

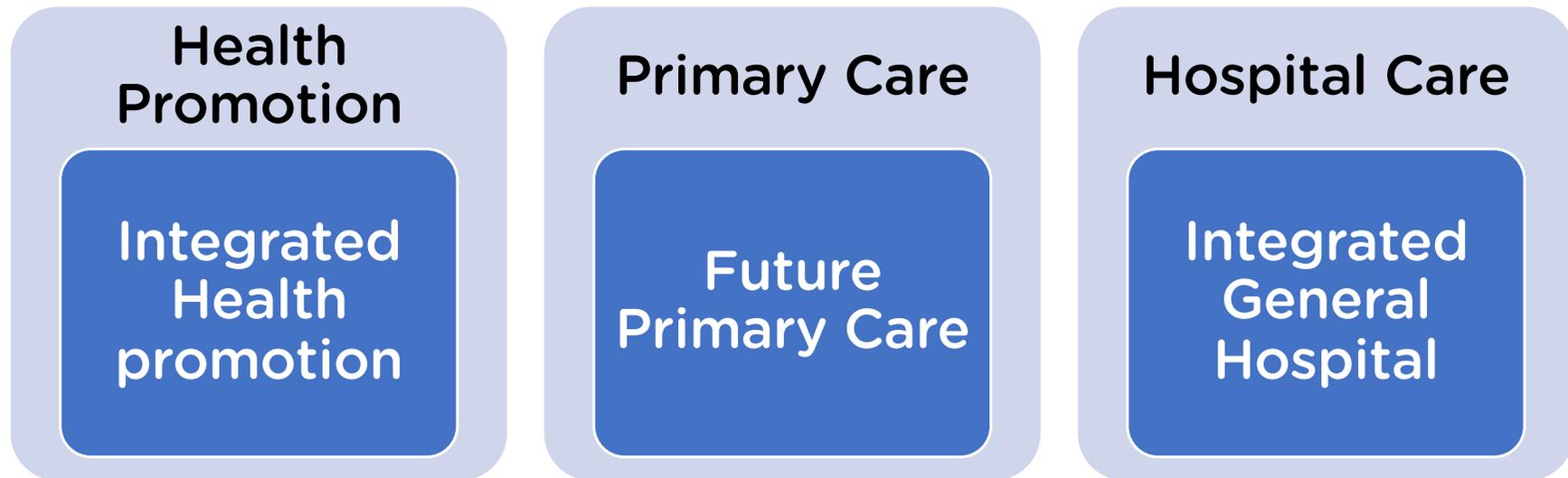
# Beyond Good Healthcare: Designing Healthy Cities

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# About MOHT

Shaping the future of healthcare in Singapore by identifying, developing and experimenting **with game-changing, systems-level concepts and innovations** in the promotion of good health, prevention of illness and delivery of care



## Chronic diseases and unhealthy lifestyles in Singapore are on the rise:

Heart diseases and mental illnesses rank high on Singapore's burden of diseases.

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*Singapore Burden of Diseases, 2017*, <https://www.moh.gov.sg/resources-statistics/singapore-burden-of-disease-report-2017>



<https://www.healthhub.sg/live-healthy/1343/why-are-pubescent-overweight-children-at-greater-risk-of-developing-diabetes>

These  
environmental  
factors are  
associated with  
**higher levels of  
physical activity:**

Residential density;  
Traffic intersection density;  
Public transport density;  
Number of parks.

4

*Sallis et al. Physical activity in relation to urban environments in 14 cities worldwide: a cross-sectional study (2016)*



<https://www.pexels.com/photo/person-jogging-3601098/>

A 10% increase of outdoor food advertisements have been shown to increase overweight prevalence by 5% in the US.

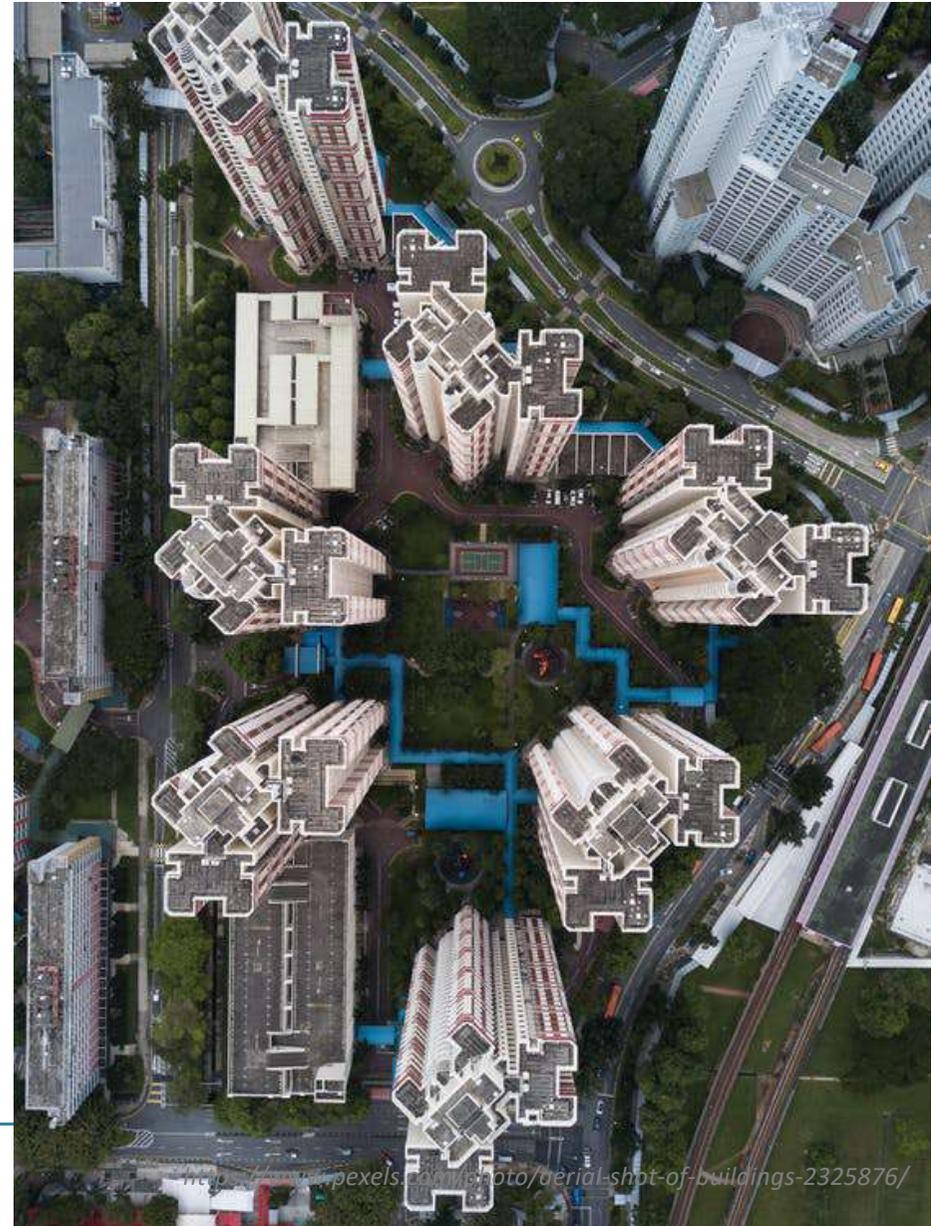
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*Lesser et al. Outdoor advertising, obesity, and soda consumption: a cross sectional study (2013)*

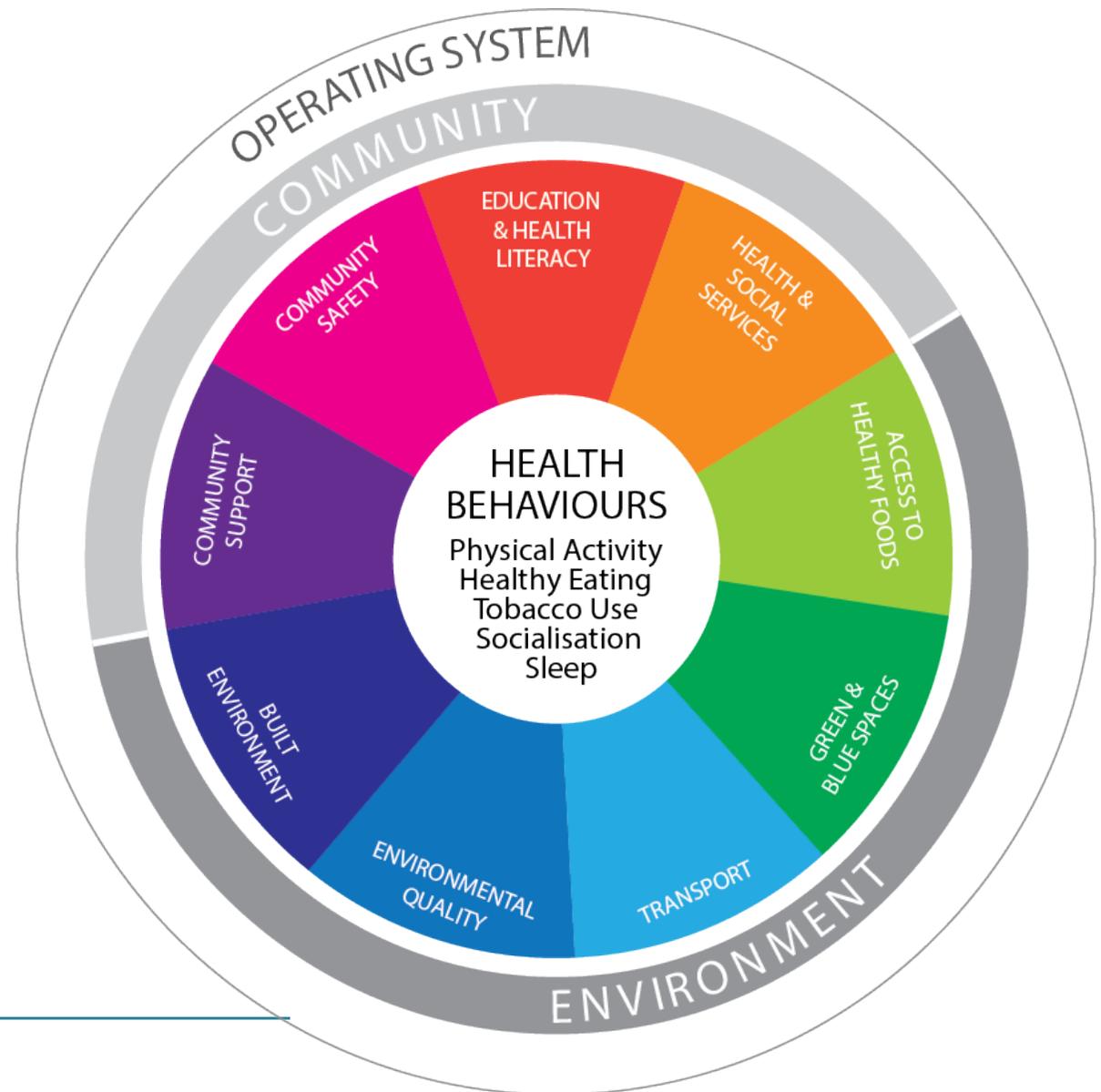


<https://www.pexels.com/photo/people-standing-near-restaurant-chain-3714786/>

MOHT's **precinct-based approach** for sustained healthy behaviour change.



**A Healthy Precinct Framework to align stakeholder understanding, solutions and evaluations for positive healthy behaviours.**





**However,** COVID-19  
and physical distancing will  
impact the way we plan and  
design for healthy behaviours  
and wellbeing in cities.

<https://www.todayonline.com/singapore/pictures-life-singapore-during-covid-19-crisis>



<https://www.straitstimes.com/lifestyle/reality-goes-virtual>

There are new barriers to incidental physical activity along commutes and social exercising in public spaces.

No. of steps in metropolitan areas in US have dropped by 12% (FitBit).

While, group exercises in Singapore have been cancelled.

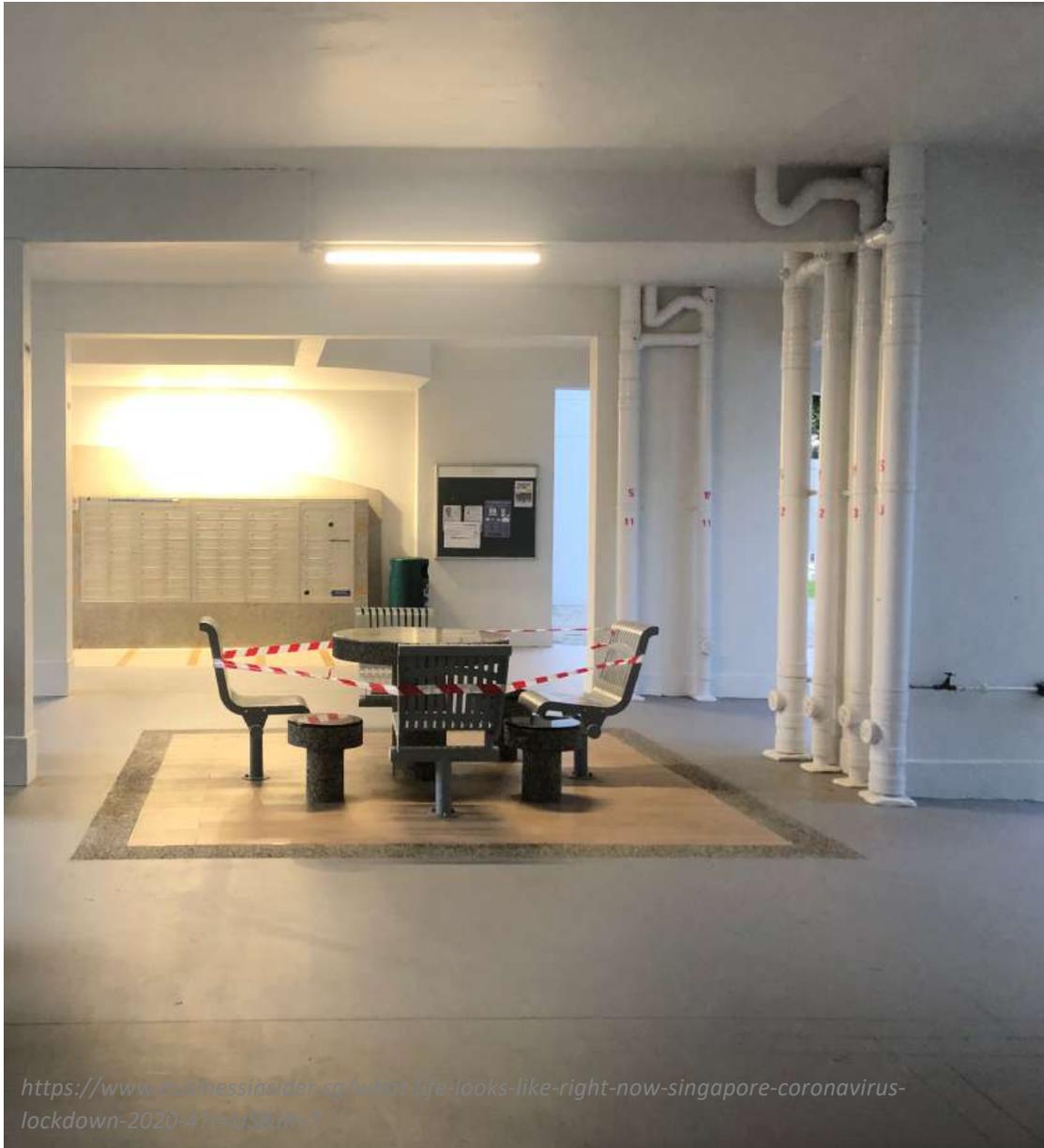
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<https://blog.fitbit.com/covid-19-global-activity/>



There are new barriers to accessing a variety of healthy meals and motivations to eat unhealthily are high.

<https://www.straitstimes.com/singapore/health/some-observe-social-distancing-others-carry-on-as-normal>



There are new barriers  
to **group social**  
interaction, and quality  
face to face social  
support.

<https://www.businessinsider.sg/what-life-looks-like-right-now-singapore-coronavirus-lockdown-2020-4?r=US&IR=T>



Physical distancing has highlighted gaps in our social fabric. This has exacerbated existing barriers to the **socially isolated** and **mental wellbeing**.

In 2015, estimated 9% of elderly live alone.

Right now Senior Activity Centres are closed.

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[https://www.duke-nus.edu.sg/docs/librariesprovider3/research-policy-brief-docs/home-alone-older-adults-in-singapore.pdf?sfvrsn=6735541d\\_0](https://www.duke-nus.edu.sg/docs/librariesprovider3/research-policy-brief-docs/home-alone-older-adults-in-singapore.pdf?sfvrsn=6735541d_0)

Use what you need Many Thanks!  
Keep your hands clean before  
Home! 😊 Thank!

Please take  
1 if only  
You need  
it! 😊  
From your  
neighbour with  
❤️

However, Covid19 has  
created opportunities to  
foster place-based, ground-  
up action within our  
precincts.



**Covid19 has shrunk our life spaces, but created opportunities to work, eat and exercise within our precincts.**

**Colombia, Bogota - 47miles of temporary bike lanes have been created.**

**Singapore - 90% of employees have expressed interest to continue working from home in some capacity.**

<https://thecityfix.com/blog/coronavirus-biking-critical-in-cities-alejandro-schwedhelm-wei-li-lucas-harms-claudia-adriazola-steil/>

<https://www.straitstimes.com/business/economy/most-employees-keen-to-continue-working-from-home-after-circuit-breaker-survey>

Thank you

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