

Project Title

Living Well @ School: Activating & Sustaining Healthy Behavioural Changes in Children and their Families

Project Lead and Members

Project Lead: Mr Clifford Goh Poh Leng

Project Members: Dr Audrey Tan, Dr Ong Chin Fung, Ms Wong Suat Li, Ms Chua Siew Peng, Ms Tan Meiying, Ms Yuri Tan, Ms Jamielene Fernandez, Mr Sam Ng Yew Huat, Ms Johny Tan Heng Kwang, Ms Rochelle Chua, Ms June Lee Yin Yin, Ms Jesslyn Chng, Ms Loh Wei Ting, Mr Mohamad Idris Bin Ishak, Ms Koh Hui Li, Ms Ashley Toh Zi Qin

Organisation(s) Involved

National Healthcare Group

Healthcare Family Group Involved in this Project

Allied Health

Applicable Specialty or Discipline

Nutrition & Dietetics, Psychology

Project Period

Start date: Not provided

Completed date: Evaluation period of 2 years

Aims

To develop a sustainable and scalable working model that improves the total well-being of students.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

NHIP 2023 – Best Practice Medal (Care Redesign)

Project Category

Care & Process Redesign

Quality Improvement, Workflow Redesign

Care Continuum

Population Health, Physical Health, Mental Health, Preventive Care, Health Promotion

Keywords

Diet, Nutrition, Lifestyle, Habits, Total Well-being,

Name and Email of Project Contact Person(s)

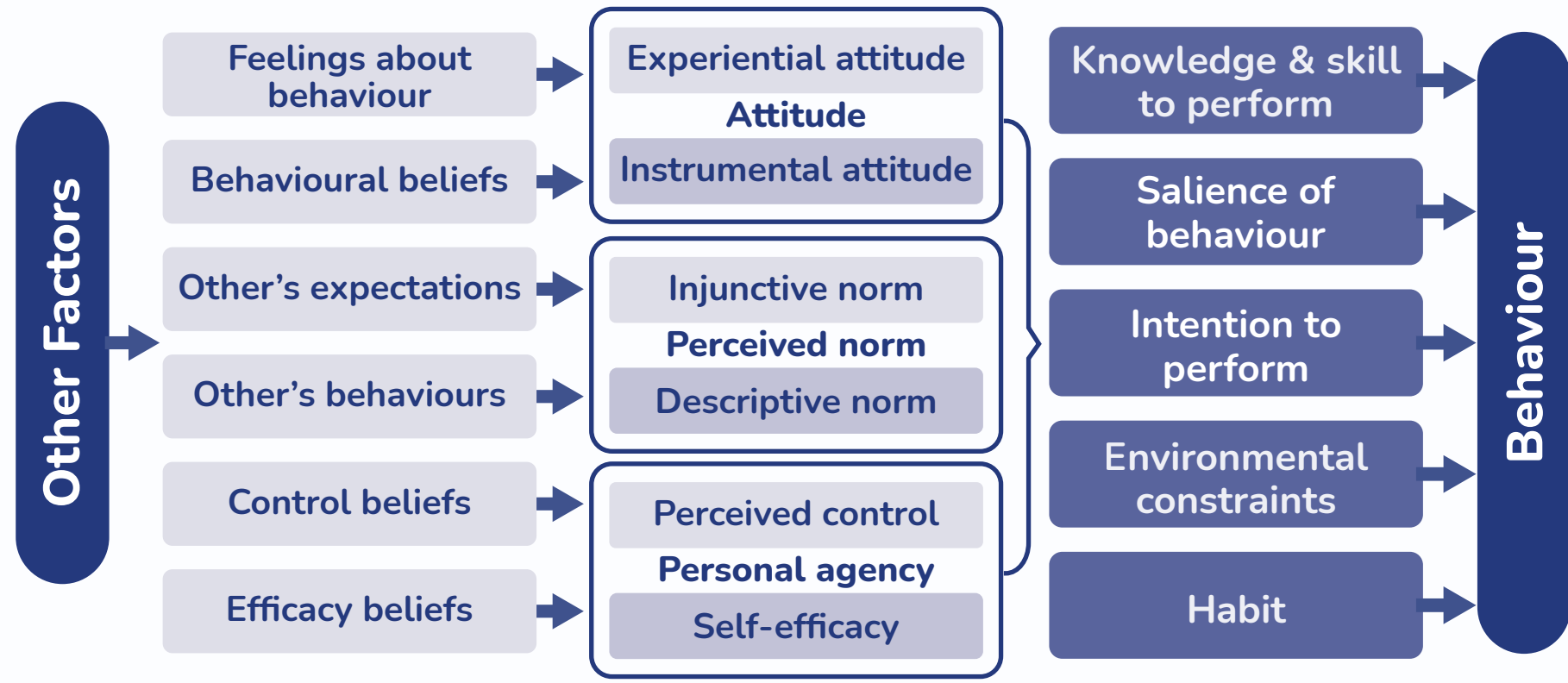
Name: Mr Tang Chee Wei Marcus

Email: Marcus_cw_tang@nhg.com.sg

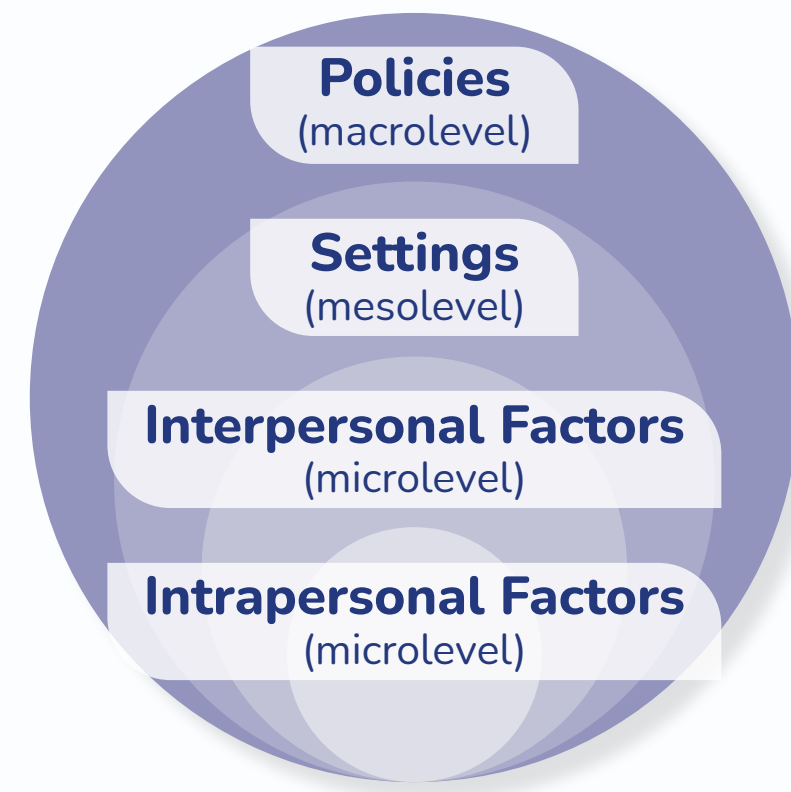
LIVING WELL @ SCHOOL

Instilling **good lifestyle habits** from young to reduce risk factors for chronic diseases and to attain long term total well-being.

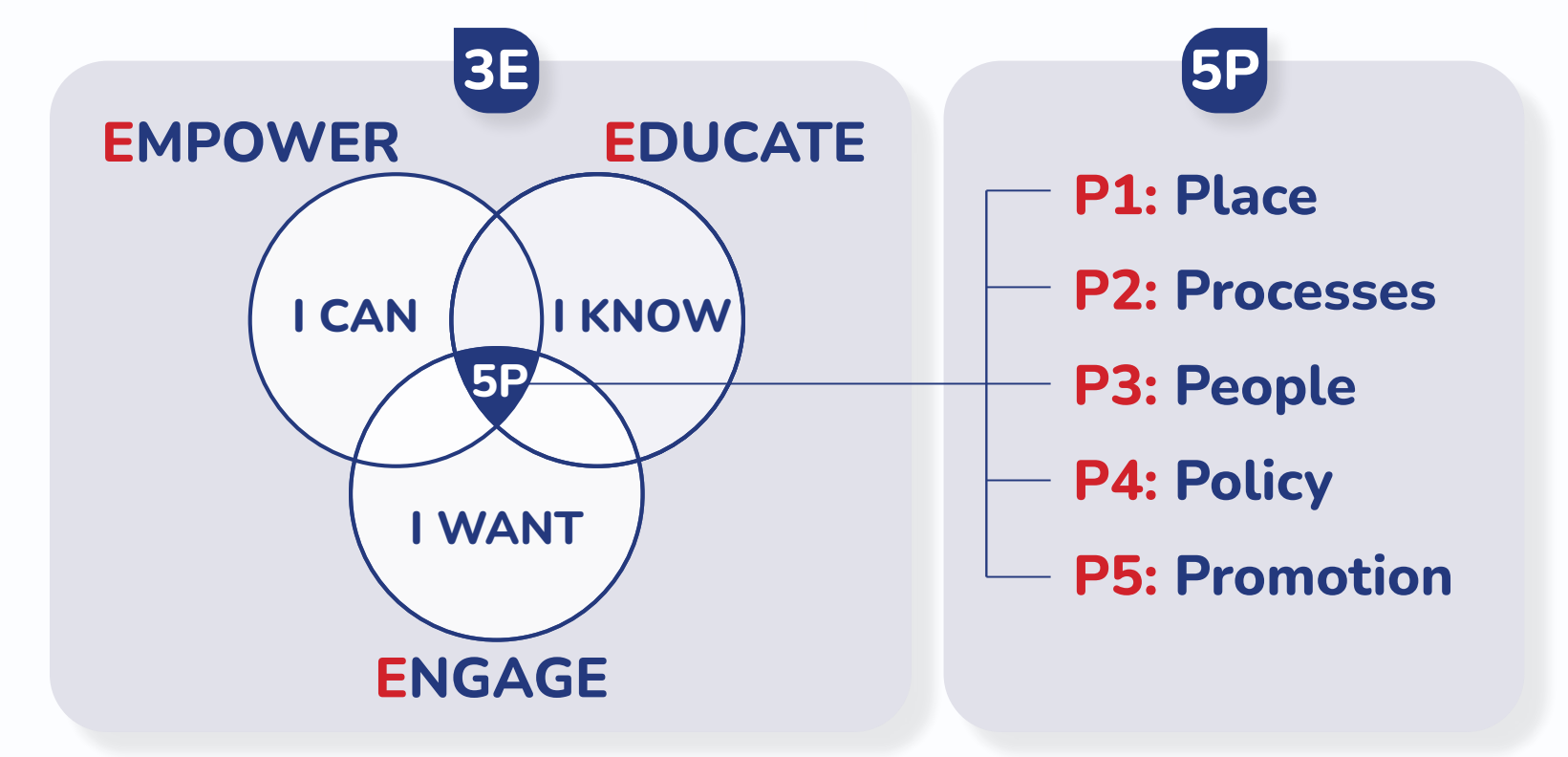
1 Programme Intervention Behavioural Change Models



Focus on Key Determinants of Change
Integrated Behavioural Model



Need to establish Social Support
Socio-Ecological Model for Health Behaviour



People Centric Implementation
NHG's 3E5P Framework

2 Intervention Approach

EDUCATE
ENGAGE
EMPOWER

1. Correct knowledge
2. Intention to change
3. Applied skills in natural environment

Longitudinal
Kindergarten 1 to Post Secondary

Pervasive
School & Home Environment

Intrinsic
Self-Sustaining

HOME SOCIAL NORMS
Activating parents as role models

SCHOOL SOCIAL NORMS
Additional support for some students, etc.

TOTAL WELL-BEING

Physical Well-Being

- Nutrition
- Exercise
- Sleep

Mental Resilience

Social & Emotional

Purpose in Life



CLASSROOM
Empowering teachers on scaffolded curriculum

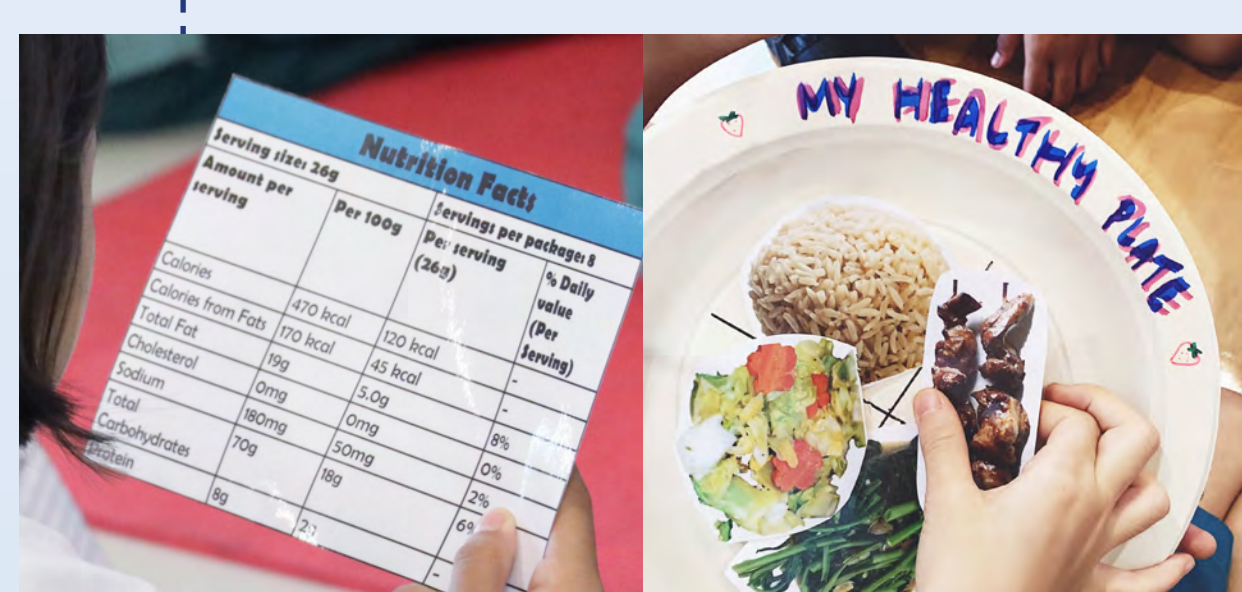


PRE-SCHOOL PRIMARY SCHOOL SECONDARY SCHOOL POST-SECONDARY

To develop a sustainable and scalable working model that improves the total well-being of students.



CANTEEN
Enabler to reinforce healthy eating choices



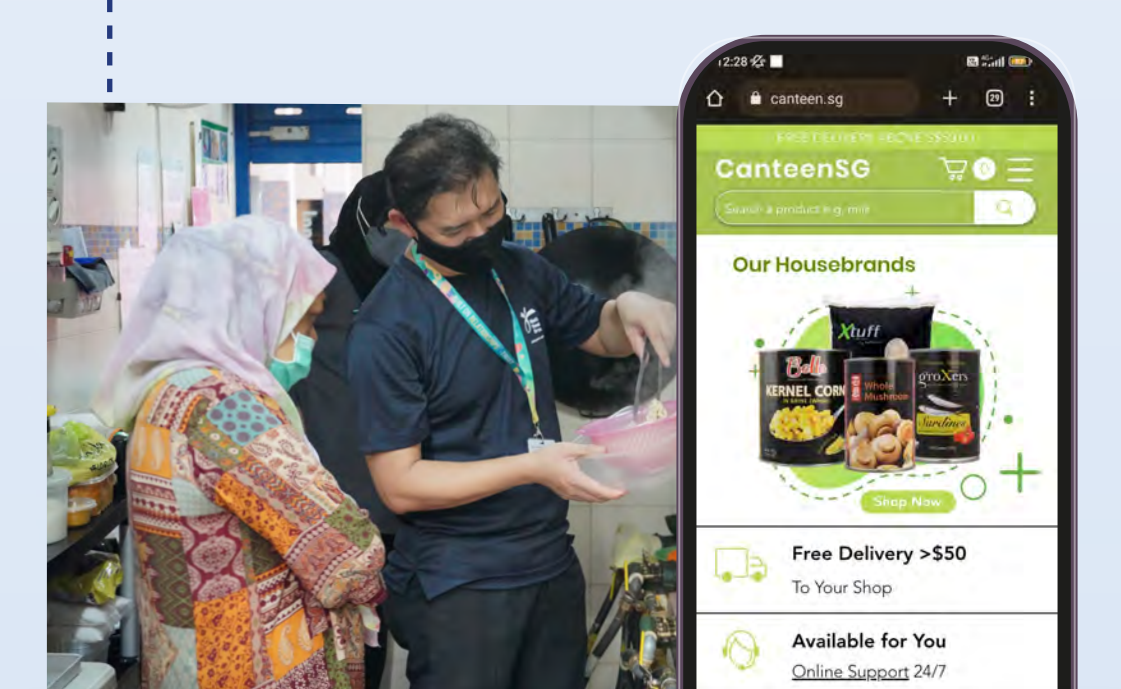
Classroom: Driving Eating Behavioural Changes & Building Growth Mindset via Curriculum



Home Social Norms: Nudging Parents into Action



School Social Norms: Empowering Principals & Teachers to shape Culture of Health in School



Transforming School Canteens: Vendors earn well; Kids eat well

3 Evaluation

Sustained Students' Healthy Behaviour Changes over 2 Years (N=1,280)

