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## Highlights from Case Study on Singapore



**Stakeholder  
Ownership and  
Participation -  
Engaging Parents &  
the Community**

**Training and Capacity  
Building**

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## Location of Singapore



## Background Information

- Small island country, 700m<sup>2</sup>
- Population: 4.5million
- Ethnic groups:
  - Chinese
  - Malays
  - Indians

# Schools in Singapore

School Population: 500,000

Type	Number
Pre-school	1259
Primary school	177
Secondary school	170
Junior College	22
Tertiary Institutions	19



## Stakeholder Ownership and Participation - Engaging Parents & the Community

## Stakeholder Ownership and Participation - Engaging Parents & the Community

### Why Parents?

- Evidence suggests that chronic diseases such as hypertension and diabetes have its origins in the pre-natal stage.
  - Habits such as food preferences are also known to be formed during early childhood years (by 5 years) and are likely to follow a child into adulthood.
- ⇒ A strong foundation in health needs to be built right from the onset of child's life
- ⇒ Parents/Caregivers play pivotal role in inculcating healthy habits in young children

## Stakeholder Ownership and Participation - Engaging Parents & the Community

Through various channels :

- Workplaces
- Community Centres
- Schools  
(including Parents Support Groups)
- Partners (Public and Private)  
(eg Safra Jurong, United Square)
- Government Agencies  
(eg NLB, PA, MCYS)
- SHGs, FSCs, VWOs

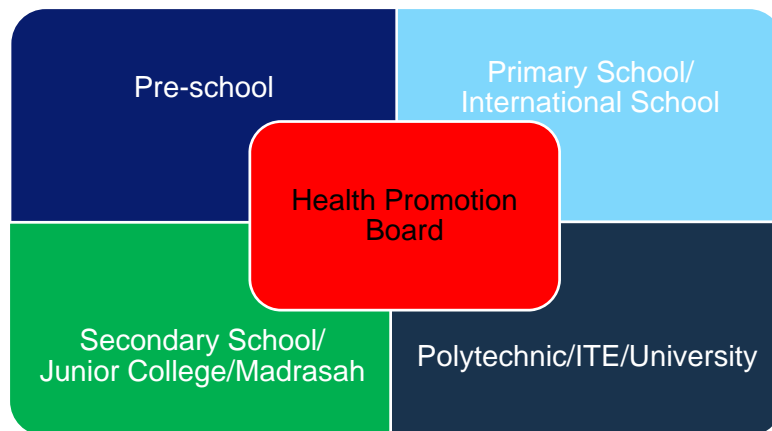


## Parents Outreach Programme Through Schools

We aim to:

- Engage parents to be involved in the health and wellbeing of their children in school and at home
- Empower parents to lead a healthy lifestyle and in turn influence other parents and their own children

## Stakeholder Ownership and Participation - Engaging Parents & the Community



## Parents Outreach Programme Through Schools

### Parents Outreach Leveraging on School Platforms

- Parent Education Sessions (health talks, workshops, seminars)
- Key School Events (For eg., Sports Day, Family Day, Parent-Teacher Meeting Day)
- Parent Support Groups (PSG)

## Key Child Health Issues

- Communicable Diseases
- Myopia
- Nutrition & Physical Activity
- Mental Wellness
- Sexuality
- Substance Abuse

# Parents Outreach Programme Through Schools

We provide:

- Resources (booklets, brochures, tokens, posters etc)
- Educational Talks / Workshops



# Parents Outreach Programme Through Schools



→ Magic show on healthy eating - PCF Woodlands' 25<sup>th</sup> anniversary event

← "Bonding at The Park" at West Coast Park – PCF MacPherson



## Parents Outreach Programme Through Schools

Family Bonding through a Nutrition cum Physical Activity workshop – Si Ling Secondary School



A talk on “Building a Resilient Child” – Yang Zheng Primary School

## Parents' Outreach Programme in the Community

### Education & Empowerment

- Skits - Educate parents on their critical role in laying a strong foundation in health in their children, giving their child a head-start in life
- Workshops - Educate parents on various child health topics and empower parents with practical tips on how they can help their child cultivate healthy habits





## Parents' Outreach Programme in the Community

### Education & Empowerment

- Website - Information on child health topics and upcoming events/workshops
- Events - Collaborations with partners to weave in health messages through their activities and/or exhibits for education purpose



## Training & Capacity Building

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### Target Groups:

- Educators
- Canteen Vendors
- Parents
- Youth Leaders



## Capacity Building for Teachers

### Pre-service training

- Health promotion training for teacher trainees
- Collaboration with National Institute of Education



## Capacity Building for Teachers

### In-service training

- On-going training on health promotion for teachers to equip them to promote health to their students
- Training courses :
  - health promoting school concept
  - health topics like nutrition, sexuality, smoking cessation, myopia prevention.



## Teachers' Wellness Programmes

### Healthy Lifestyle Workshop

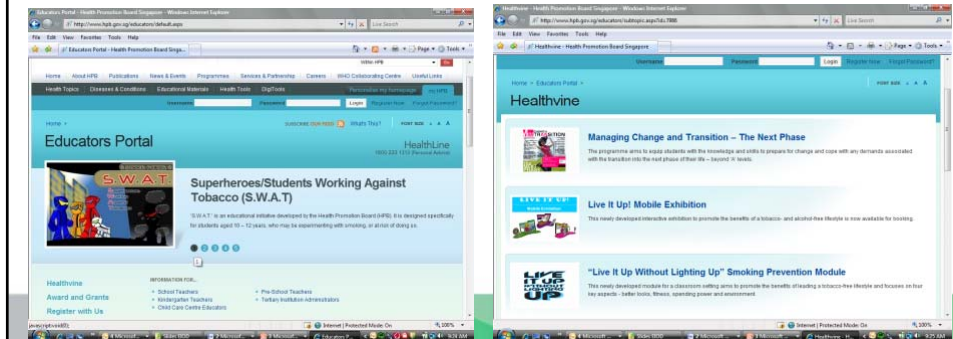
- Instill Healthy Lifestyle knowledge and skills to engage teachers to be good role models
- Health topics : nutrition, mental wellness, workplace ergonomics, etc
- Skill development : reading food labels, exercise, relaxation techniques, etc



# Strengthening Capacity Building

## Educators Portal

- One-stop service portal that provides educators with information on health promotion programmes and resources
- HealthVine – An e-newsletter providing educators with latest update on health promotion initiatives



# Capacity Building for Tuckshop Vendors

## Culinary Training

- Train vendors on basic nutrition knowledge and cooking skills to prepare healthy and nutritious food
  - Cooking demonstrations and food tasting
- Healthy Promoting School Canteen
  - Provision of set meals in school canteens
  - Canteen vendors are provided with consultancy service from professional chef and HPB dieticians



# Capacity Building for Parents

## Health promotion training for parents

- Raise awareness of health concerns of children  
eg. Nutrition, Mental Health, Infectious diseases  
- Talks, workshops, cooking demonstrations, exercise sessions
- Training of Parent support groups



# Youth Health Advocates



- Training of youth leaders to promote health in schools through workshops, seminars
- Guidance and funding to support health promotion activities
- Health Ambassadors Programme



**THANK YOU**