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Media Release



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News Editor

Community wages War on Diabetes through Chronic Disease Self-Management Programme (CDSMP) @ South West

- **Collaboration between South West Community Development Council (CDC) and JurongHealth Campus (Ng Teng Fong General Hospital and Jurong Community Hospital) empowers some 90 residents with chronic diseases**
- **CDSMP participants reported a significant improvement in stress management by 50% and sleeping difficulties by 30%**

According to projections by the Singapore Ministry of Health (MOH), one (1) in 220 and three (3) in 230 residents will have a heart attack and stroke respectively by 2030; and one (1) in three (3) Singaporeans has a lifetime risk of getting diabetes with the projected total of cases hitting one million in just 30 years. Studies have noted that uncontrolled high blood pressure, diabetes and obesity¹ heightens the risks of major critical illnesses such as cardiovascular events, and hence creates a need for early intervention. In collaboration with JurongHealth Campus which is part of the National University Health System (NUHS), the South West Community Development Council (CDC) aims to equip residents afflicted with chronic diseases such as diabetes and high blood pressure with basic knowledge for better management of their conditions. This Friday, Chronic Disease Self-Management

¹ (National Heart, n.d.)

Programme (CDSMP) Graduates will celebrate the success of having demonstrated significant improvement in self-rated health and increase in physical activity following the programme.

2 Multiple studies have drawn the association between chronic stress and sleep deprivation with long-term health consequences like diabetes, high blood pressure and heart disease². In a self-rated study spanning across 2 years (n=61), CDSMP graduates reported significant reductions of 50% in stress levels and 30% in sleeping difficulties half a year from graduation. These results are indicative of the positive outcomes of the CDSMP @ South West on the quality of lives of the graduates.

3 Mr Foo Hee Jug, Deputy Chief Executive of the NUHS and Chief Executive Officer, Ng Teng Fong General Hospital shares, “As a regional health system for the west, it is important for us to move beyond the hospital and into the community through accessible initiatives such as CDSMP, so that residents can take charge of their health. The participants can also share the knowledge and techniques gained with their families to make modification to their lifestyles and live life to the fullest. We first started this programme in 2014, and are pleased that it has benefitted the residents. We aim to scale up CDSMP as an intervention programme by extending its reach through wider collaborations with partners like SWCDC, primary care providers, grassroots and community organisations.”

4 63-year-old Mdm Tan Siew Hong has been suffering from chronic pain and sleep disorder for a number of years. The CDSMP @ South West graduate shares, “The exercise and breathing techniques I learnt helped me reduce the chronic pain I often face. Now, I am able to keep fit and healthy with my friends by joining the various physical activities held by the Senior Activity Centre.” Through the 6-month programme, she has not only learnt to manage her chronic pain but recognised the importance of keeping a healthy and active lifestyle in order to lower the risk incidences of chronic diseases.

² (Kamdar *et al.*, 2012)

5 CDSMP @ South West is a 6-month long programme aimed at reinforcing primary care efforts in the South West District through the empowerment of residents. As part of the programme, participants will go through a six (6)-week workshop covering topics on nutrition, breathing techniques, disease knowledge and simple exercises conducted by Allied Health Professionals from Ng Teng Fong General Hospital and Jurong Community Hospital. In addition, every participant will receive a resource guide book – “Live Well, Take Charge” which will serve as a quick guide and reminder for the participants on healthy living beyond the workshops. The graduates will also be enrolled in Fun Walkers @ South West. Moving forward, they will participate in Health Promotion Board’s National Steps Challenge Season 4 to further encourage them to lead an active lifestyle. A total of seven (7) runs of the programme have been planned for one (1) year.

6 Ms Low Yen Ling, Mayor of South West District shares, “Our pilot run has shown encouraging outcomes when residents take active roles in their own health with the support of the community. By pulling together the efforts of primary healthcare providers like NUH and community partners such as the SACs and CCs in the South West – we are empowering our residents with a strong network they can lean on as they learn to self-manage their chronic conditions. It also tells them that they are not alone in facing their daily battles. We all have a shared responsibility for the health of our community. Together, we walk this journey to take better charge of our health to live well.”

7 Details of the event are as follows:

Event	: Chronic Disease Self-Management Programme (CDSMP) @ South West 2018
Date	: Friday, 1 June 2018
Time	: 10.00 am to 12.00 pm (Media is invited at 9.45 am)
Venue	: Lion Befrienders Senior Activity Centre (SAC) (Clementi) 420A Clementi Avenue 1 Singapore 121420
Guest of Honour	: Ms Low Yen Ling Mayor of South West District

8 We would like to invite your reporter and photographer/TV crew to **Chronic Disease Self-Management Programme (CDSMP) @ South West 2018**. Interviews can be arranged upon request. Please contact our media liaison officer for queries. We look forward to receiving you and your crew/photographer.

Media Liaison Officer

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About the South West Community Development Council (CDC)

The South West Community Development Council (CDC) was formed on 24 November 2001, with the mission to Assist the Needy, Bond the People and Connect the Community.

Through local help programmes, the South West CDC provides assistance to help the less fortunate in our community. The South West CDC also organises projects and programmes to promote community bonding and social cohesion. The South West CDC adopts the "Many Helping Hands" approach to encourage community ownership among residents, community partners and corporations to realise its vision of "Owning Your Community" which came into effect on 1 March 2004.

PROGRAMME

Time	Administrative Programme
10.00 am	Arrival of Guest of Honour
10.05 am	Address by Mayor

Time	Administrative Programme
10.15 am	Sharing Session by Ng Teng Fong General Hospital and Jurong Community Health
10.25 am	Sharing of details of Fun Walkers @ South West activities
10.35 am	Pledge-taking Activity
10.40 am	Demonstration of Home Exercises <i>*Media interview will be arranged, subject to media request.</i>
11.00 am	Departure of Mayor