CLUSTERS - BUILDING HEALTHY WORKPLACE ECOSYSTEMS

The Healthy Workplace Ecosystem Award recognises developments that provide added value to tenant companies through the creation of workplace environments conducive for workers' holistic health and safety.

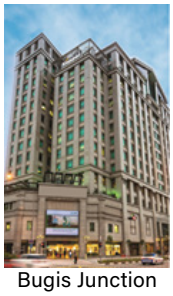
7 & 9 Tampines Grande & 11 Tampines Concourse

Alexandra Technopark

Aperia

Asia Square

AXA Tower


Bugis Junction Towers

City House

International Business Park

Mapletree Business City

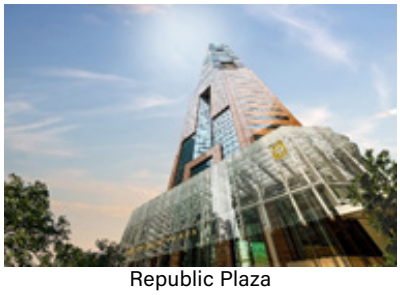
Millenia Singapore

one-north

OUE Bayfront

OUE Downtown

Paya Lebar Precinct


Republic Plaza

Singapore Science Park

HEALTHY WORKPLACE ECOSYSTEM AWARD

CASE STUDY 1: WORKPLACE HEALTH PROGRAMMES AS A TENANT ENGAGEMENT STRATEGY

At one-north, workplace health promotion is an integral part of JTC's strategy to create a vibrant and healthy workplace for the one-north community. To achieve this, JTC has been working with various partners from one-north and beyond to organise a myriad of events built on common interests, ranging from sports, games and wellness to professional and personal development.

JTC supports and facilitates regular health activities, comprising of the weekly Healthy Workplace Ecosystem activities, monthly Fantastic Fridays @ one-north and large-scale annual events such as Car-Free Sunday SG @ one-north (co-organised with Urban Redevelopment Authority). Since 2015, there have been more than 900 events held in partnership with JTC at one-north, with more than 140,000 attendees. Of which, more than 90% of those surveyed rated a high level of satisfaction for the activities.

Fantastic Fridays

Car-Free Sunday SG @ one-north

JTC not only strives to achieve a holistic and well-curated programme for its working community, but also makes deliberate efforts to incorporate family-friendly activities. In particular, while one-north has become a regular venue for mountain bike and bicycle motocross enthusiasts to gather and share their hobbies, activities such as Strider Challenge and Urban Cycling Challenge were also organised to engage the young who have interest in cycling. These activities encourage one-north professionals to step out of their offices and promote family bonding, thus strengthening relationships to achieve greater well-being while staying healthy.

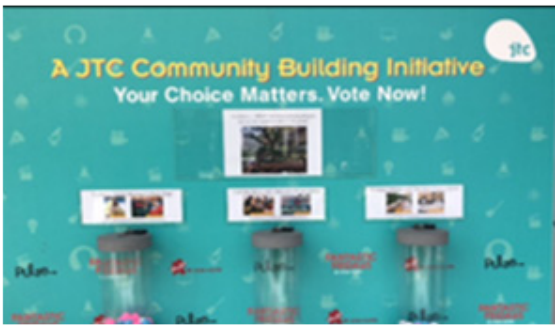
Strider Challenge

Urban Cycling Challenge

CASE STUDY 1: WORKPLACE HEALTH PROGRAMMES AS A TENANT ENGAGEMENT STRATEGY

JTC also enhanced the public spaces with installations of playsets. One example would be the installation of StandCraft's Birdcage structures, which provided not just a resting point, but also soothing music and wireless charging for the community. This fosters exchange of conversations and social bonding, thereby improving one's state of social and mental well-being.

StandCraft's Peace and Power Installation



Feedback Boards

Regular surveys through various platforms were also conducted to continuously evaluate and review its programmes. For example, JTC puts up feedback boards at key nodes in one-north, to gather votes on new health activities. The basketball tournament held this year, was organised due to the community's strong interest indicated via the feedback board.

HEALTHY WORKPLACE ECOSYSTEM AWARD

CASE STUDY 2: CHAMPIONING GREEN AND HEALTHY SPACES FOR A MORE SUSTAINABLE FUTURE

As a pioneer in green buildings and sustainability integration for over two decades, City Developments Limited (CDL) is committed to building and managing spaces with the triple bottom line in mind – People, Planet and Profit. CDL ensures that green building solutions and technologies are integrated in the design of its buildings, to create an eco- and health-promoting environment. Some initiatives include having improved air quality and natural lighting to provide optimised environments beneficial for human health. Spaces are built with the intention of providing regular wellness activities at its Healthy Workplace Ecosystems – City House, Republic Plaza, 7 & 9 Tampines Grande and 11 Tampines Concourse. For instance, meeting rooms are built to be able to conduct workshops and exercise sessions, which have eventually been used in regular health activities. Bicycle racks are available to encourage workers to cycle to work instead of taking the public transport, while internal staircases are spacious and well-lit to nudge individuals to switch to a healthier alternative rather than taking the lifts.

In addition, CDL has a wide variety of healthy living activities, ranging from physical activities, to futsal competitions, and lunchtime talks focusing on topics such as chronic disease management, pain management and mental wellbeing. Understanding males' preference for higher intensity workouts, CDL curated exclusive activities, such as obstacle course, to challenge their fitness. Resources are also dedicated to bring complimentary health screening to the doorstep of its workers, so that they are able to monitor their health status regularly.

Besides engaging employees and tenants, CDL takes the extra mile to collaborate with thought leaders, industry experts and partners to ensure sustainability of its vision to intricately connect healthy lifestyles, green buildings and eco-friendly practices. An example will be the SDG City Challenge which was designed as a multi-collaborative platform that combines health, wellness and sustainability. The 2019 edition saw over 2,000 attendees, with participants involved in fitness challenges including a 34-storey vertical race, an ActiveSG obstacle course, and an 800-metre run at South Beach Tower.

SDC City Challenge 2019

Regular physical activity sessions

Ms. Esther An
Chief Sustainability Officer, CDL

Singapore executives spend a significant amount of their time at the office. At CDL, we recognise immense benefits and business value by putting sustainability, health and wellness at the centre of our workplace features and initiatives.

As responsible and human-centric landlord, CDL puts people at the heart of what it builds. We invest in features, technologies, activities and solutions to support a healthy lifestyle for our tenants and the wider community. These have engaged our tenants better and created greater awareness of the CDL brand and its reputation as a builder of lives and communities.

SPECIAL MENTION AWARD

The Special Mention Award recognises companies' and organisations' outstanding contributions in bringing accessible and impactful targeted interventions to workers under their networks. These workers are from the transport, logistics, cleaning, and retail sectors where there are also a higher proportion of mature workers whom may not work at fixed locations and/or have shifts with challenging operational requirements and constraints.

4 key areas underpin the holistic efforts of the awardees in bringing health programmes to the doorstep of these workers:

- Programme Planning & Comprehensiveness
- Outcome and Impact
- Organisation Commitment & Competence
- Supportive Policies & Environment

Comfort Transportation Pte Ltd and CityCab Pte Ltd (Distinction)

Smarte Carte Singapore Pte Ltd (Distinction)

National Transport Workers' Union (NTWU)

Ramky Cleantech Services Pte Ltd

SBS Transit Ltd

Sheng Siong Group Ltd

Singapore Post Limited

SPECIAL MENTION AWARD

OUTCOME & IMPACT

"Check Car, Check Body" programme for cabbies by Comfort Transportation Pte Ltd and CityCab Pte Ltd

The "Check Car, Check Body" health screening and coaching programme is where ComfortDelGro cabbies are given complimentary health screening and coaching sessions over a 10-month period. They are taught how to stay healthy and manage their chronic conditions. This programme was launched for cabbies in 2014, and has continued till today. To make it more convenient, the programme is rolled out at health check centres located within the taxi servicing workshops so that cabbies can participate in the programme while waiting for their taxis to be serviced. To-date, about **12,300 cabbies have benefited** from the programme.

"**Our people are at the heart of our success and without them, we would not be where we are today.** Subscribing to the philosophy that health is wealth, ComfortDelGro Taxi has been proactively encouraging our cabbies to pursue a healthy and active lifestyle. ComfortDelGro Taxi also collaborates with ActiveSG and the Health Promotion Board to launch different activities targeted at our cabbies to help them lead a healthier lifestyle." ***Rita Cheok - Vice President, Drivers Affairs***

Tucking into his favourite Nasi Briyani or Char Kway Teow after a hard day's work was something **Cabby Lim Ah Bah** used to do before he discovered he had high blood pressure in 2014.
That was the year he attended the "Check Car, Check Body" programme, and was told the bad news.

"I was shocked when I was told and vowed to change my diet because I didn't want to depend on medication," he said.

Cabby Lim then went on a one-to-one coaching through the programme, and through it, changed his diet and started exercising. As a result, he lost weight and saw his blood pressure drop to normal.

Said the 69-year-old: "**As a result of the 'Check Car, Check Body' programme, my blood pressure remains at an acceptable level even after five years**. I still take less oily food, less rice and more vegetables. I also try my best to exercise when I can.

SPECIAL MENTION AWARD

ORGANISATION COMMITMENT & COMPETENCE

"We Care" for our silver generation employees by Smarte Carte Singapore Pte Ltd

A healthy and happy workforce is instrumental to the business, and in Changi's Airport's context, delighting the 65 million passengers that visited our airport. The importance of our Care for Staff program which is to sustain a healthy workplace is even more relevant and elevated as **we are managing a large pool of silver generation employees**.

We implemented "**We Care**" as the central focus of our Corporate Philosophy for health management and employee engagement. It is embedded in our culture as we deeply believe a healthy workforce is a productive and happy workforce which will translate to higher productivity gains and service delight for our customers. This belief is further affirmed when the **productivity and customer satisfaction indexes correlated positively with the improvement in health indicators.** Also, we were awarded the prestigious Service Partner of the Year 2017 by Changi Airport Group for our excellent service and strong people management practices.

As we operate **3 different work shifts per day**, we overcame the participation rate challenge from inception to customise **15 different sessions per activity** in order to maximise the engagement for the benefit of our employees.

Furthermore, we invested substantial resources and incentivise our employees for being healthy. Together with the strong commitment of Senior Management, a tailored programme and strong drive of the health influencers, the activities have been substantial till date and continue to yield positive results.

"Pink of Health" prize ceremony to recognise and reward employees who take care of their health

"This job requires me to walk a lot and push the trolleys every day. The health activities taught me the correct technique to push trolleys and how to do proper stretching before starting work. The stretching has helped me to relax my muscle and I feel less aches after work. I also learned how to select healthier food choice and improve my health. I am delighted to win the Pink of Health (No medical and hospitalisation leaves) for Quarter 2 and Quarter 4, Year 2018"
Teh Siok Huat, Trolley Service Officer

SPECIAL MENTION AWARD

PROGRAMME PLANNING & COMPREHENSIVENESS

Ramky Cleantech Services Pte Ltd

Ramky was the first mover to pilot health programmes with the Health Promotion Board for cleaners in September 2014. As workers are scattered to many sites, the health programmes were scaled-up to Changi Airport Terminal 3 and Singapore American School in 2018. These 3 sites (T1, T3, Singapore American School (SAS)) are among the largest work sites serviced by Ramky, with approximately 45% of the workforce working there.

"Previously, I always suffer my back pain every time I went home, I lied down immediately at the sofa to ease the pain on my back. I am working as stationed cleaner which requires daily scrubbing of the urinal bowls and lifting some toiletries. After our company sent us to WHP seminar, I realized that my back pain was caused of my wrong posture when doing my daily work. I applied what I have learned from WHP and my back pain was gone."
CHUA CHIN HOCK, Housekeeping Officer

Singapore Post Limited

SingPost has run programmes at their headquarters and all their delivery bases around Singapore reaching more than 70% of staff in those sites. Amidst the challenging working environment for workers in the Logistics Sector, with the strong backing of their management, each site has committed to the WHP programme.

"The wellbeing of our employees is of utmost importance to us because we believe that when our people are happier, healthier and more engaged on all fronts, it reflects in the organisation's productivity and performance.

As a pioneering institution in Singapore, with over 160 years of history, and a global leader in the postal and logistics spaces, we see it as our critical duty to set the standard and tone for other organisations to follow suit, in the aspects of workplace health promotion and employee welfare."
Robin Goh, Group Chief Brand & Communications Officer

SPECIAL MENTION AWARD

SUPPORTIVE POLICIES & ENVIRONMENT

National Transport Workers' Union (NTWU)

NTWU has been working closely with our partners to promote healthy living amongst our public transport workers. NTWU Brown rice campaign was launched in 2017 in line with the "**Healthier workers, Happy workers**" project. This campaign ensures that all the public transport workers are given healthier options **at all NTWU canteens.**

"As workers are a key asset in NTWU, it is essential that we invest in workplace health. Recognising the face that many of our public transport workers are above the age of 50, we need to do more to ensure that they take good care of their health."
Mr Melvin Yong, Executive Secretary (NTWU)

SBS Transit Ltd

The 'Healthier Workers, Happier Workers' Workplace Health Programme, initially developed for Bus Captains (BCs) and other Bus staff was extended to include Rail staff in 2016. To cater to staff that begin their shifts early in the morning, health screening programmes start **as early as 4:00am** at 14 different locations.

"It is encouraging to see our employees actively participating in our health programmes. As a company, we do see positive indicators. For example, the employee satisfaction has improved by 4.7% to 86.1% in the latest employee satisfaction survey which is an endorsement from employees of workplace well-being and health. Besides that, the annual health screening also saw improvement in 4 out of 6 test results in 2016 and 2017. We will continue this journey, and in partnership with various parties, work together with employees to inculcate healthy living at the workplace."
Don Leow Chee Yen, VP(SG), HR

SPECIAL MENTION AWARD

OUTCOME & IMPACT

Sheng Siong Group Ltd

After the pilot phase, Sheng Siong continued to run health programmes and initiatives for their retail workers at 18 sites. Aside from looking after the health of their employees.

Sheng Siong promotes health to customers by participating in various health initiatives such as the Eat, Drink, Shop Healthy Campaign.

"Our staff canteen displays posters of the food pyramid, showing the appropriate portions and ideal mix of food. This enhances our knowledge of what a healthy diet comprises. Our Company has been providing brown rice for lunch, which helps to lower cholesterol and control blood sugar level. This is beneficial for our colleagues with high cholesterol and diabetes."
Vinni Goh, Asst Executive

Lim Ai Hwa (GlaxoSmithKline)

Commitment

Ai Hwa's commitment is visible through the multiple platforms that she leverages to ensure the pervasiveness of health promotion, within and outside of the organisation. Recognising that an ecosystem of support and influence is important in workplace health promotion, she actively promoted open sharing of best practices within the industry and has regularly hosted HR counterparts to learn about GSK's health-promoting facilities and workplace health efforts.

Innovation and Outcomes

One of Ai Hwa's innovative efforts included the creation of the "Partnership for Prevention" programme, after a series of site visits which revealed that employees did not have access to preventive healthcare services. Believing that preventive healthcare is the foundation to an engaged and positive workforce, she worked with service providers to ensure that employees were given comprehensive services at little to no cost.

Ai Hwa has also been recognised as an advocate for healthy living through her consistent sharing with colleagues. She also founded an interest group that brought together walking enthusiasts, regularly organising walking excursions such as one to Bukit Timah Hill.

Kuik Sin Pin (Sim Lian Construction)

Commitment

As a health leader, Sin Pin is committed to his employees, and even takes time to care for those working at construction sites. His health promotion efforts are truly inclusive, as he set up table tennis equipment at the offsite dormitories for employees to keep fit in an enjoyable way.

During annual company management meetings, Sin Pin ensures that health of employees is discussed, especially when policy reviews are made. As a result, health and safety of all employees, contractors, subcontractors and suppliers is a top priority for Sim Lian. Walking the talk, Sin Pin also sponsors health initiatives such as fruits give away event, to promote healthy consumption of fruits.

Innovation and Outcomes

Sin Pin believes in building a strong culture of health and empowering employees to be creative with wellness activities. His philosophy is also that wellness can be incorporated with doing good, and has encouraged employees to explore this. As a result, employees came up with the idea of participating in the Terry Fox run, where on top of being physically active, the funds raised contribute to a meaningful cause too.

Goh Lee Huang (SingHealth)

Innovation/Ability to overcome barriers

A dedicated health champion, Lee Huang has been innovative in her workplace health promotion efforts. Knowing that her colleagues were in geographically sparse work sites, she leveraged technology to work around this barrier so that it did not deter participation. For example, colleagues who could not physically make payment for activities could use Paylah as a convenient alternative. She also advocated the use of QR codes and TinyURLs for registration and for feedback collection or polls. She would not leave participation to chance and proactively reached out to colleagues, leveraging the Workplace@Facebook platform to publicise activities.

Commitment

In her commitment to drive workplace health activities, Lee Huang regularly approached colleagues individually to share the benefits of joining a brisk walk or a fitness programme, resulting in a steady increase in signups She is also an active member of several sports and adventure groups, and has brought back a variety of ideas to enhance SingHealth's suite of programmes. Physical wellness aside, Lee Huang is also a member of the peer support taskforce, undertaking training to prepare herself as a peer supporter for colleagues.

LONG SERVICE AWARD (HEALTH AMBASSADOR)

Wong Yung Pine

Yung Pine has been a Health Ambassador for more than 7 years and he has achieved more than 100 deployment hours/year for 4 years.

Physical activity related interest groups

Yung Pine is currently leading a weekly brisk walking interest group with the aim to get individuals to lead a more active lifestyle by exploring various areas in Singapore. This group also provides a platform for members to share and exchange ideas on adopting a healthier lifestyle.

Exercises/ talks at community spaces

Yung Pine, has led senior-centric exercises and talks at various SACs, taking into account his commitment towards health promotion and going beyond regular deployments at events.

LONG SERVICE AWARD (HEALTH AMBASSADOR)

Jasbir Kaur

Jasbir has been with the Health Ambassador Network for more than 7 years, and she has achieved more than 100 deployment hours per year for 6 years.

Physical activity related interest groups

Jasbir has led senior-centric exercises in SACs as part of promoting seniors' health.

Exercises/ talks at community spaces

Jasbir has been with the Health Ambassador Network for more than 7 years, and she has achieved more than 100 deployment hours per year for 6 years.
Given her commitment in promoting healthy living, she has been trained in a variety of health activities to reach out to different target groups in the community.
Such activities include:

- Educating parents on early childhood nutrition as part of Embracing Parenthood
- Promote I Quit smoking cessation programme for existing smokers
- Distribute Fit Kits as part of colorectal cancer detection for seniors aged 50 years old and above
- Administer Diabetes Risk Assessment for individuals aged 18 – 39 years' old as part of early detection for pre-diabetes

LONG SERVICE AWARD (HEALTH AMBASSADOR)

Lee Lan Yong

Lan Yong has been a Health Ambassador for more than 7 years and she has achieved more than 100 deployment hours per year for 5 years.

Physical activity related interest groups

Lan Yong, an active health ambassador, built her own network to adopt a healthier lifestyle and leads 3 interest groups. In addition, she has been actively volunteering at HPB's roadshows, educating and promoting seniors' health programmes to the seniors.

She is currently leading an interest group in Joo Seng to teach seniors about strength, balance and flexibility and to encourage her own network to adopt a healthier lifestyle.

Exercises/ talks at community spaces

Lan Yong is very active in volunteering for HPB's campaigns and national programmes, especially in seniors' health. Her passion on healthy living has spurred her to reach out to over 10 potential community partners to promote seniors' health programmes as she believed that seniors will benefit from these programmes.

LONG SERVICE AWARD (HEALTH AMBASSADOR)

Rosalind Tan

Rosalind has been with the Health Ambassador Network for more than 7 years and she has achieved more than 100 deployment hours per year for 6 years.

Physical activity related interest groups

In support of HPB's social movement for healthy living, Rosalind has led brisk walking interest group weekly for her fellow Health Ambassadors across 5 places in Singapore.

Exercises/ talks at community spaces

Rosalind is very active in supporting HPB's campaigns and programmes in the community. Being passionate and committed to the Health Ambassador Network, she has led senior-centric exercises and talks in Senior Activity Centres (SACs) on a recurrent basis with the aim to promote healthy living among seniors.

CORPORATE AWARD: RECOGNITION

3M SINGAPORE PTE LTD

ABBOTT MANUFACTURING SINGAPORE PRIVATE LIMITED

AGILENT TECHNOLOGIES SINGAPORE PTE LTD

AIA SINGAPORE

ARDENTEC SINGAPORE PTE LTD

AS-SCHNEIDER ASIA-PACIFIC PTE LTD

BENSYL CONSULTANCY SERVICES PTE LTD

BUILDING AND CONSTRUCTION AUTHORITY

CHENG XIN SHIPMANAGEMENT PTE. LTD.

CITY GAS PTE LTD (as Trustee)

CIVIL SERVICE COLLEGE

COLLINS AEROSPACE (HAMILTON SUNDSTRAND AEROSPACE PTE LTD)

CONTINENTAL AUTOMOTIVE SINGAPORE PTE LTD

COURTS (SINGAPORE) PTE LTD

CRIMSONLOGIC PTE LTD

CYIENT SINGAPORE PRIVATE LIMITED

ELITEZ PTE LTD

ENTERPRISE SINGAPORE

FEI YUE COMMUNITY SERVICES

FONDA GLOBAL ENGINEERING PTE LTD

FORCE-ONE SECURITY PTE LTD

GLAXOSMITHKLINE

GLOBALFOUNDRIES SINGAPORE PTE LTD

GO AHEAD SINGAPORE PTE. LTD

GS ENGINEERING & CONSTRUCTION CORP.

HERAEUS ASIA PACIFIC HOLDING PTE LTD

HORIBA INSTRUMENTS (SINGAPORE) PTE LTD

IBM SINGAPORE PTE LTD

ILLUMINA SINGAPORE PTE LTD

IMMIGRATION & CHECKPOINTS AUTHORITY

J.D. POWER SINGAPORE PTE LTD

JABIL CIRCUIT (SINGAPORE) PTE LTD

JOHNSON & JOHNSON PTE LTD

JURONG PORT PTE LTD

KELLER FOUNDATIONS (S E ASIA) PTE LTD

KEMP SINGAPORE PTE LTD

KEPPEL HOUSING PTE LTD

LAM RESEARCH SINGAPORE PTE LTD

MAJLIS UGAMA ISLAM SINGAPURA

MANDARIN ORIENTAL, SINGAPORE

CORPORATE AWARD: RECOGNITION

MEWAH SINGAPORE

MINISTRY OF EDUCATION

MINISTRY OF LAW

MINISTRY OF NATIONAL DEVELOPMENT

MOH HOLDINGS PTE LTD

NANYANG ACADEMY OF FINE ARTS

NANYANG TECHNOLOGICAL UNIVERSITY

NATIONAL HEALTHCARE GROUP DIAGNOSTICS

NATIONAL PARKS BOARD

NATIONAL SKIN CENTRE

NESTLE SINGAPORE PTE LTD

NOVOTEL SINGAPORE CLARKE QUAY

ORIENTAL MOTOR ASIA PACIFIC PTE LTD

PACIFIC ARENA PRIVATE LIMITED

PANASONIC FACTORY SOLUTIONS ASIA PACIFIC

PHOENIX CONTACT (SEA) PTE LTD

PROGRESSIVE BUILDERS PTE LTD

PURE GROUP SINGAPORE

ROCKWELL AUTOMATION ASIA PACIFIC BUSINESS CENTER PTE LTD

ROLLS-ROYCE SINGAPORE PTE LTD

ROTARY ELECTRICAL & INSTRUMENTATION PTE LTD

SHERATON TOWERS SINGAPORE HOTEL

SIM LIAN CONSTRUCTION CO (PTE) LTD

SINGAPORE CANCER SOCIETY

SINGAPORE CUSTOMS

SINGAPORE INSTITUTE OF MANAGEMENT

SINGAPORE LAND AUTHORITY

SINGAPORE NATIONAL EYE CENTRE

SONY ELECTRONICS (SINGAPORE) PTE LTD

SONY ELECTRONICS ASIA PACIFIC PTE LTD

ST AEROSPACE SUPPLIES PTE LTD

St LUKE'S HOSPITAL

SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE

THE LYCRA COMPANY

TRANS EQUATORIAL ENGINEERING PTE LTD

TÜV SÜD PSB PTE LTD

WATSON'S PERSONAL CARE STORES PTE LTD

CORPORATE AWARD: MERIT

AGENCY FOR SCIENCE, TECHNOLOGY AND RESEARCH (A*STAR)

ASIA PACIFIC BREWERIES (SINGAPORE) PTE LTD

AUDITOR-GENERAL'S OFFICE

AURECON SINGAPORE (PTE.) LTD.

BLACKBERRY SINGAPORE PTE LIMITED

CHINA CONSTRUCTION BANK CORPORATION

CYCLE & CARRIAGE SINGAPORE, JARDINE CYCLE & CARRIAGE LIMITED

DOW CHEMICAL PACIFIC (SINGAPORE) PTE LTD

DSO NATIONAL LABORATORIES

GE AVIATION ENGINE SERVICES SINGAPORE PTE LTD

HEALTH SCIENCES AUTHORITY

KEPPEL SHIPYARD LIMITED

MARINA BAY SANDS PTE LTD

MINISTRY OF FOREIGN AFFAIRS

MINISTRY OF HEALTH

MINISTRY OF SOCIAL AND FAMILY DEVELOPMENT

MMI HOLDINGS LIMITED

NATIONAL CANCER CENTRE SINGAPORE PTE LTD

NATIONAL HEART CENTRE SINGAPORE

PBT ENGINEERING PTE LTD

PEC LTD.

RAJAH & TANN SINGAPORE LLP

REPUBLIC OF SINGAPORE AIRFORCE

REPUBLIC OF SINGAPORE NAVY

REPUBLIC POLYTECHNIC

RF360 SINGAPORE PTE. LTD.

SENGKANG GENERAL HOSPITAL PTE LTD

SIMMONS (SOUTHEAST ASIA) PRIVATE LIMITED

SINGAPORE HEALTH SERVICES PTE LTD

SINGAPORE INSTITUTE OF TECHNOLOGY

SINGAPORE MANAGEMENT UNIVERSITY

SINGAPORE PRESS HOLDINGS LIMITED

TITANSOFT PTE LTD

TRANSIT LINK PTE LTD

T-SYSTEMS SINGAPORE PTE LTD

YISHUN HEALTH

CORPORATE AWARD: EXCELLENCE

ADVENTUS SINGAPORE PTE LTD)

CIBA VISION ASIAN MANUFACTURING & LOGISTICS PTE LTD

CTES CONSULTING PTE LTD

NTT ASIA PACIFIC PTE. LTD.

NTT SINGAPORE SOLUTIONS PTE LTD

HOUSING & DEVELOPMENT BOARD

INFINEON TECHNOLOGIES ASIA PACIFIC PTE LTD

LAND TRANSPORT AUTHORITY

NATSTEEL HOLDINGS PTE LTD

ON CHEONG JEWELLERY

P&G SINGAPORE

ROYAL PLAZA ON SCOTTS

SAP ASIA PTE LTD

SEAGATE SINGAPORE INTERNATIONAL HEADQUARTERS PTE LTD

SINGAPORE ARMED FORCES

SINGAPORE GENERAL HOSPITAL

SINGAPORE POLYTECHNIC

SINGAPORE PRISON SERVICE

SINGAPORE TELECOMMUNICATIONS LIMITED

ST HEALTHCARE

TAN TOCK SENG HOSPITAL PTE LTD

WILLIS TOWERS WATSON BROKERS (SINGAPORE) PTE. LTD.

WILLIS TOWERS WATSON CONSULTING (SINGAPORE) PTE. LTD.

CORPORATE AWARD: ACHIEVEMENT

CARTUS CORPORATE PTE LTD

CHANGI AIRPORT GROUP (SINGAPORE) PTE LTD

EASTMAN CHEMICAL SINGAPORE PTE LTD

INSTITUTE OF TECHNICAL EDUCATION

NATIONAL HEALTHCARE GROUP HQ CORPORATE OFFICE

NATIONAL HEALTHCARE GROUP POLYCLINICS

HEALTHY WORKPLACE ECOSYSTEM AWARD

7 & 9 TAMPINES GRANDE & 11 TAMPINES CONCOURSE

ALEXANDRA TECHNOPARK

APERIA

ASIA SQUARE

AXA TOWER

BUGIS JUNCTION TOWERS

CITY HOUSE

INTERNATIONAL BUSINESS PARK

MAPLETREE BUSINESS CITY

ONE-NORTH

OUE BAYFRONT

OUE DOWNTOWN

PAYA LEBAR PRECINCT

REPUBLIC PLAZA

SINGAPORE SCIENCE PARK

SPECIAL MENTION AWARD

COMFORT TRANSPORTATION PTE LTD AND CITYCAB PTE LTD (DISTINCTION)

NATIONAL TRANSPORT WORKERS' UNION (NTWU)

SBS TRANSIT LTD

SINGAPORE POST LIMITED

SMARTE CARTE SINGAPORE PTE LTD (DISTINCTION)

RAMKY CLEANTECH SERVICES PTE LTD

SHENG SIONG GROUP LTD

INDIVIDUAL AWARD: HEALTH CHAMPION

GOH LEE HUANG

MANAGER

SINGAPORE HEALTH SERVICES PTE LTD

INDIVIDUAL AWARD: HEALTH LEADER

LIM AI HWA

HR COUNTRY HEAD

GLAXOSMITHKLINE

KUIK SIN PIN

MANAGING DIRECTOR

SIM LIAN CONSTRUCTION CO (PTE) LTD

HEALTHY PRE-SCHOOL PLATINUM AWARD

AGAPE CHILD CARE (CCK) PTE. LTD.

AGAPE LITTLE UNI (KALLANG) PTE. LTD.

AGAPE LITTLE UNI. PTE. LTD.

BRIGHT JUNIORS PTE LTD (YISHUN)

CARPE DIEM @ HILLTOP PTE LTD

CARPE DIEM EDUCARE PTE LTD

CARPE DIEM KIDZ PLAYHOUSE PTE LTD

CARPE DIEM SCHOOLHOUSE PTE LTD

CHERIE HEARTS @ CHARLTON PTE LTD

CREATIVELAND CHILDCARE & DEVELOPMENT CENTRE @ ADMIRALTY PTE LTD

KIDDY ARK CHILDCARE & DEVELOPMENT CENTRE

KINDERLAND PRESCHOOL, MINISTRY OF MANPOWER

LEARNING VISION @ BIOPOLIS

LEARNING VISION @ KENT RIDGE

MY WORLD @ TAMPINES CENTRAL

MY WORLD @ WOODLANDS

NURTURESTARS PRESCHOOL @ SAFRA MOUNT FABER

NURTURESTARS PRESCHOOL @ SAFRA TOA PAYOH

ODYSSEY THE GLOBAL PRESCHOOL @ DE LOYANG

PAT'S SCHOOLHOUSE @ RIDGEWOOD

PCF SPARKLETOTS @ ADMIRALTY BLK 687B

PCF SPARKLETOTS @ BEDOK RESERVOIR-PUNGGOL BLK 470C

PCF SPARKLETOTS @ BISHAN EAST-THOMSON BLK 197

PCF SPARKLETOTS @ BRADDELL HEIGHTS BLK 417

PCF SPARKLETOTS @ BUKIT BATOK EAST BLK 285C

PCF SPARKLETOTS @ BUKIT PANJANG BLK 111

PCF SPARKLETOTS @ BUKIT PANJANG BLK 226

PCF SPARKLETOTS @ BUKIT PANJANG BLK 422

PCF SPARKLETOTS @ BUKIT TIMAH BLK 305

PCF SPARKLETOTS @ CANBERRA BLK 337

PCF SPARKLETOTS @ CASHEW BLK 183

PCF SPARKLETOTS @ CHANGI-SIMEI BLK 131

PCF SPARKLETOTS @ CHONG PANG BLK 107

PCF SPARKLETOTS @ CHONG PANG BLK 115B

PCF SPARKLETOTS @ CHONG PANG BLK 122

PCF SPARKLETOTS @ EUNOS BLK 122

PCF SPARKLETOTS @ EUNOS BLK 134

HEALTHY PRE-SCHOOL PLATINUM AWARD

PCF SPARKLETOTS @ FENGSHAN BLK 115

PCF SPARKLETOTS @ FENGSHAN BLK 76

PCF SPARKLETOTS @ GAMBAS BLK 408

PCF SPARKLETOTS @ GEYLANG SERAI BLK 11

PCF SPARKLETOTS @ GEYLANG SERAI BLK 14

PCF SPARKLETOTS @ HONG KAH NORTH BLK 276D

PCF SPARKLETOTS @ JALAN KAYU BLK 517

PCF SPARKLETOTS @ KAKI BUKIT BLK 519

PCF SPARKLETOTS @ KAKI BUKIT BLK 525

PCF SPARKLETOTS @ KAMPONG CHAI CHEE BLK 775

PCF SPARKLETOTS @ KEMBANGAN CHAI CHEE BLK 326

PCF SPARKLETOTS @ KEMBANGAN CHAI CHEE BLK 341

PCF SPARKLETOTS @ KEMBANGAN CHAI CHEE BLK 59

PCF SPARKLETOTS @ LIMBANG BLK 543

PCF SPARKLETOTS @ LIMBANG BLK 567

PCF SPARKLETOTS @ MACPHERSON BLK 31

PCF SPARKLETOTS @ MARSILING BLK 302

PCF SPARKLETOTS @ NANYANG BLK 922

PCF SPARKLETOTS @ NANYANG BLK 934

PCF SPARKLETOTS @ NEE SOON CENTRAL BLK 737

PCF SPARKLETOTS @ NEE SOON SOUTH BLK 875

PCF SPARKLETOTS @ PASIR RIS WEST BLK 517

PCF SPARKLETOTS @ PAYA LEBAR BLK 23

PCF SPARKLETOTS @ PUNGGOL EAST BLK 143

PCF SPARKLETOTS @ PUNGGOL NORTH BLK 105D

PCF SPARKLETOTS @ PUNGGOL NORTH BLK 172B

PCF SPARKLETOTS @ PUNGGOL NORTH BLK 174D

PCF SPARKLETOTS @ PUNGGOL NORTH BLK 622C

PCF SPARKLETOTS @ QUEENSTOWN BLK 3

PCF SPARKLETOTS @ SENGKANG CENTRAL BLK 208

PCF SPARKLETOTS @ SENGKANG CENTRAL BLK 298B

PCF SPARKLETOTS @ TAMPINES-CHANGKAT BLK 106

PCF SPARKLETOTS @ TAMPINES-CHANGKAT BLK 112

PCF SPARKLETOTS @ TANJONG PAGAR-TIONG BAHRU BLK 1E

PCF SPARKLETOTS @ TECK GHEE BLK 466

HEALTHY PRE-SCHOOL PLATINUM AWARD

PCF SPARKLETOTS @ TELOK BLANGAH BLK 2

PCF SPARKLETOTS @ TELOK BLANGAH BLK 44

PCF SPARKLETOTS @ TELOK BLANGAH BLK 78A

PCF SPARKLETOTS @ WEST COAST BLK 611

PCF SPARKLETOTS @ WHAMPOA BLK 112

PCF SPARKLETOTS @ WOODGROVE BLK 894D

PCF SPARKLETOTS @ WOODGROVE BLK 899B

PCF SPARKLETOTS @ WOODLANDS BLK 652

PCF SPARKLETOTS @ YEW TEE BLK 608

PCF SPARKLETOTS @ YEW TEE BLK 682

PCF SPARKLETOTS @ YIO CHU KANG BLK 235

PPIS CHILD DEVELOPMENT CENTRE SEMBAWANG

SMALL WONDER @ PUNGGOL

SWEETLANDS CHILDCARE JE 316 PTE. LTD.

SWEETLANDS CHILDCARE WOODLANDS 608 PTE. LTD.

SWEETLANDS CHILDCARE WOODLANDS 896B PTE. LTD.

SWEETLANDS CHILDCARE WOODLANDS @ ACE THE PLACE PTE LTD

THE LITTLE SKOOL-HOUSE BY-THE-CRES-CENT

LONG SERVICE AWARD (HEALTH AMBASSADOR)

JASBIR KAUR

LEE LAN YONG

ROSALIND TAN

WONG YUNG PINE

RESOURCES FOR HEALTH PROMOTION

For more information on what a Healthy Pre-school is about, visit:

Healthy Meals in Pre-schools Programme (HMPP)

www.healthhub.sg/live-healthy/227/healthy-meals-in-pre-schools-programme

Healthy Pre-schools Accreditation Framework (HPS)

www.healthhub.sg/live-healthy/1267/healthy-pre-school-accreditation-framework

For more information about Workplace Health Promotion in Companies, visit:

www.hpb.gov.sg/workplace/workplace-programmes/useful-information-for-organisations/essential-guide-to-workplace-health-promotion

For more information on the Health Ambassador Network, visit:

www.healthhub.sg/programmes/97/health-ambassador-network

To volunteer to be part of the Health Ambassador, Network, do write in to: hpb_han@hpb.gov.sg.

Singapore
HEALTH Award