

### **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)**

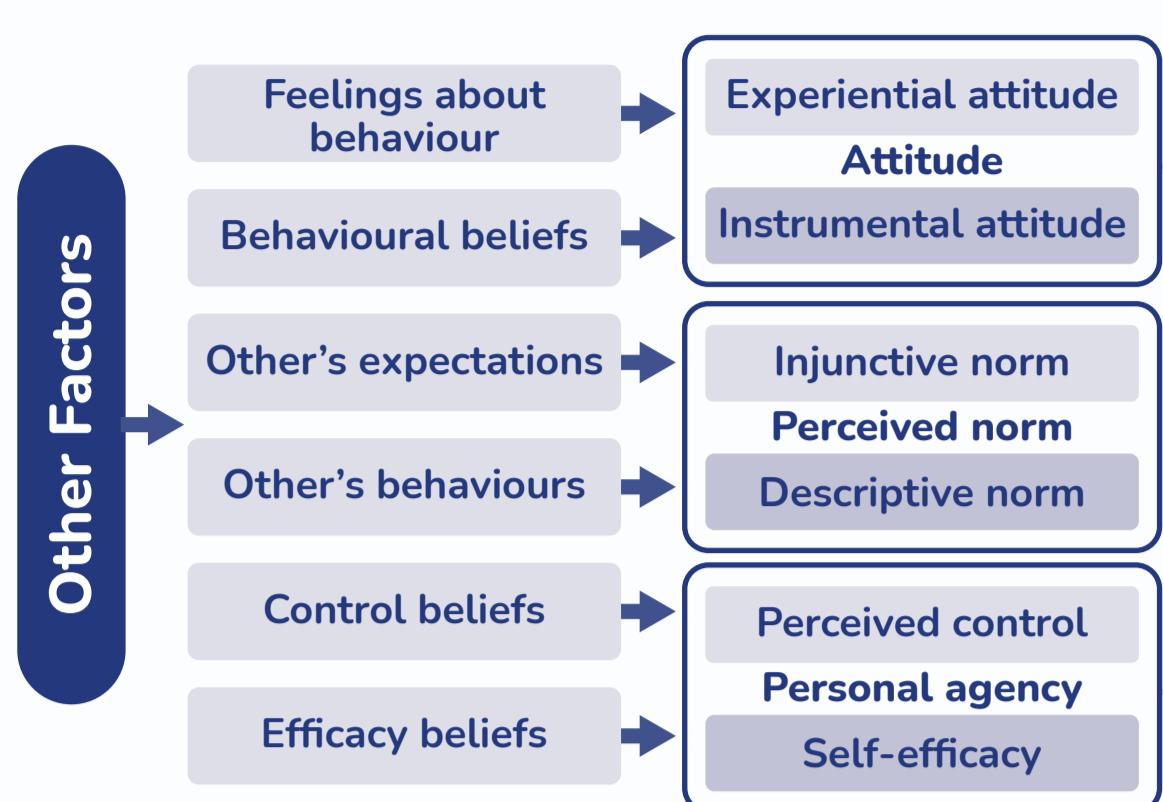
Name: Mr Tang Chee Wei Marcus

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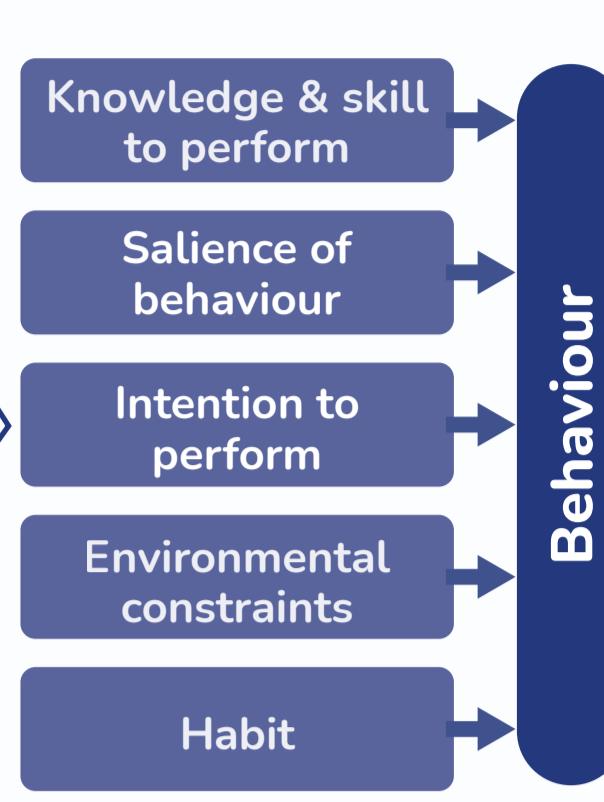
# LIVING WELL @ SCHOOL

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

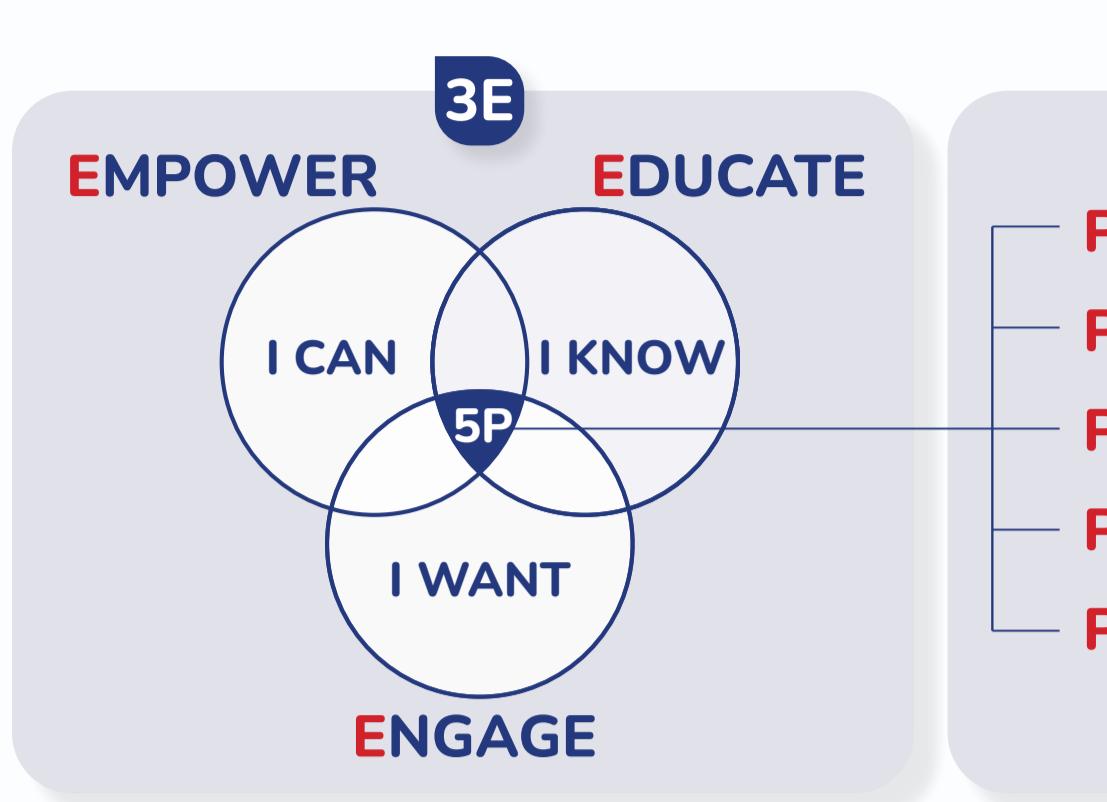
## 1 Programme Intervention Behavioural Change Models



Focus on Key Determinants of Change  
**Integrated Behavioural Model**



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



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

## 2 Intervention Approach

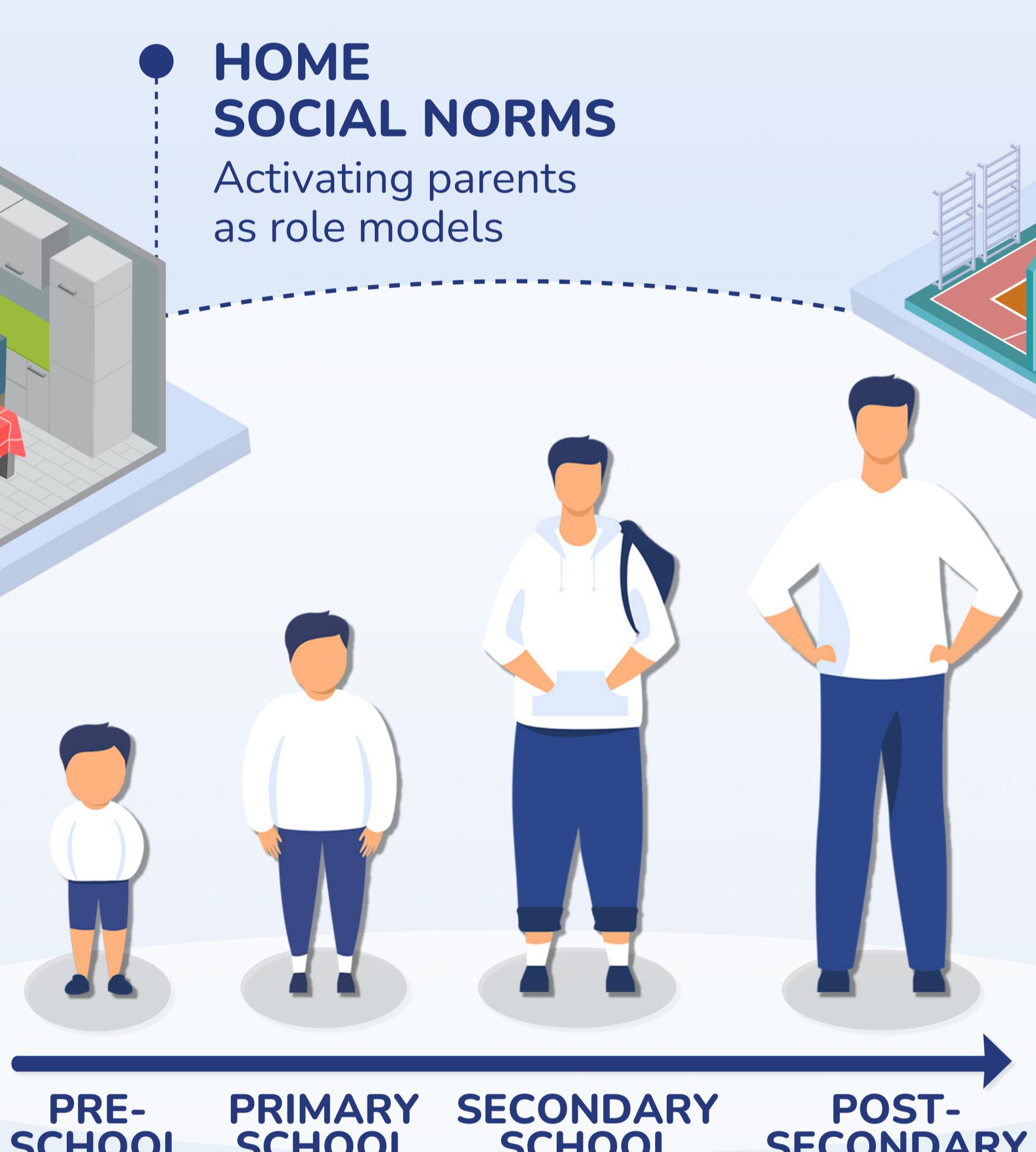
**EDUCATE**  
**ENGAGE**  
**EMPOWER**

1. Correct knowledge
2. Intention to change
3. Applied skills in natural environment

**Longitudinal**  
Kindergarten 1 to Post Secondary

**Pervasive**  
School & Home Environment

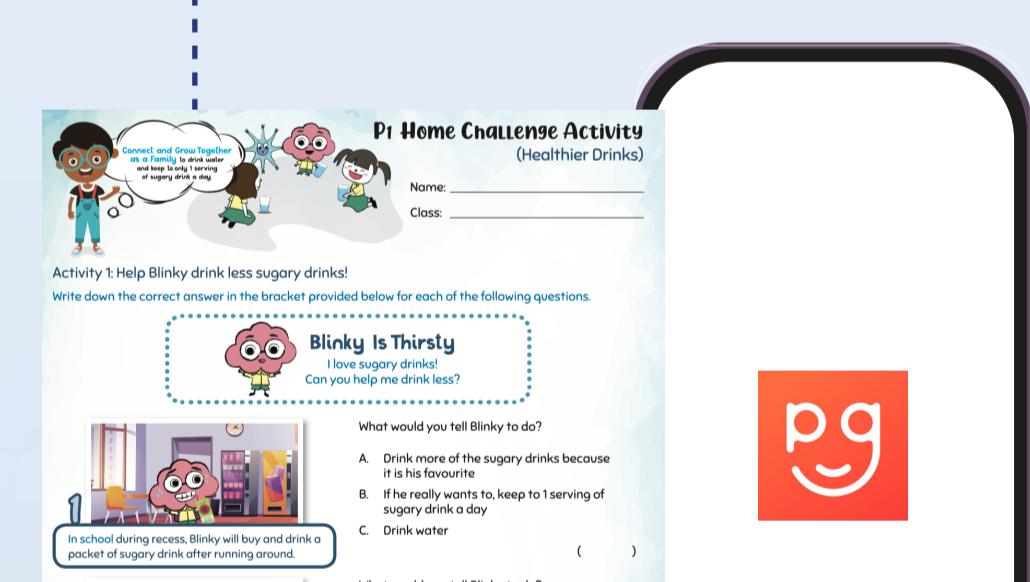
**Intrinsic**  
Self-Sustaining



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



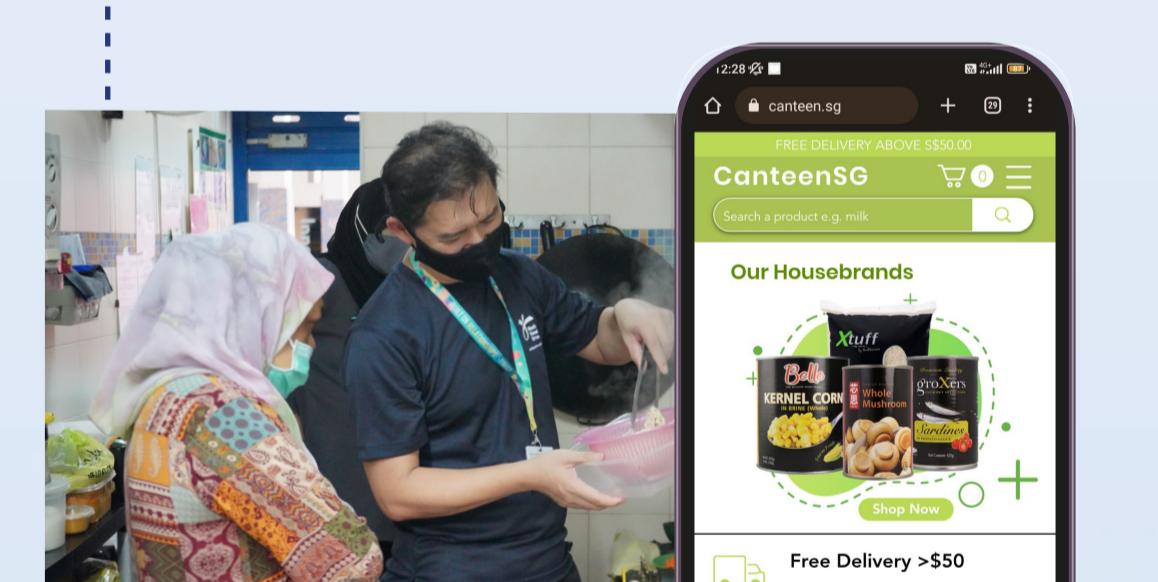
**Classroom:** Driving Eating Behavioural Changes & Building Growth Mindset via Curriculum



**Home Social Norms:** Nudging Parents into Action



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



**Transforming School Canteens:** Vendors earn well; Kids eat well

## 3 Evaluation

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

