

WAH PROGRAMME



WORKPLACE AND HEALTH PROGRAMME

- Encourages workplace to provide supportive environments and actions for employees to be active, eat healthy, be smoke-free and have good mental well-being.
- AIM:
 - Develop or strengthen workplace healthy lifestyle programmes or workplace health promotion programmes in all Government ministries by 2021
 - By end of 2019, Workplace Health Promotion Programmes (WHPP) to be developed or strengthen in 6 ministries.
- Scheduled workshops to increase knowledge and competencies.
 - consist of group health talks/counselling; exhibition; BMI health screening; training on mobility breaks which will be conducted by GJPMC and an appointed qualified health company commissioned by the Ministry of Health
 - KPI: 10% participation rate for overall programme in each ministry. There will be a minimum of 6 sessions per ministry lasting 2-3 hours per session and the target will be 200-300 participants per session
- Free after-hours weekly group exercise sessions;
pointers on mid-morning mobility breaks to promote and increase uptake of physical activity
 - The weekly exercise sessions will be conducted/led by one (1) appointed Fitness Instructor (FI) assigned to each ministry.
 - exercise sessions to be conducted by each FI in a year (10 months) and 1 walkathon/mass exercise session for each ministry. Relevant ministry to promote and encourage maximum participation each week
- Provision of health equipment to facilitate basic health screening (sphygmomanometers to measure blood pressure and weighing scales)

Happy Environment And Lifestyle (HEAL) Programme



HAPPY ENVIRONMENT AND LIFESTYLE

- Supports physical activity interventions in community setting through building, strengthening, and maintaining social networks that create opportunities for physical activity
- AIM:
 - To raise awareness and knowledge of the multiple health benefits of regular physical activity and reduced sedentary behaviour in the community settings
 - To engage and form partnerships between community, schools, private businesses, health centres, sports and recreational stakeholders to promote and engage in culturally appropriate physical activities
 - To promote and conduct at least 2 mass physical activity sessions in all 4 districts through engagement and partnerships