

CHI Learning & Development (CHILD) System

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)



CHI Learning & Development (CHILD) System

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LIVING WELL @ SCHOOL

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



Habit

Longitudinal

Kindergarten 1 to

Post Secondary

Focus on Key Determinants of Change Integrated Behavioural Model

Personal agency

Self-efficacy

Policies (macrolevel) **Settings** (mesolevel) **Interpersonal Factors** (microlevel) **Intrapersonal Factors** (microlevel)

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

EDUCATE EMPOWER P1: Place **P2: Processes I CAN** I KNOW P3: People P4: Policy I WANT **P5:** Promotion **ENGAGE**

> People Centric Implementation **NHG's 3E5P Framework**

EDUCATE **E**NGAGE **E**MPOWER

1. Correct knowledge

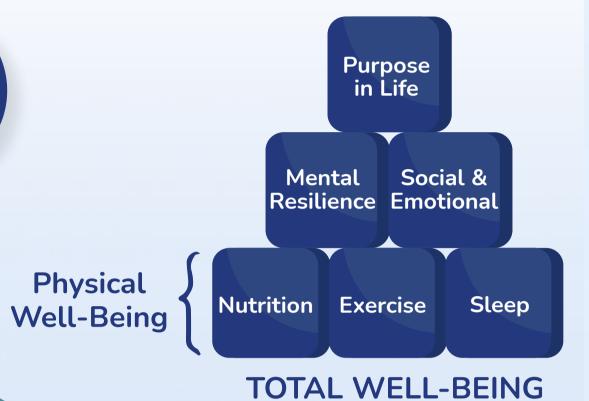
Efficacy beliefs

- 2. Intention to change
- 3. Applied skills in natural environment

Intervention Approach

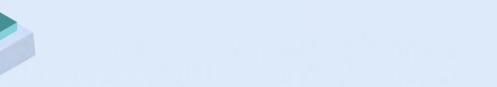
Pervasive School & Home Environment

Intrinsic Self-Sustaining



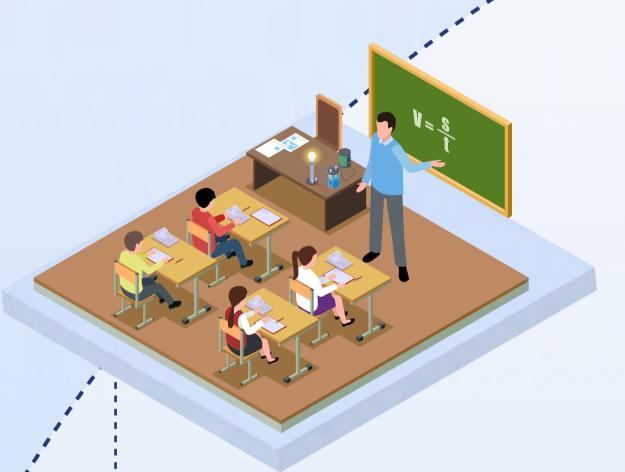
HOME **SOCIAL NORMS**

Activating parents as role models



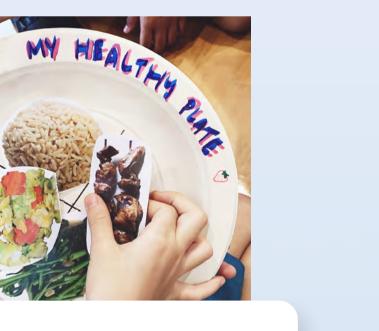
SCHOOL SOCIAL NORMS Additional support for

some students, etc.

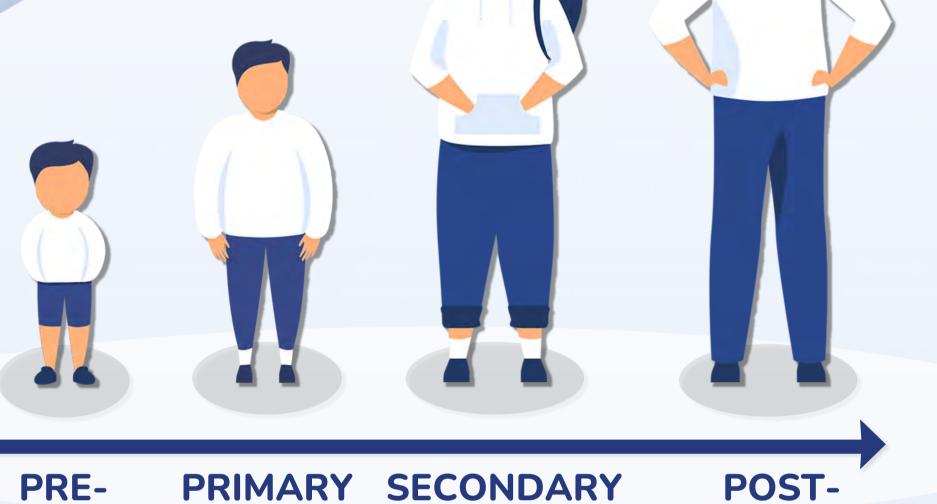


CLASSROOM

Empowering teachers on scaffolded curriculum



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



PRIMARY SECONDARY PRE-SCHOOL **SECONDARY** SCHOOL **SCHOOL**

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

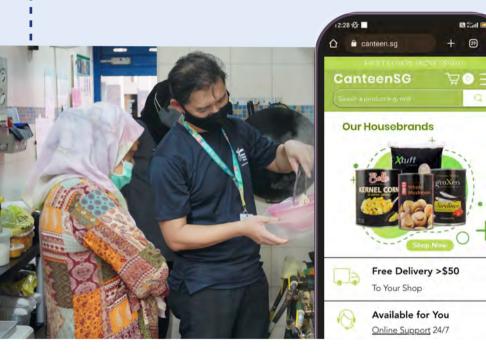


School Social Norms: Empowering Principals & Teachers to shape Culture of Health in School

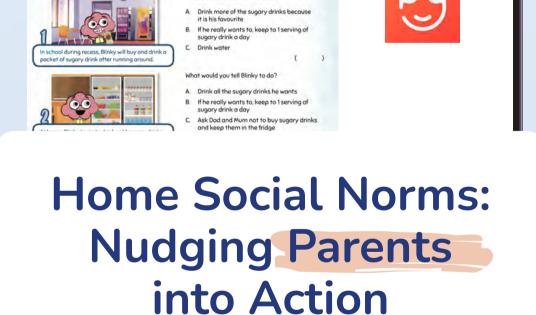


CANTEEN

Enabler to reinforce healthy eating choices

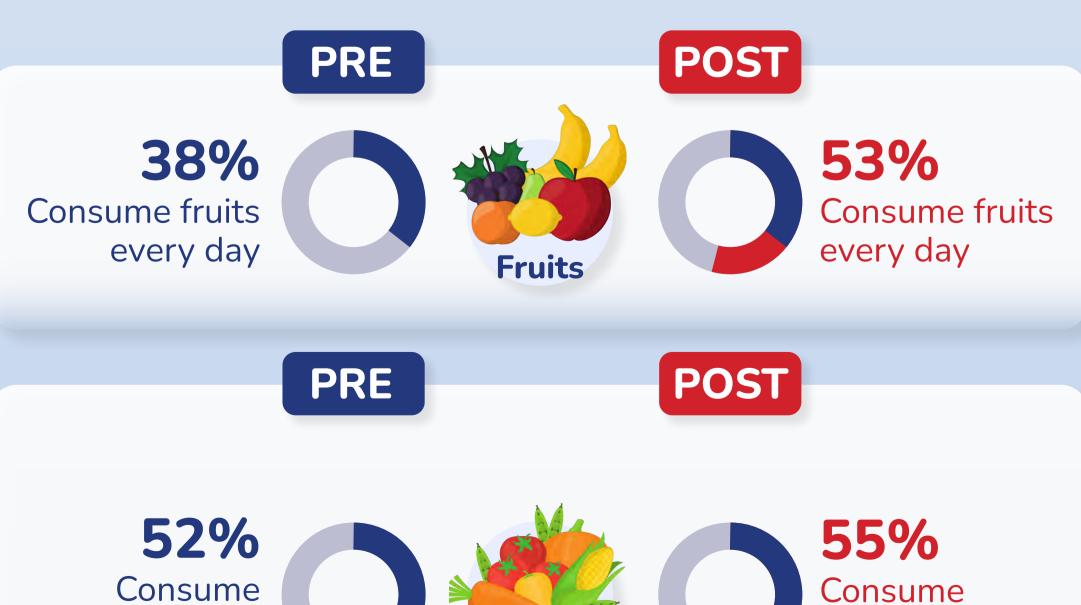


Transforming School Canteens: Vendors earn well; Kids eat well



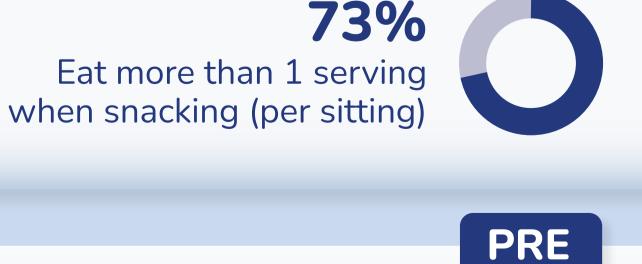
Evaluation

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



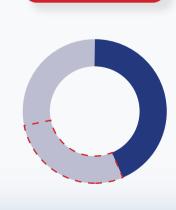
Vegetables





PRE





POST

POST

44% Eat more than 1 serving when snacking (per sitting)

vegetables

every day

31% Consume water only

beverages

Consume sweetened



78% Consume water most frequently 22%

beverages most frequently



National Healthcare Group Adding years of healthy life

vegetables

every day