



# NHG Polyclinics (NHGP)

National Healthcare Group  
POLYCLINICS

Singapore

## From Clinic to Community: Starting a weight management conversation in the clinic and supporting lifestyle modification in the community.

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Health Promotion and Preventive Care

### BACKGROUND

National Healthcare Group (NHG) provides regional health services to 1.6 million Central and Northern Singapore residents and NHG Polyclinics (NHGP) provides primary care services to 600,000 patients through 6 polyclinics. Based on NHG's data on patients residing in Central Singapore, those who are at risk (BMI  $\geq 23.0$  kg/m<sup>2</sup>) have 2.5 to 3-fold higher 1-year transition rates to diabetes, hypertension and lipid disorders. The community provides an ideal environment that facilitate patients' lifestyle modification, thus "de-medicalising" weight management and focusing on "wellness" rather than "illness"

### OBJECTIVES

It is imperative that NHGP addresses the weight issues by systematically:



1. Identifying patients with BMI  $\geq 23.0$  kg/m<sup>2</sup>



2. Engaging patients on weight management



3. Offering assistance through collaboration with community partners

### IMPLEMENTATION & RESULTS

#### 1. Systematically Identify and Engage Patients

##### April 2018 Cardiovascular Risk Screening (CRS)



4,145 Patients are offered weight management at follow-up

##### June 2018 Tiered-Risk Interventions for Managing weight (TRIM)



Pilot in 1 polyclinic to nudge clinicians to talk about weight management. >1,800 patients identified. TRIM spread to another polyclinic in April 2019.

#### 2. Automated Risk Stratification

##### April 2018 Obesity Management Framework



Automated a risk stratification algorithm to offer appropriate interventions.

>20,000 patients risk stratified

#### 3. Co-ordinating and Contributing to Community Resources

##### October 2017 FitterLife

Collaborated with NHG and ActiveSG on a community intervention programme. >200 participants enrolled.



Exercise by Active SG

Facilitated by NHG Health Coach

Interval Cycling by NHGP Staff

### CLOSING

By activating the community for health, we reach out better to the "pre-ill", helping to improve Singapore's chronic disease burden and ultimately foster a healthier population.

### ACKNOWLEDGEMENT OF KEY STAKEHOLDERS

NHGP Divisions: Health Promotion & Preventive Care, Clinical Services, Nursing Services, Clinic Operations, Office of Clinical Informatics

Community Partners: NHG Population Health Division, ActiveSG, Singapore Heart Foundation



##### April 2018 NHGP refers Tier 3B patients to Singapore Heart Foundation

Non-clinician empowered to make referrals.

##### OCTOBER 2018 Lighter Life

Partnered with ActiveSG on another programme for those with diabetes and/or hypertension.

