

HEALTHIER SG

SINGHEALTH'S APPROACH TO POPULATION HEALTH

PROF LEE CHIEN EARN
DGCEO, REGIONAL HEALTH SYSTEM, SINGHEALTH



TOWARDS A HEALTHIER SINGAPORE



1 Singapore's Healthcare Challenges

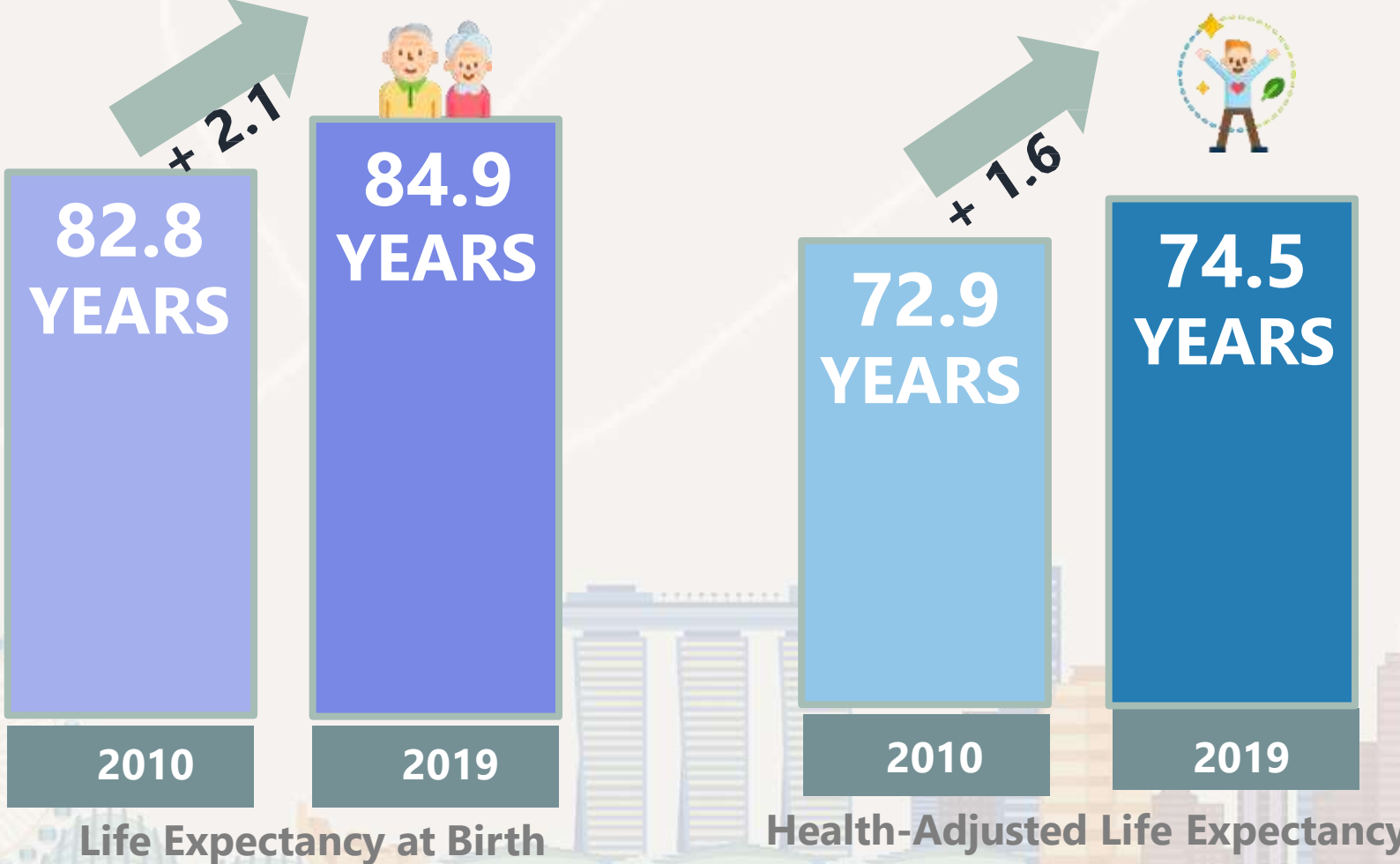
2 Building a Healthier SG

3 SingHealth's Approach to Population Health

4 Social Prescribing as Key Enabler



Much has been achieved



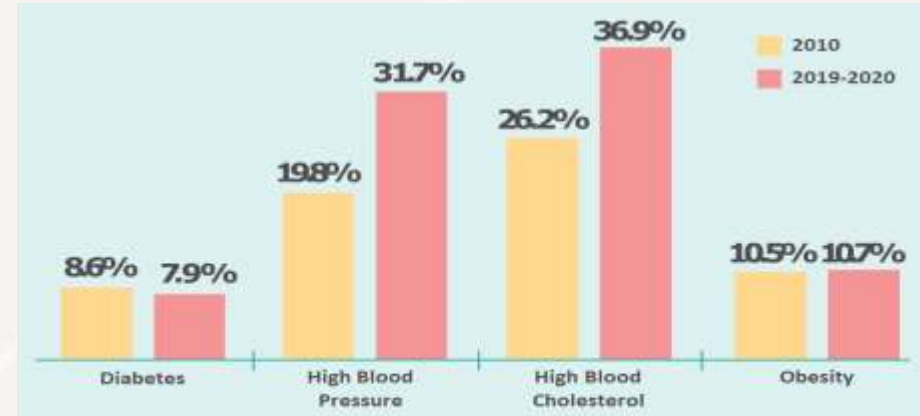
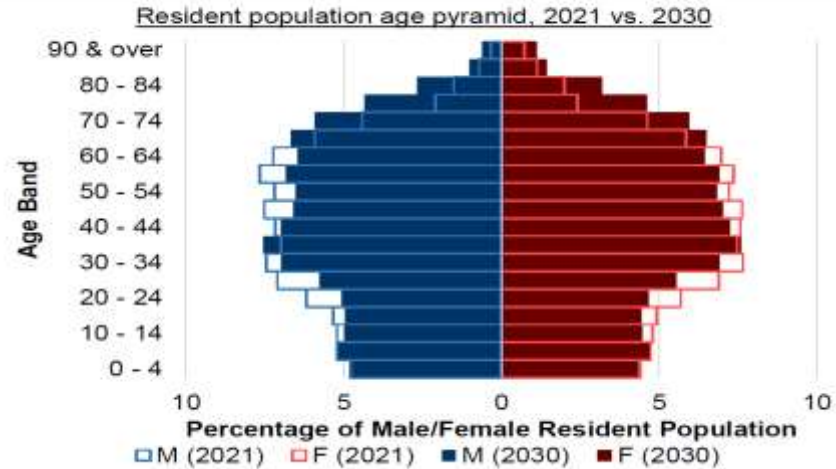
Source: Ministry of Health Workplan Seminar 2022



Restricted, Sensitive (Normal)

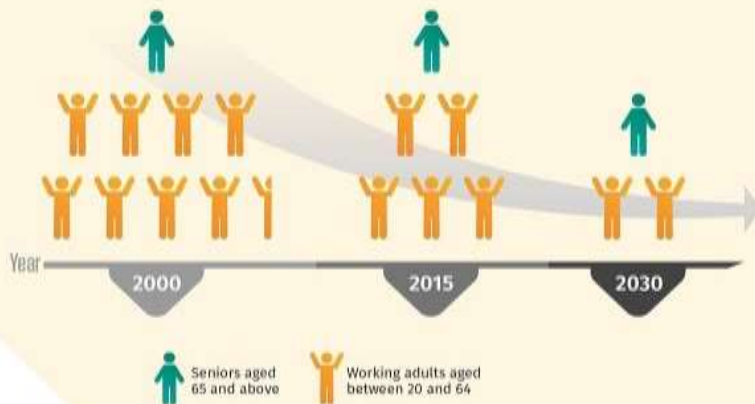
Key Challenges

1 in 5 residents ≥ 65 yo in 2030, from around 1 in 7 in 2020



Sources:
Epidemiology & Disease Control Division, Ministry of Health, Singapore. *National Health Survey 2010*.
Epidemiology & Disease Control Division and Policy, Research & Surveillance Group, Ministry of Health and Health Promotion Board, Singapore. *National Population Health Survey 2020*.

OLD-AGE SUPPORT RATIO



Source: White Paper on Healthier SG

TOWARDS A HEALTHIER SINGAPORE



1

Singapore's Healthcare Challenges

2

Building a Healthier SG

3

SingHealth's Approach to Population Health

4

Social Prescribing as Key Enabler

Building a Healthier SG



1

Investing early in
Preventive Care



2

Nipping diseases
in the bud



3

Living longer
and healthier

Source: Ministry of Health Workplan Seminar 2022

Building a Healthier SG



The Regional Health & Social Ecosystem



1

Stronger Mandate for Clusters

- Accountable for regional health outcomes
- Build & integrate ecosystem in its region, incl. GPs

2

Primary Care Transformation

Enable primary care providers (PCPs) to step up and enrol residents

3

Activate Community Partners

Engage residents to adopt and support healthy living in community

Core Elements of Healthier Sg



① National Healthier SG Enrolment Programme



② One Resident, One Family Physician

You will have a **regular doctor** to partner you in caring for your health.



③ Health Plan

Your doctor will work with you on a **health plan** to improve your health.



④ Community Support

Your doctor will also recommend **programmes and activities** you can join to stay fit and healthy.

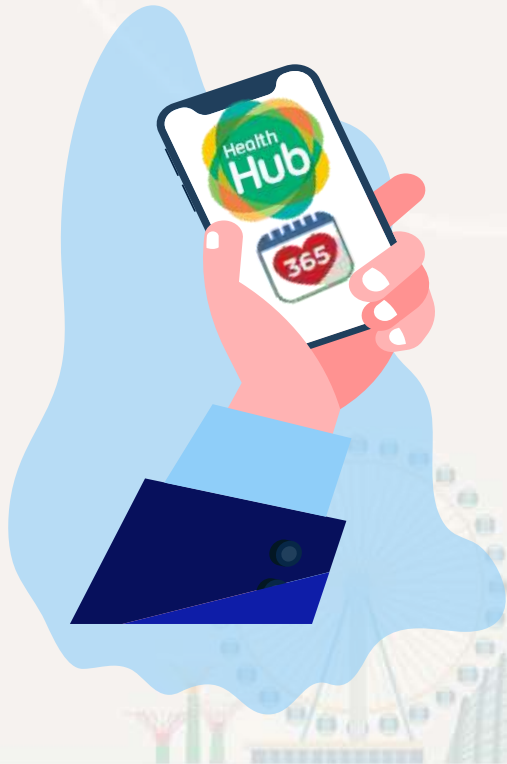


⑤ Support Structures

- Restructuring of healthcare financing
- Healthcare manpower transformation
- IT enablement
- Introduction of key monitoring indicators

How will our patients and residents benefit?

Residents will be empowered to take charge of their health through a customised Health Plan and a trusted long-term relationship with their family doctor



A Health Plan is a simple document for:

- ✓ Residents to better **understand their overall state of health** and **take actionable steps** (vaccinations, screening, chronic disease management, lifestyle adjustments)
- ✓ **Develop health and lifestyle goals** with family doctors
- ✓ **Easily accessed through HealthHub**, including by caregivers

System Level Goals

Better Health Outcomes



Address Needs Of An Ageing Population Along With An Increasing Prevalence Of Chronic Diseases

Improved Patient Experience



Patients Want Better Service And To Be Involved In Taking Charge Of Their Health Outcomes

Value-Based Care



Ensure Quality Of Care Is Maintained While We Act To Slow National Healthcare Expenditure

Improved Provider Experience



Supporting Care Providers to Focus on Delivering Quality Care to their Patients

TOWARDS A HEALTHIER SINGAPORE



1

Singapore's Healthcare Challenges

2

Building a Healthier SG

3

SingHealth's Approach to Population Health

4

Social Prescribing as Key Enabler

Making a strategic shift in care redesign for Population Health

Extended Roles and Accountabilities of Healthcare Clusters

01 Service Provider

Clinical care provision/services

02 Population Health Manager

Accountable for regional health outcomes

03 Regional Health Manager

Build and Integrate ecosystem in its region

This is in addition to our **national role** of providing tertiary and quaternary care, undergirded by academic excellence

National Role

Concurrent Importance

Regional Role

Cutting Edge
Tertiary and
Quaternary Care

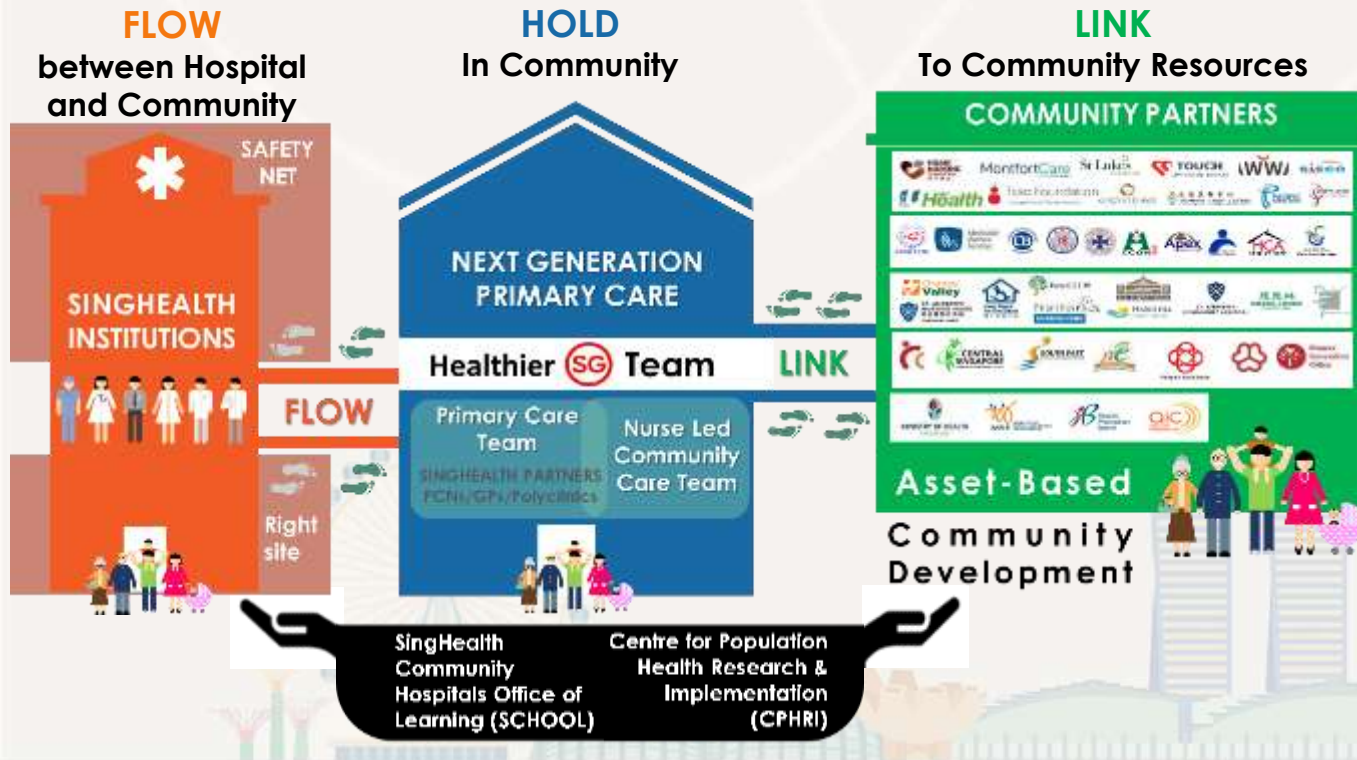


Community and
Population Health

SingHealth as **Regional Health** Manager

Integrating Health and Community Ecosystem

Anchoring Care in Primary Care and Community

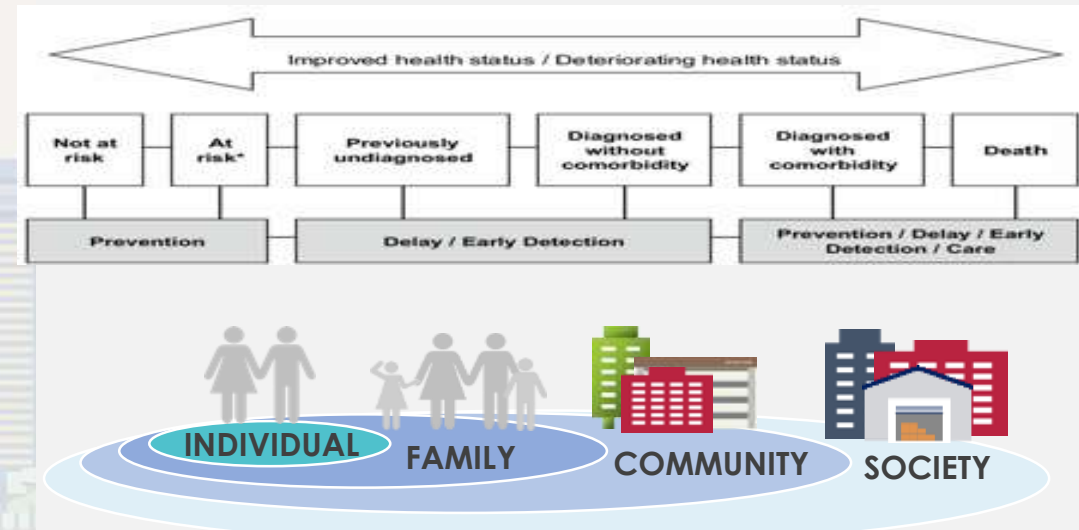


Inclusive

Life Course

Antenatal	<1 yo	1-6 yo	7-17 yo	18-24	25-39	40-49	50-59	60-69	70-79	80 & >
Antenatal	Newborns	Pre-school children	School-going children	Transition years	Early adulthood	40s	50s	60s	70s	80s

Disease Complexity



Enabling our residents to **keep well**, **get well** and **live well**



- Sign Up**
- Screen**
- Triage**



HEALTH PROMOTION AND DISEASE PREVENTION



Whole of Life Journey

Individual, Family and Community

Co-developed personalised
ONE Care Plan

MOTIVATE RESIDENTS TO KEEP WELL AND LIVE WELL

Health Action Plan

- Preventative Health Services
- Health Education & activities
- Wellness Programme

Chronic Disease Management

NEXT GENERATION PRIMARY CARE



HOLISTIC CARE AND FOLLOW UP

- Enroll**
- Screen**
- Triage**

EMPOWER PATIENTS TO GET WELL AND LIVE WELL



ORGANISED BY:



SPONSORED BY:



Engaging and Building relationships

*Learning together through Close Partnerships
Community Engagement Across All Level*



**GROUND
ENGAGEMENT**



**LOCAL
LEADERSHIP**



**STRATEGIC
LEADERSHIP**



Place based Integrated Care Team

Anchoring care in primary care and the community

Deep understanding of needs and aspirations of residents and partners

Flexibility for local customization

Healthier TEAM



Coordinating care for health-social care integration

Ensuring holistic person-centered care

Individual, Family, Community

Everyone knows good health comprises mental, physical and spiritual wellness

Making small lifestyle changes can improve your health in a BIG way

Let us understand what you need

Take control over your own health

In a way that works best for you

What matters most to you?

Join us to explore solutions to improve your health & wellbeing together.

Learn New Skills | Get Active | Build Social Connections | Be Creative | Support Wellbeing

TOWARDS A HEALTHIER SINGAPORE



1

Singapore's Healthcare Challenges

2

Building a Healthier SG

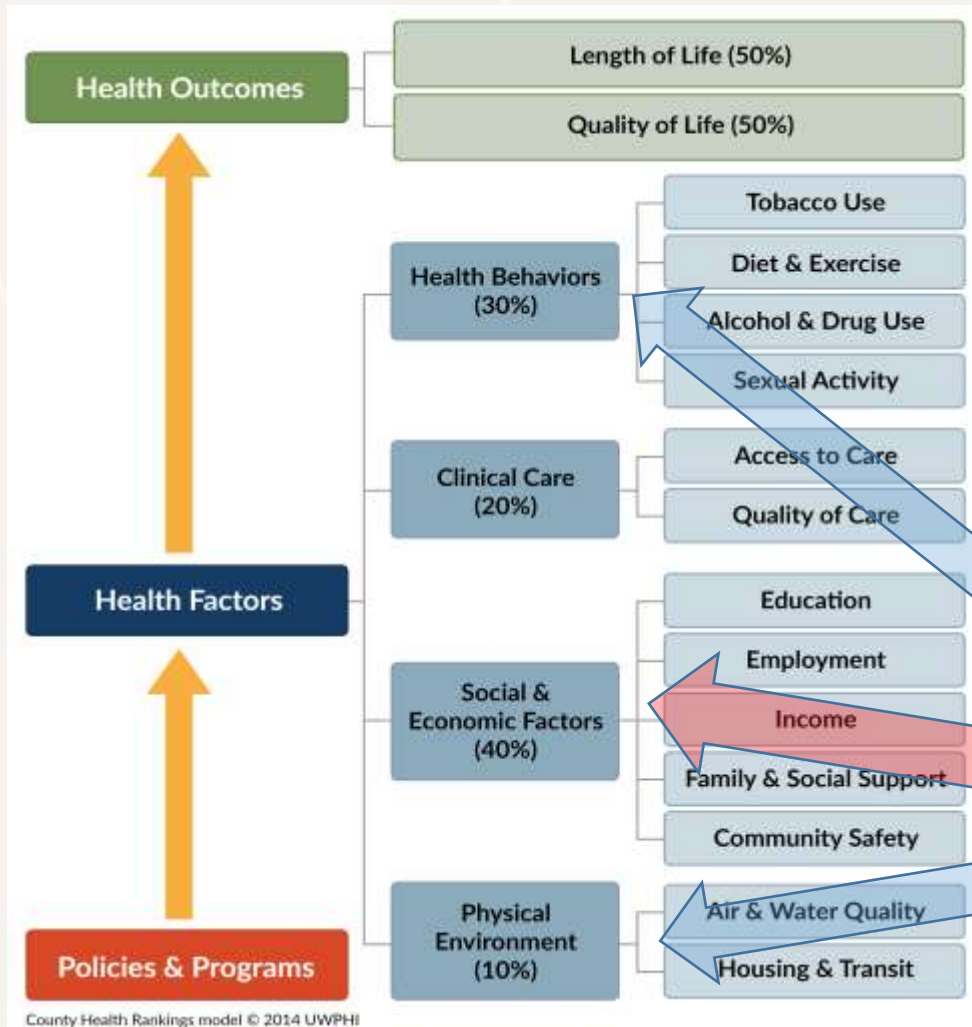
3

SingHealth's Approach to Population Health

4

Social Prescribing as Key Enabler

Defining Social Prescribing



“Social prescribing is a means for health-care workers to connect patients to a range of nonclinical services in the community to improve health and well-being.” WHO WPRO

“Social prescribing, also sometimes known as community referral, is a means of enabling health professionals to refer people to a range of local, non-clinical services.” King's Fund UK

“Social prescribing is a means of improving the wellbeing of patients through the optimization of social determinants of health by connecting patients to the community.” SingHealth RHS

Closing the Last Mile



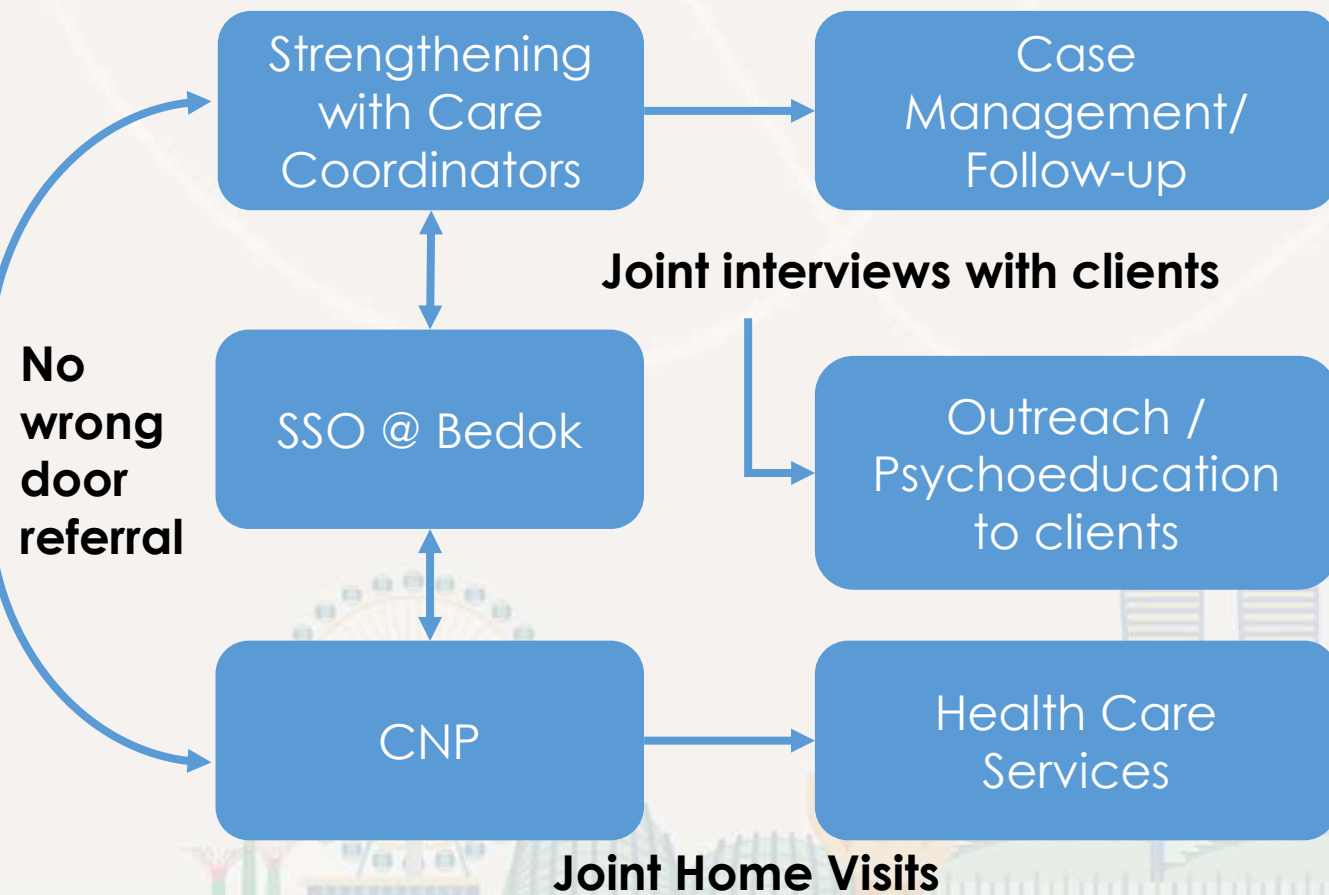
Adapted from: <https://www.england.nhs.uk/personalisedcare/social-prescribing/>

From Health-Social Interaction



To Health-Social Integration

Regular Case Discussions



Physical Co-located and Coordinated Team



SSO: Partner volunteers, agencies and social and health services

Community Nurses: Nursing services, home visits

neighbours
for Active Living

Preventive care, care coordination, joint outreach with SSO/ComLink



Community Ageing in Place

Our Approach:

Integrate clinical care, social determinants of health, built environment design and technology

Provide wrap around support and layer on community-based research for seniors

1

Identify clients

Community Partners, Agencies, SingHealth

2

Co-develop Care Plan

Care needs assessment
Social Prescribing

3

Drive adoption of Care Plan

Journey with clients

4

Care escalation

Supported by Healthier SG Team

5

Technology

Facilitate monitoring of clients with appropriate response

Developing a Living Asset Map



Social Prescribing for Mental Wellbeing Through Nature Placemaking & Placekeeping



Role of physical environment in mental well-being. Reimage common spaces to meet emerging needs



Complementing social programmes and augmenting citizen's mental well-being across demographic groups



PELATOK ART FARM
First Harvest

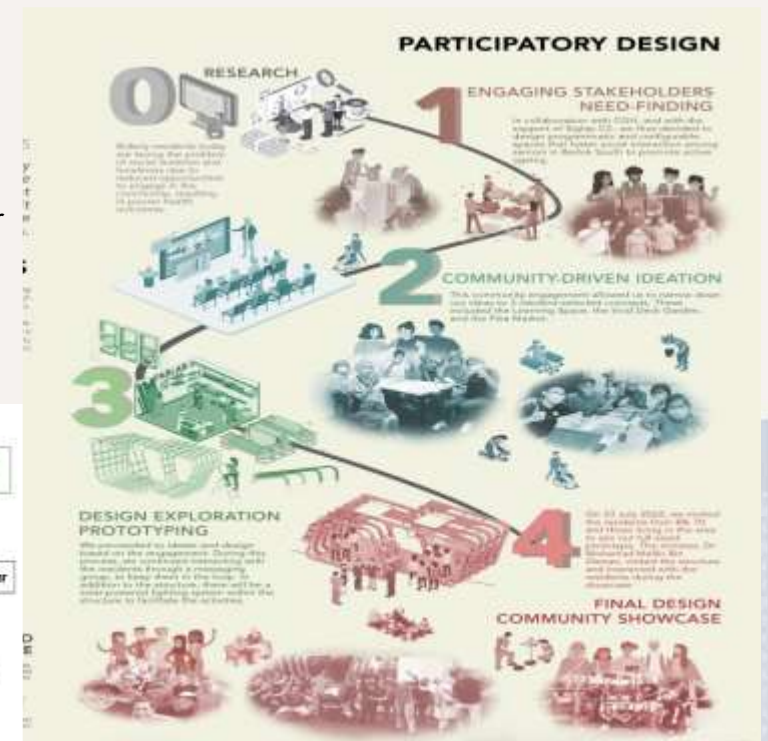
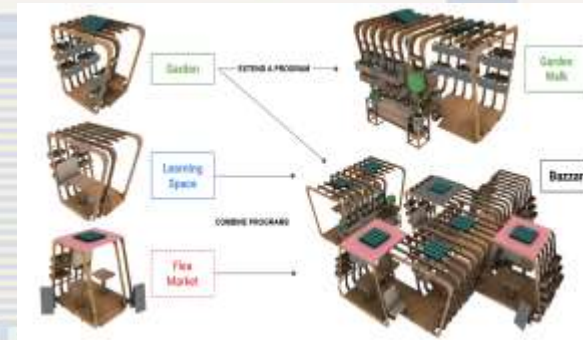
30 JULY 22, Sat / 9am - 12pm
Jalan Pelatok Park
(next to Changi View Condominium and 896-892 Simei Road)

Inviting all Changi Simei residents to join us in celebrating our First Harvest! For the past 5 weeks, our residents have been hard at work building the farm and tending to the crops, so join us this Saturday for a session of staking, harvesting, replanting of new seedlings and many more activities!

Presented by **Ms Jocelyn Tan**
Executive Advisor to our Chief CMO Community Engagement

SUTD Capstone Project - Cosy Contours

In collaboration with CGH to design programmatic and configurable spaces that foster social interaction among seniors in Bedok South to promote active ageing





1ST ASIA PACIFIC SOCIAL PRESCRIBING CONFERENCE

ORGANISED BY:



SPONSORED BY:



THANK YOU

Patients at the heart of all we do!