

Annex 2**PA WELLNESS PROGRAMME****Introduction**

The PA Wellness Programme was launched in March 2008. The pilot phase covered a 2 year period. The nationwide rollout of the PA Wellness Programme took place in May 2010. The People's Association (PA) is leading this Programme, with the support of the Ministry of Social and Family Development (MSF), Ministry of Health (MOH) and the Health Promotion Board (HPB).

2 The PA Wellness Programme seeks to reach out to Singaporeans and Permanent Residents, aged 50 and above, to engage in programmes and activities so as to be mentally, physically and socially active. The aim is not only to achieve a mindset change, but to see a change in behaviour where more residents adopt healthy lifestyles in a sustained manner, resulting in more people enjoying a healthier lifespan and higher quality of life.

Key Outcomes

3 The target is to reach out to 50% of the senior population aged 50 and above in every constituency. The indicators to be measured include the proportion of seniors who went for health screenings and followed-up with their doctor, whether the programme had helped these seniors widen their social circle, in terms of participation in interest groups, grassroots programmes and physical activities and if their health behaviours have improved in terms of diet and changing from a sedentary lifestyle to a more active one.

Progress

4 A Wellness Framework has been implemented to promote an intervention approach for seniors. Those found to be at-risk of developing chronic illnesses are encouraged to follow-up with their doctor and adopt a healthier lifestyle. The message is simple - Eat healthy. Exercise regularly. Enjoy more years free from disease and disability.

5 It is not enough for individuals to be healthy alone. They need to be socially engaged too. Evidence-based studies have shown that people who are socially active tend to be mentally and physically active too. The PA Wellness Programme promotes a myriad of activities for its participants. There is something for everyone in the community.

6 Participants are encouraged to come forward and make friends. They can participate in the Community Clubs, Senior Citizens Executive Committees, Women Executive Committees and Residents' Committees' varied programmes or even form interest groups among themselves. They learn something, make new friends, feel at home with the group, bring in their own friends to join the group and become happier and healthier as a result.

7 These interest groups also serve as a form of informal roll call. If a member from any group is absent or exhibits a change in behaviour, others would notice or come to know, and be able to help. Seniors can establish strong social networks with other seniors through these interest groups. Important information and advisory can also be disseminated to members of these groups through talks, workshops and programmes.

Lessons

8 The different constituencies have identified their own areas of focus and unique outreach strategies. Some capitalised on local resources while others work in partnerships and venture into new initiatives for effective outreach.

9 Attracting younger seniors, specifically those between 50 to 59 years old, to come forward to take part in health screening and physical activities is very important for the success of the Programme. The Wellness sites have to constantly rethink their approach and organise suitable and relevant activities in order to appeal to this group of seniors.

10 The Wellness sites have realised that getting the majority of people who are sedentary to be more active physically is an uphill task. That is why there must be a concerted effort by multiple agencies and grassroots organisations in order to reach out to all seniors and engage them. The whole PA, residents and other agencies and institutions in the community would need to work in synergy to better serve and reach out to seniors in the community.

**NATIONAL WELLNESS PROGRAMME
ROLLOUT PLAN**

Name of GRC + SMC
FY 2010
Moulmein-Kallang GRC
Marine Parade GRC + Potong Pasir and Mountbatten SMCs
Aljunied GRC + Hougang SMC
Ang Mo Kio GRC + Sengkang West SMC
Bishan-Toa Payoh GRC
Tanjong Pagar GRC
FY 2011
East Coast GRC + Joo Chiat SMC
West Coast GRC + Pioneer SMC
Holland-Bukit Timah GRC
Tampines GRC
FY 2012
Pasir Ris-Punggol GRC + Punggol East SMC
Sembawang GRC
Nee Soon GRC
Chua Chu Kang GRC + Hong Kah North SMC
Jurong GRC + Yuhua SMC

Jurong Central, Whampoa, Kreta Ayer-Kim Seng, Kebun Baru, Radin Mas, Jalan Besar, Bukit Panjang, Ulu Pandan, Bukit Timah, Punggol South, Paya Lebar and MacPherson Divisions implemented the Wellness Programme in the pilot phase in FY2008.
