

A close-up photograph of a small, vibrant green seedling with two emerging leaves, growing out of a narrow crack in a dark, textured rock. The background is a blurred expanse of similar rock, creating a sense of depth and highlighting the resilience of the plant.

Grow Well SG

A National Response

The situation – Sleep Deprivation

THE STRAITS TIMES

8 Aug 2021

SINGAPORE

Control gadget use to ensure kids get quality sleep: Experts

SINGAPORE - Controlling children's access to electronic devices is key to ensuring they get quality sleep, which is important for their physical and intellectual development, said experts.

Paediatric specialists told The Sunday Times that children who get insufficient sleep are also at higher risk of developing a sedentary lifestyle that can lead to obesity, which can then lead to other health problems when they are older. These include heart disease, high blood pressure and other chronic illnesses.

That is why, they said, it is important to make sure screen time for children is tightly regulated, and parents practise good sleep hygiene, which refers to a bedtime routine and environment that are conducive to sleep.

The situation – Lack of Physical Activity

THE STRAITS TIMES

9 Jan 2023

SINGAPORE

Over half of kids, teens in S'pore do not hit physical activity targets: Study

Dr Chan Poh Chong, head and senior consultant at the Division of General Ambulatory Paediatrics and Adolescent Medicine under the department of paediatrics at Khoo Teck Puat-National University Children's Medical Institute at National University Hospital, said the motivation to exercise is lacking, despite access to safe parks, playgrounds and sports facilities. "Likely reasons include poor family support and encouragement for physical activities and an emphasis on academic success, as well as increased screen time allowed at home," he said.

Dr Benny Loo, a consultant at KK Women's and Children's Hospital's Sport and Exercise Medicine Service, said studies by the hospital suggest that parents do not know enough about the physical activities, screen time, eating habits and amount of sleep their children need in a day.



The Situation – Obesity rates going up

Singapore

Obesity among children on the rise in Singapore, but fat-shaming is not the answer

Child obesity is on the rise in Singapore. Tackling it will require mindset shifts as well as lifestyle changes.

About half a year ago, Kai started treatment at the weight management clinic of KK Women's and Children's Hospital (KKH), supported by a team comprising a paediatrician, exercise specialists, dieticians, psychologists and medical social workers.

The changes were immediate. The first thing to go was fast food, which Kai used to eat "very often", said his mother.

Because of Kai's mother's work as a software engineer, the boy's main caregiver was his grandmother. Realising that Kai could be picking up unhealthy eating habits from the adults, they made changes.



Davina Tham

14 Jan 2023 06:00AM

(Updated: 14 Jan 2023 07:54AM)

Local Research

Data gathered through local studies in 2024

Physical Activity (8 year olds)	Only 52% is involved in sports activities outside school.
Obesity (Under 18 year old)	Increase from 11% to 13% since 2013.
Eating habits (5 year olds)	43.9% consume more items with high contents of saturated fat and refined carbohydrates
Sleeping habits (6 to 13 year olds)	Only 57% of Singapore children meet the recommended hours of sleep.
Screen Time	<p>Children aged 1 to 3 years old spend an average of about 2 hours on screen use daily.</p> <p>Only 41% of 8 year old children meet the recommendations of <120min of screen time.</p>

Implications

Habits	Associated risks	
Lack of physical activity & poor eating habits	Physical Risks	Obesity Weakened immune system. More susceptible to falling sick. Increased risks of early heart diseases, stroke and diabetes
	Mental Health	Higher rates of anxiety, depression and low self-esteem.
	Social risks	Increased likelihood of being teased or socially isolated.

Implications

Habits	Associated risks	
Poor sleeping habits & excessive screen time	Physical Risks	<p>Growth problems and impaired brain development: Body's growth hormones is primarily released during deep sleep.</p> <p>Increased risk of obesity and cardiovascular issues due to release of disruption of hormones that control our appetite.</p>
	Mental Health Concerns	<p>Mental health concerns: Increased risk of developing anxiety, depression and low self-esteem.</p> <p>Attention and memory deficits potentially leading to poor academic performance.</p>
	Social Risks	<p>Behavioural problems: Insufficient sleep is linked to mood swings, irritability, hyperactivity, impulsivity, aggression and defiance.</p> <p>Social risks: Strained peer relationships may develop due to irritability and poor cooperation with other children.</p>

Our Response - Grow Well SG

THE STRAITS TIMES

SINGAPORE

LOG IN



Ministry of Education
SINGAPORE

Education levels ▾ Financial matters ▾ Education in SG ▾ Newsroom ▾ Careers ▾ About MOE

[MOE](#) > [NEWS](#) > [PRESS RELEASES](#) >

National scheme launched to get kids to adopt healthy habits, kick digital and junk food dependence



While most children in Singapore are in good health, many have already picked up poor habits. ST PHOTO: LIM YAOHUI



Joyce Teo

UPDATED JAN 22, 2025, 11:16 AM

f < ...

Grow Well SG to Support Families in Building Healthy Habits in Children

Grow Well SG, launched on Jan 21, aims to empower families to make sure children put down their mobile devices, eat well-balanced meals, get moving and have enough sleep, with support from pre-schools, schools, healthcare institutions and the community.

In addition, there will be a focus on relationships within the family and social connections with friends, a key component of healthy lifestyles.

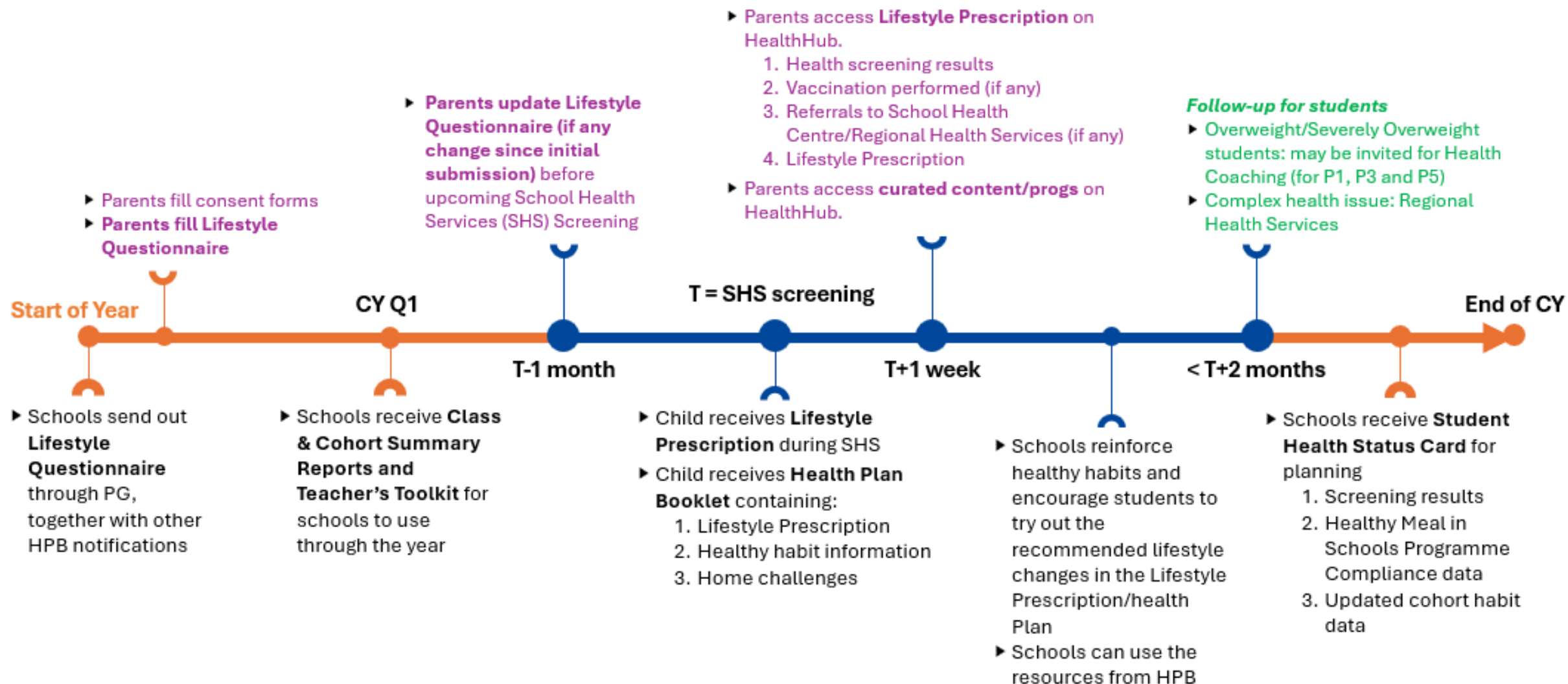
The goals are to eat well, sleep well, learn well and exercise well.

Our Response - Grow Well SG

Led by MOH, MOE and MSF, Grow Well SG is a **new national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents.** We will first focus on **children 0-12 years old** and extend to older age groups subsequently.

Four modifiable behaviours:

- 1) Excessive screen time
- 2) Insufficient physical activity
- 3) Poor nutrition
- 4) Inadequate sleep



Note:

Actions by parents

Actions by HPB or Regional Health Services

Actions by schools

P1 to P5 Parents to fill in the Lifestyle Questionnaire prior to Health Screening

Consent Form and Lifestyle Questionnaire

- Completed by parents
- During health screening, healthcare professionals will discuss with students their Health Plan using the personalised information from the questionnaire



Child Lifestyle Questionnaire

2025

Nutrition

7. How many days a week (on average) does your child eat 2 or more servings of vegetables? *

Refer to the picture below to see what counts as 1 serving

Select...

1/4 plate of cooked vegetables



Examples of 1 serving of vegetables

1/2 cup of cooked vegetables



Physical Activity

16. How many hours (on average) does your child exercise every week? *

Including PE, sports CCAs, after school exercises/martial arts/dance classes, etc. (Note: All schools should have about 1-2 hours of PE weekly. Do include this when providing your response)

Health Hub app



Resources for Parents: Access to Information Given after the School Health Screening


Parents can access HPB's HealthHub to retrieve information on

- Health screening results such as myopia and hearing tests,
- Vaccination performed,
- Referrals to specialists in the Student Health Centre or Regional Healthcare System, if any, and
- **Lifestyle prescription**



CONFIDENTIAL

SCHOOL HEALTH SERVICE
Youth Preventive Service Division

Health Promotion Board

**Sample
HEALTH PLAN**

Name: [REDACTED]
BC/NRIC/FIN: [REDACTED]

Date of Assessment: 23/08/2024

Lifestyle Prescription:

Dear Parent,


Aiden has agreed to the following lifestyle changes during screening:

- In addition to his current activities, he wants to ride scooter and cycle regularly, for an extra 2 days a week for 30 minutes per session. Regular exercise can improve strength, memory and thinking! He should try to do more activities outdoors! Outdoor play protects eyesight and can keep myopia away!
- He also wants to cut down his intake of sweet drinks to 2 days a week! Limiting his sugar intake and having a well-balanced diet can improve his attention in class and support his growth! Remember to keep mealtimes screen-free to help him be more mindful of his choices!
- To help him grow well and concentrate in class, he should aim for about 9 hours of sleep every night. Try to limit screen use 1 hour before bedtime for quality sleep!



These habits are important for your child's overall well-being and development. Your support and encouragement will play a crucial role in helping him stay consistent with these changes. Let's cheer him on!

Note: If your child is on follow-up for any medical condition or allergy, do check in with your doctor to ensure these are safe for him to do before starting lifestyle changes.

How you can support your child:
Scan the QR code for resources and activities to assist in your child's health journey



Summary of resources for Parents & Child

Resources	Timeframe	Remarks
Lifestyle questionnaire and consent form	At the beginning of the year	Sent through schools via Parents Gateway
The Health Plan for their child on HealthHub: 1. Health screening results 2. Vaccination performed (+/-) 3. Referrals to SHC/RHS (+/-) 4. Lifestyle Prescription	Available 2 weeks after school's health screening exercise	Available on HealthHub 
Curated content and programmes by HPB which includes those of sleep habits, healthy eating, etc.	Available anytime	Available on Parenting for Wellness website and Parent Hub 

Restricted (Non-Sensitive)

How is FTPPS supporting you?

Exercise Well

House Practices, Sports-For-All-Event

Play@Recess

Inter – Class Games

Swimsafer

Sports Education Programme (Inline skating, Dragonboat, Rockclimbing)

My Physical Education Journal

P1: Healthy habits (diet, exercise, sleep)

P2: Regular physical activity

P3: Varied activity intensity

P4: Health- and skill-related fitness

P5: Weight-bearing & aerobic exercise

P6: Sustained active lifestyle

How is FTPPS supporting you?

Eat Well

Healthy Meals in School Programme:

- No deep fried food
- Ingredients using Healthier Choice Symbol (HCS)
- Fruits with every set meal.

My Physical Education Journal

P1: Balanced diet basics, fruits & vegetables, healthy drinks/snacks, exercise & sleep

P2: Wholegrains, lower-sugar drinks, healthy snacks

P3: Meat & Others food group

P4: Balanced diet strategies, healthy drinks, healthy cooking

P5: Energy balance

P6: Healthy living habits, hydration, fruits & vegetables

How is FTPPS supporting you?

Learn Well

- Strict digital devices policy in FTPPS.
- IPADs provided for students are strictly used for educational purposes.