Participation and Perceptions of Healthier SG

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#EHMA2025

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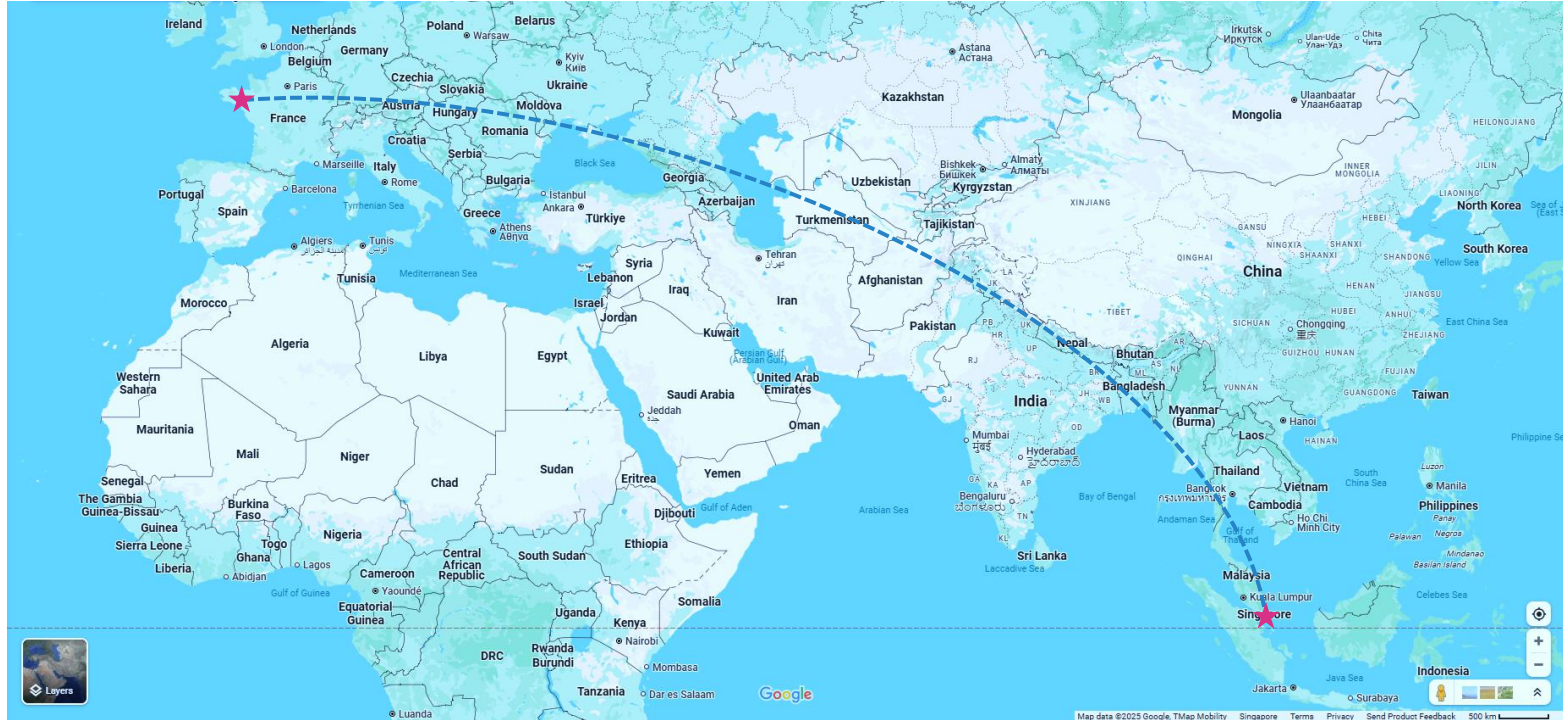
Background

Image retrieved from: https://www.google.com/maps

Background

Total Population as at end June 2024

- Non-Residents: 1.86M
- Residents: 4.18M
- Permanent Residents: 0.54M
- Citizens: 3.64M

6.04M

Background

Age Pyramid of Resident Population — 2024

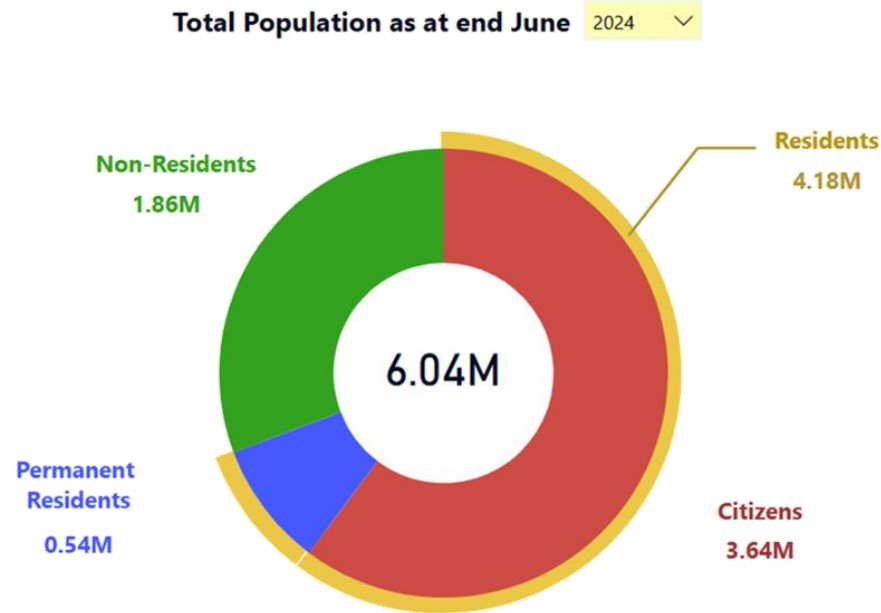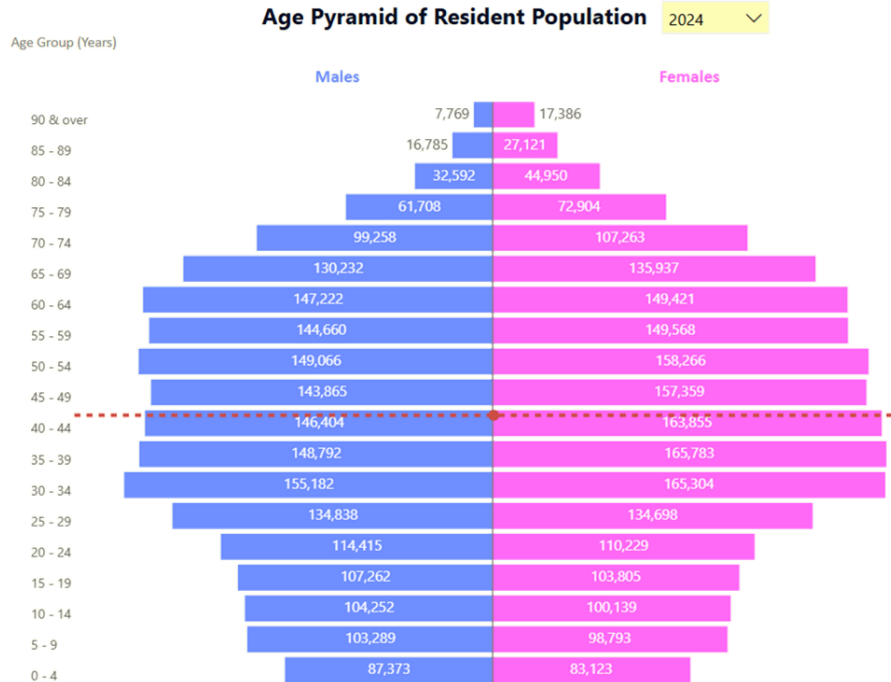| Age Group (Years)	Males	Females
90 & over	7,769	17,386
85 – 89	16,785	27,121
80 – 84	32,592	44,950
75 – 79	61,708	72,904
70 – 74	99,258	107,263
65 – 69	130,232	135,937
60 – 64	147,222	149,421
55 – 59	144,660	149,568
50 – 54	149,066	158,266
45 – 49	143,865	157,359
40 – 44	146,404	163,855
35 – 39	148,792	165,783
30 – 34	155,182	165,304
25 – 29	134,838	134,698
20 – 24	114,415	110,229
15 – 19	107,262	103,805
10 – 14	104,252	100,139
5 – 9	103,289	98,793
0 – 4	87,373	83,123

Life Expectancy
83.0 years

Median Age
42.8 years

Image retrieved from: https://www.singstat.gov.sg/find-data/search-by-theme/population/population-and-population-structure/visualising-data/population-dashboard

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Background

Healthier SG

- Healthier SG was launched in Singapore in **July 2023**

- Aims to:
  - Improve consistency of health screening and vaccinations
  - Promote lifestyle behaviours that support chronic disease prevention and management

- Singaporeans and Permanent Residents aged ≥60 years (**July 2023**) and subsequently ≥40 years (**January 2024**) were eligible to enrol

Image retrieved from: https://www.healthiersg.gov.sg/

Background

Healthier SG

MORE BENEFITS WITH HEALTHIER SG

| Fully-subsidised screenings and vaccinations | Referrals for subsidised specialist care | Free first Health Plan consultation & subsequent annual check-ins | Medisave — Fully pay with MediSave for treatment of chronic conditions | Redeem $20 Healthpoints after first Health Plan consultation |

Start your Healthier SG journey today!

Visit **healthiersg.gov.sg** for more information.

Study Aim

To understand the participant characteristics that could affect participation in and the perceptions of this new national health initiative, Healthier SG

Methods

Study Population

- Cohort participants of the Singapore Population Health Studies

- Singaporeans or Permanent Residents aged ≥21 years

- Surveyed from **June 2024** to **January 2025**

- 5801 participants surveyed

Methods

Analysis

- **Descriptive** without statistical tests of comparisons are presented

- **Logistic regression** was conducted to determine the effect of age group, gender, ethnicity, and housing type (a proxy for SES) on enrolment and uptake of various components that fall within Healthier SG

Results

Awareness within the Eligible Participants (n=3899)

Proportion of Participants That Have Heard of Healthier SG

11,7% — 88,3%

56.1%

43.9%

■ Not Heard of HSG   ■ Know What HSG Is   ■ Unclear of What HSG Is
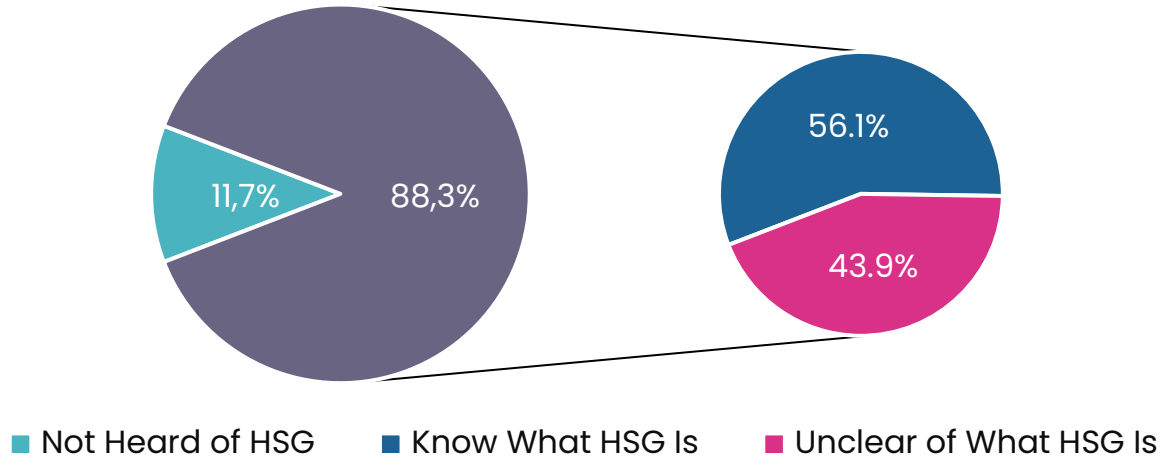
Results

Enrolment in Healthier SG

- 3899 participants were aged ≥40 years and **eligible to enrol** in Healthier SG

- 1872 (48.0%) eligible respondents had enrolled in Healthier SG

Results

Effect of Demographic Factors on Enrolment

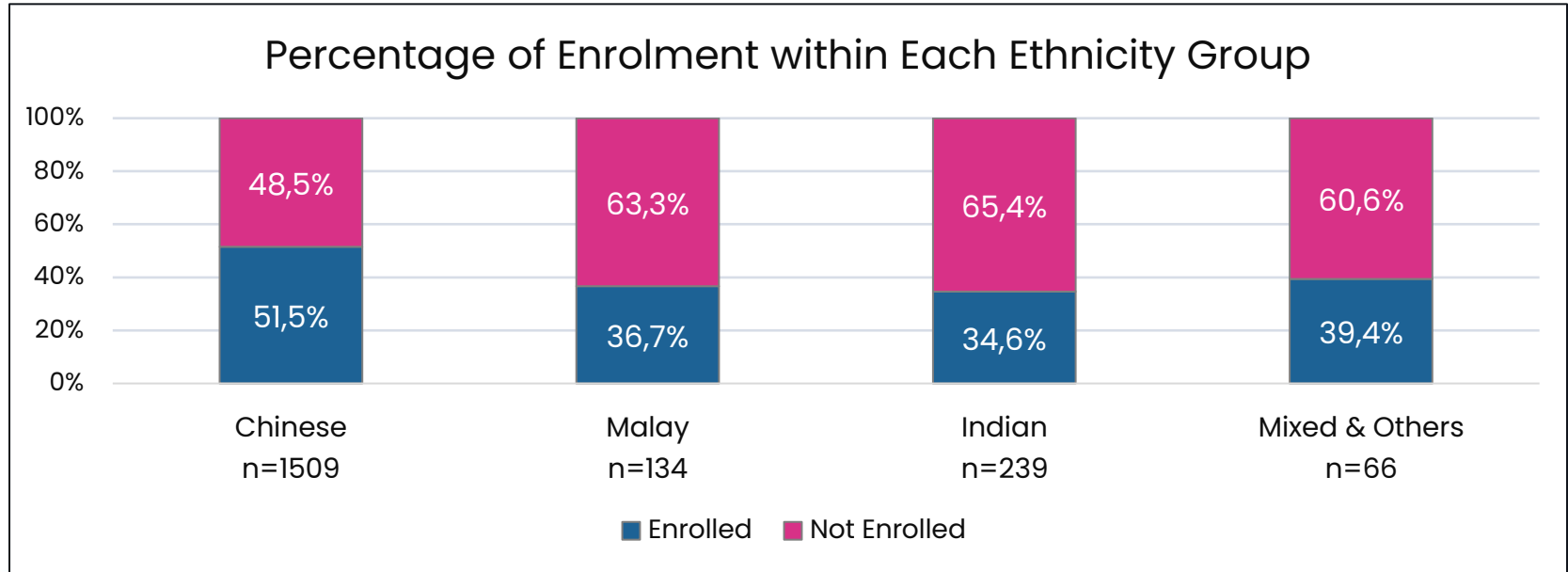|	Estimate	Std. Error	*p*
Female	−0.053	0.067	0.429
50 to <60	0.247	0.086	**0.004**
60 to <70	0.687	0.092	**<0.001**
70 to <80 years	0.627	0.114	**<0.001**
≥ 80 years	−0.168	0.260	0.516
Malay	−0.495	0.139	**<0.001**
Indian	−0.611	0.103	**<0.001**
Others	−0.353	0.181	0.052
3- to 4-Room Public	0.085	0.175	0.625
5-room & Executive Condo Public	0.236	0.178	0.180
Private	0.450	0.186	**0.016**

Results

Effect of Demographic Factors on Enrolment

- Gender did not have an effect

- **Older age groups** (50 to <60, 60 to <70, 70 to <80 years) were **more likely** to enrol than 40 to <50 years

- **Malay and Indian** were **less likely** to enrol than Chinese

- Those living in **private housing** were **more likely** to enrol than those that live in a rental room or 1- to 2-room public housing
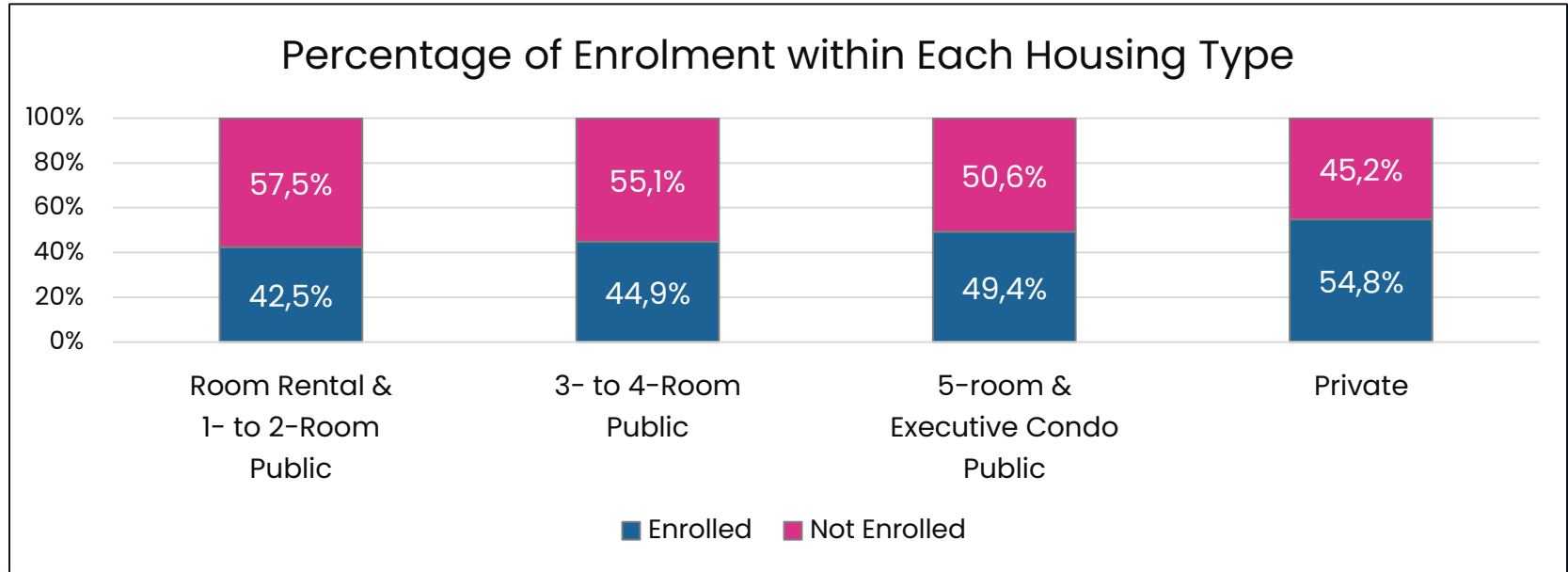
Results

Profile of Participants Enrolled in Healthier SG (n=1872)

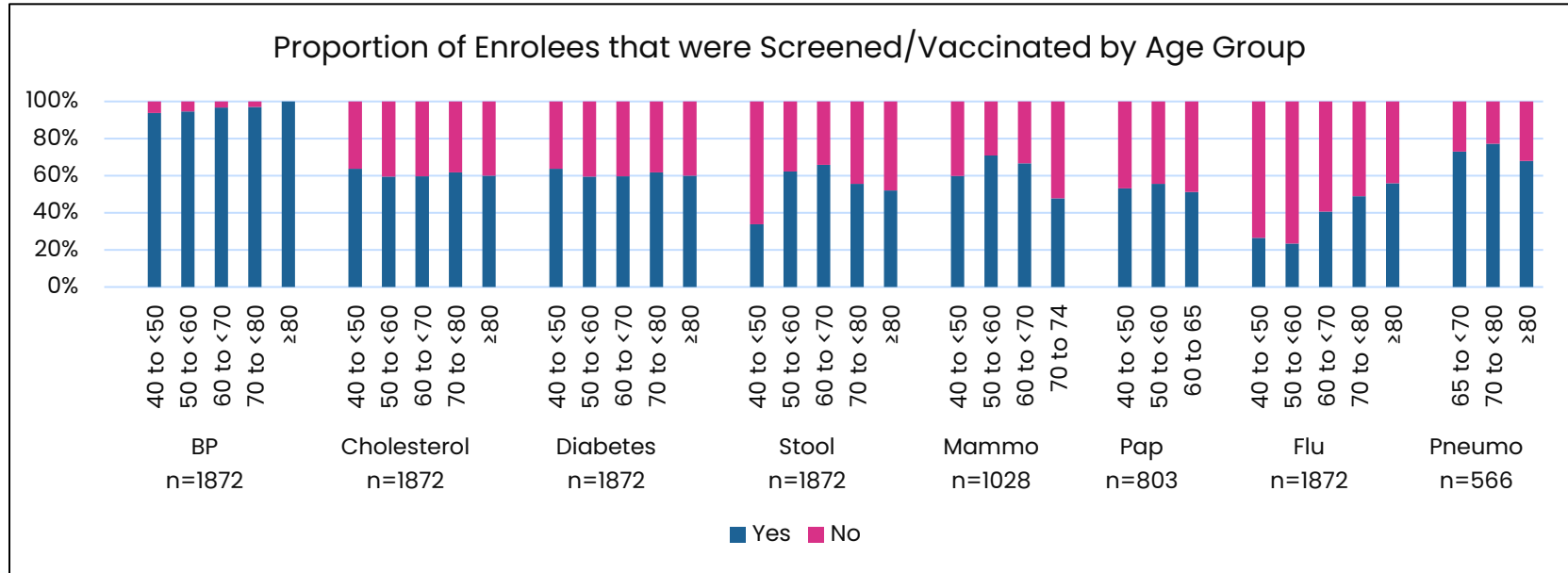Percentage of Enrolment within Each Ethnicity Group

	Chinese n=1509	Malay n=134	Indian n=239	Mixed & Others n=66
Not Enrolled	48,5%	63,3%	65,4%	60,6%
Enrolled	51,5%	36,7%	34,6%	39,4%

■ Enrolled ■ Not Enrolled

Results

Profile of Participants Enrolled in Healthier SG (n=1872)

Percentage of Enrolment within Each Housing Type

Housing Type	Not Enrolled	Enrolled
Room Rental & 1- to 2-Room Public	57,5%	42,5%
3- to 4-Room Public	55,1%	44,9%
5-room & Executive Condo Public	50,6%	49,4%
Private	45,2%	54,8%

■ Enrolled ■ Not Enrolled

Results

Screening and Vaccinations

Proportion of Enrolees that were Screened/Vaccinated by Age Group

Results

Screening and Vaccinations

"Would you have done the screening even without HSG?"

	Blood Pressure n=1786	Cholesterol Screening n=1140	Diabetes Screening n=1549	Stool Screening n=1053	Mammogram n=679	Pap Smear n=502
Yes	88,6%	84,0%	84,6%	78,4%	89,5%	87,8%

Yes ■ No ■ Not sure

Results

Overall Perceptions of Healthier SG (n=1872)

Rating Responses Amongst Those Enrolled in HSG
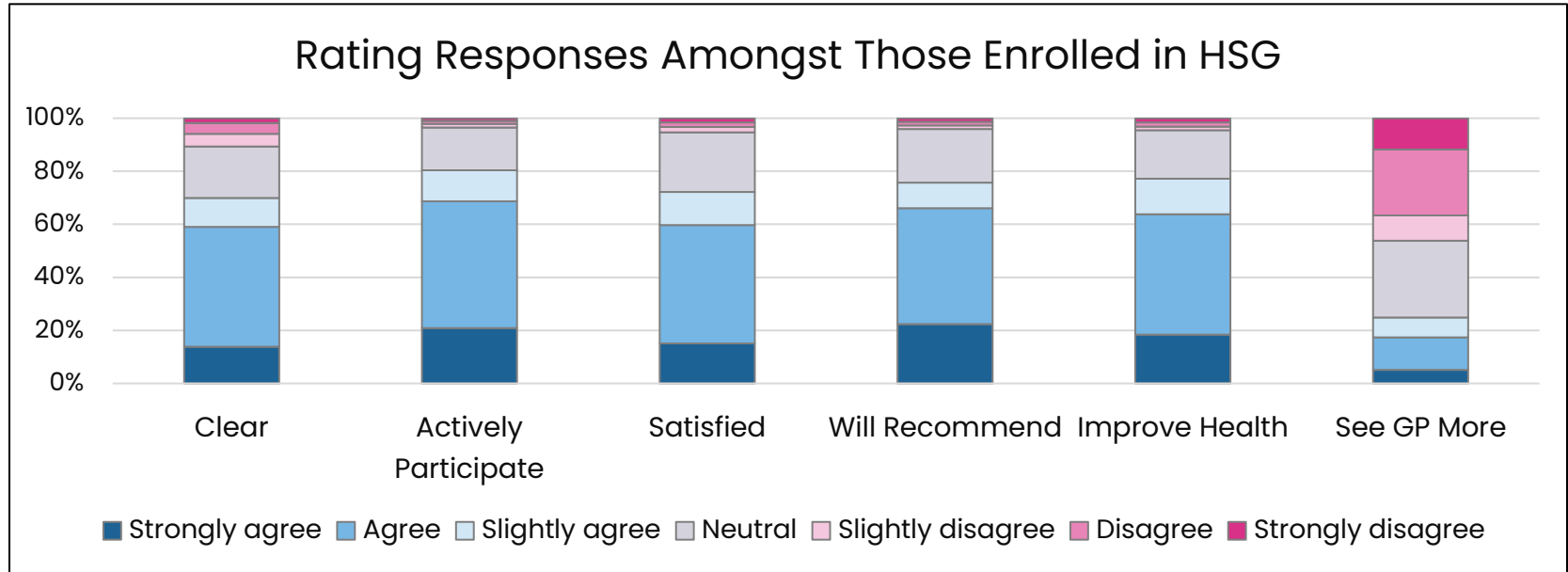
Discussion

- Outreach efforts can be enhanced in certain demographic subgroups

- Low direct attribution of screening components being done because of Healthier SG
    - Limitation: participants in a longitudinal cohort study could be more attuned to the benefits of preventive care

- The strategy of reducing financial barriers and using monetary incentives to extrinsically motivate uptake of disease screening and prevention could be further enhanced

Acknowledgements

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