

## **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)**

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