

Cat 4 resource development

Happy Health, Happy Life

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Abstract:

Project Happy Health, Happy Life aims to encourage elderly Singaporeans above the age of 65 to live a healthy lifestyle, which results in a happier and easier life for them. Through our resources , we hope that elderly Singaporeans would be encouraged to live a healthy lifestyle through exercising and a balanced diet, and even if they are not encouraged, will be able to pass on information about how living healthy is important. We created two websites, one in Chinese and one in English. We have done research and typed out information about exercising and diet. Two exercise videos, one on hand exercises and one on leg exercises, to allow them to be more familiar with the exercises. There is one fun scratch game, which is also a quiz. In the website, we also have another quiz using Google Forms. We also have an Information Booklet that can be passed out to the elderlies. There is also an Exercise Booklet besides the video, as the booklet is more detailed.

1. Introduction

1.1 Rationale

Many elderly Singaporeans say that having a healthy and active lifestyle is not important. They think that at their age, they do not need to care for their body. However, they are very wrong. In fact, when a person becomes older, the more he or she needs to mind his or her daily lifestyle. So, we are planning to create a package to help elderly Singaporeans understand the rationale of having a healthy lifestyle. We hope that the elderly will better understand the importance of living a healthy lifestyle, in order to live happily and without worries.

1.2 Objectives

The objectives of Happy Health, Happy Life were to

- Raise awareness and educate the elderly on how to live a healthy lifestyle through exercising and a balanced diet
- Promote a healthy lifestyle among the elderly
- Let them understand that a healthy lifestyle would result in a happier life for them

1.3 Target Audience

Our target audience are the elderly above the age of 65 as there are more and more people entering this age group. As such, if they were to fall ill, they will be a strain to the country's reserves

1.4 Resources

The resources are a web, information booklet, scratch game, exercise video and exercise booklet. Our web provides information on having a healthy lifestyle. It aims to encourage and promote a healthy lifestyle and tell them how to do so. There is also a quiz for each section – food and exercise. The quiz is to test them on how much they have understood. Our scratch game aims to promote a healthy lifestyle through fun and game. It consists of food and exercise questions mixed together. The elderly will have to “deliver” the rocket to the correct planet. This adds an interactive element to our resources. Our information booklets aim to act as a written version of our website. It is to accommodate those who don't have mobile devices. Our exercise video aims to teach the elderly how to have a healthy lifestyle through exercising. It shows a few exercise steps on hand and legs. Our exercise booklet aims to act as a written version of our exercise video. It is for those who don't have a mobile device.

2. Review

There are many websites providing healthcare help for the elderly. However, they are not many websites that have both food and exercise. For example, [healthline](#), a website on elderly health, only provides information on food and does not have information on exercise. We feel that it is important to have these 2 as a healthy lifestyle needs both and not either food or exercise. Furthermore, our website also contains games and quizzes so that the elderly will be more encouraged to have a healthy lifestyle. These are hardly seen in health websites. For example, <https://www.health.harvard.edu> only have content but does not have much interactive elements.

3. Methodology

3.1 Needs Analysis

A need analysis was conducted to ascertain the feasibility of the project. Firstly, we searched for what the Singapore government was doing to help active aging, for example the Prime Minister's Rally, Ministry of Health website and the People's Association website. Based on the Ministry of Health, they have to create several resources to promote healthy aging among elderly Singaporeans. It shows that the Singapore Government also feels that healthy aging is essential in Singapore and our resources will be relevant to the elderly. Based on the Prime Minister's rally speech, our prime minister feels that our aging population is a rising concern and it is important for them to stay healthy. Based on the People's association website, they say healthy aging is essential to the elderly as it improves their mental and physical health.

3.2 Survey results

- Based on our survey conducted on 35 elderly, about 39.5% of elderly above the age of 65 saying that they suffer from diseases. This is a rising concern as more than a quarter of them suffer from disease at the age of 65. Diseases might require long term treatment. For example, if one of them were to have diabetes, they would have to take medication almost daily, be careful not to have any cuts and reduce sugar intake. This would result in not having a happy life.
- About 39.5% of elderly Singaporeans exercise less than 3 times a day. They are supposed to exercise at least three times a day in order to keep fit. Exercising is important for elderly as it allows them to have a healthy mind and body. With lesser exercise, they are more prone to diseases. This might be the reason why 39.5% of them are currently suffering from diseases.
- About half of them feel that they need resources to encourage them to exercise. What this means is that they feel that they need something to guide and encourage them to live a healthy lifestyle. Our resources will give them encouragement and guide them on how to live a healthy lifestyle. Our resources will also teach them how to exercise in a safe manner.

3.3 Development of resources

Firstly, we searched for some reputable books and websites, such as government websites and books written by professionals. Next, we referred to our science notes given by our Science teachers. With these references, we started filling in the information. After collecting sufficient information to fill in the web, we started to make our small quiz based on the content in our website. Our website was made from google sites. We collated several exercises to create our exercise video. We had one person speaking and holding the camera while someone else to show the moves. For our exercise booklet, we typed out the steps and placed pictures for the elderly to visualise. For our information booklet, we used the information in our web to fill it up. The exercise and information booklet were created using Canva. We created a scratch game which was to let the elderly to have some fun while promoting a healthy lifestyle. The questions were taken from the small quiz in the web. After everything was done, we translated our resources into Chinese and checked on our resources.

3.4 Pilot test

- A pilot test was administered to 22 elderly Singaporeans, including our grandparents and canteen vendors. Generally, the feedback was rather positive with many of them saying that they would want to keep using our resources in the future. Many of them felt that it was useful and wanted to use it again. Many of them said that they would recommend it to their friends and wanted to start living a healthy lifestyle after going through our resources.
- Most of them say they liked our resources and would like to use them in the future again. This shows that they felt that our resources were useful to them and felt that it was rather interesting. They were hooked up to our resources and even asked for the links after we were done with the trial test.
- They also say that they would recommend it to their friends. This shows that they felt that their friends should also use our resources as our resources were easy to use and rather interesting. Some of them wanted to exercise together with their friends as they learnt that exercising is important for them.
- Some of the comments given were bigger words and more pictures. We took their comments in and changed according to what they commented and improved our resources.

4. Outcome and Discussion

Through our needs pilot test, we found out that most of the elderly found our resources useful and liked it . The results were rather positive. The comments given were our resources were useful, interesting and fun. However, there were also negative comments. Some of them felt that the words were too small, wanted more pictures and lesser words. Some of them said that they disliked our resources as they felt that there were already enough resources online and felt that it was unnecessary to create them. We took all their comments into consideration. We improved our resources based on their comments and make it more interesting .

5. Conclusion

Project Happy Health, Happy Life has allowed us to understand that elderly Singaporeans in Singapore hardly live a healthy lifestyle. This results in Singapore getting diseases such as cancer and diabetes. The simplest solution is to live a healthy lifestyle . It saves the trouble of going through treatment and saves money. This project raise awareness and educate the elderly on having a healthy lifestyle, importance of a healthy lifestyle and letting them understand that a healthy lifestyle would in turn allow them to live a happier life.

6. Acknowledgment

We would like to acknowledge and extend our deepest gratitude to those who had helped us along this journey.

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7. References

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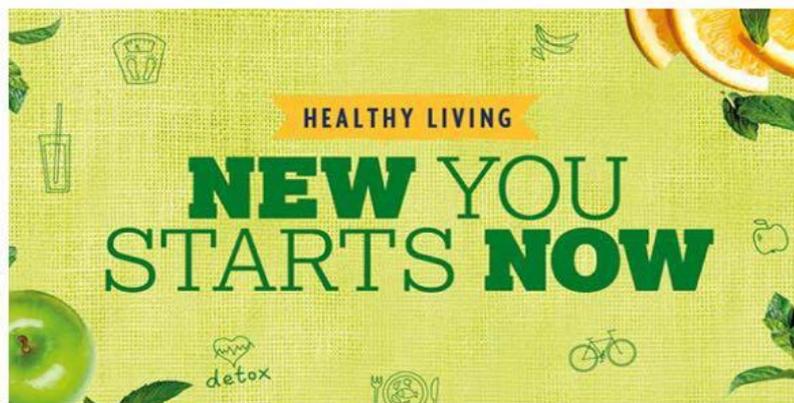
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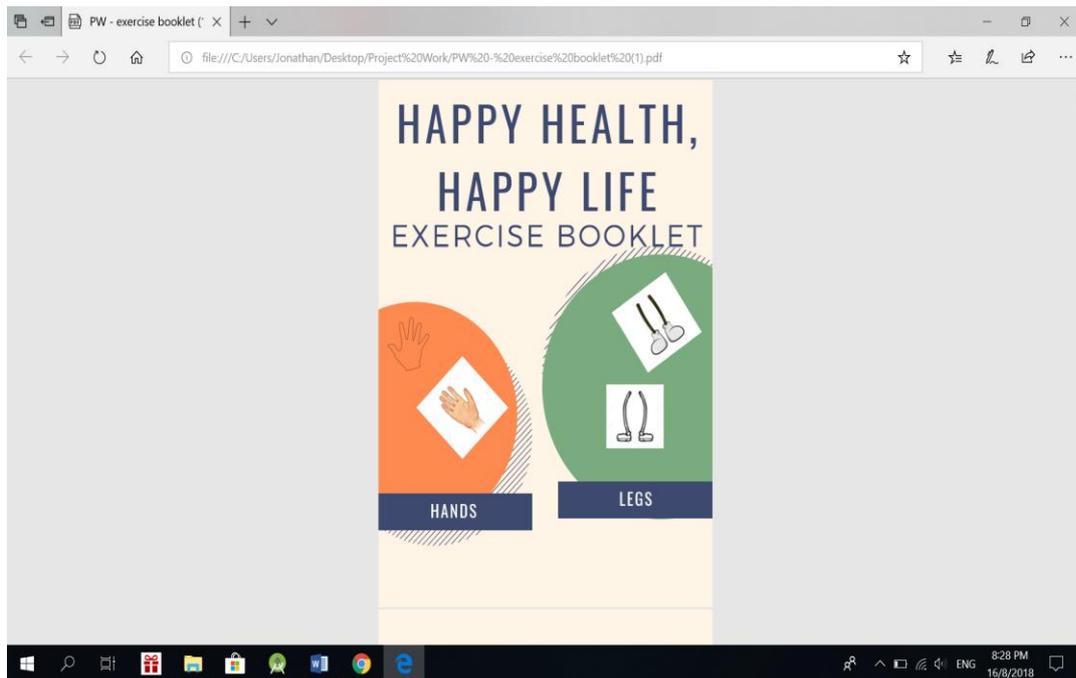
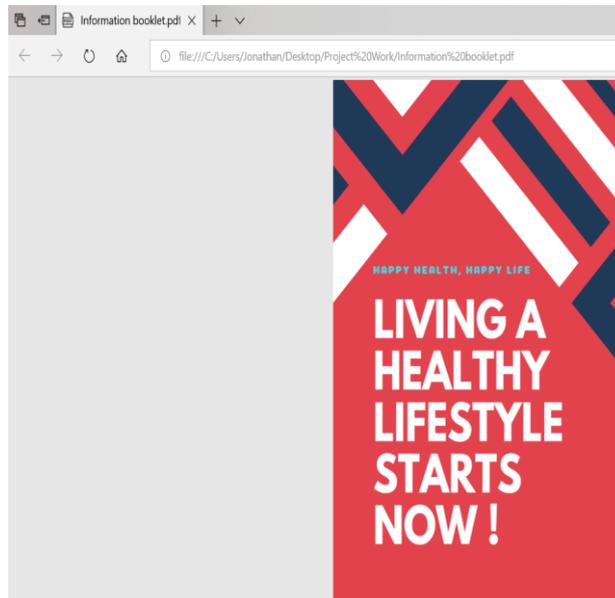
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Appendix 1:Resources

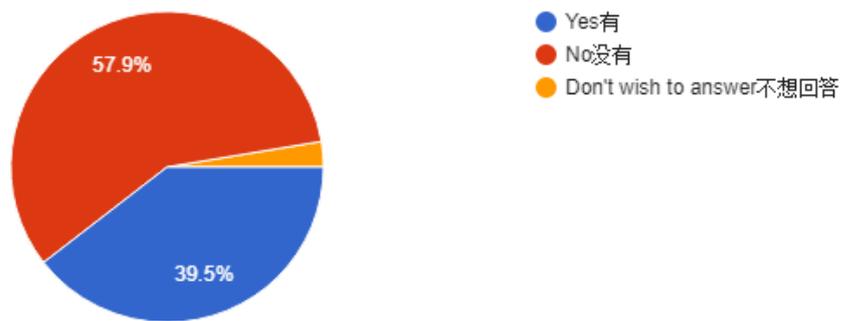




Appendix 2 : Needs analysis survey results

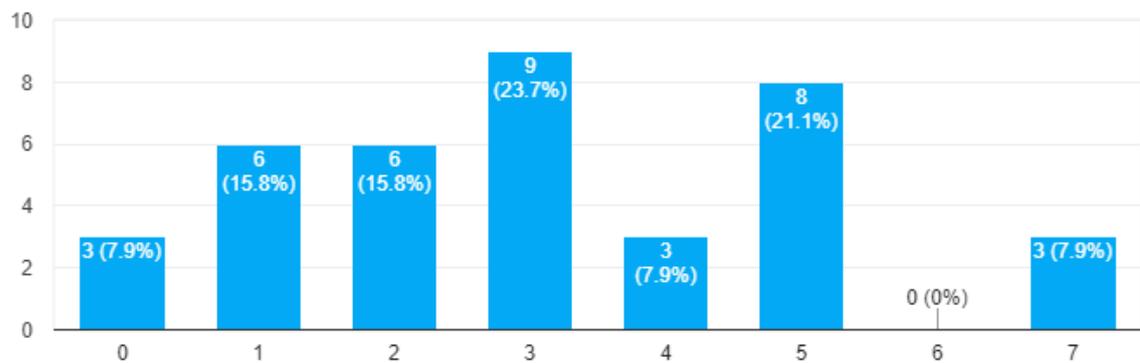
Do you suffer from any diseases(e.g. diabetes)?你是否患有任何疾病（如糖尿病）？

38 responses



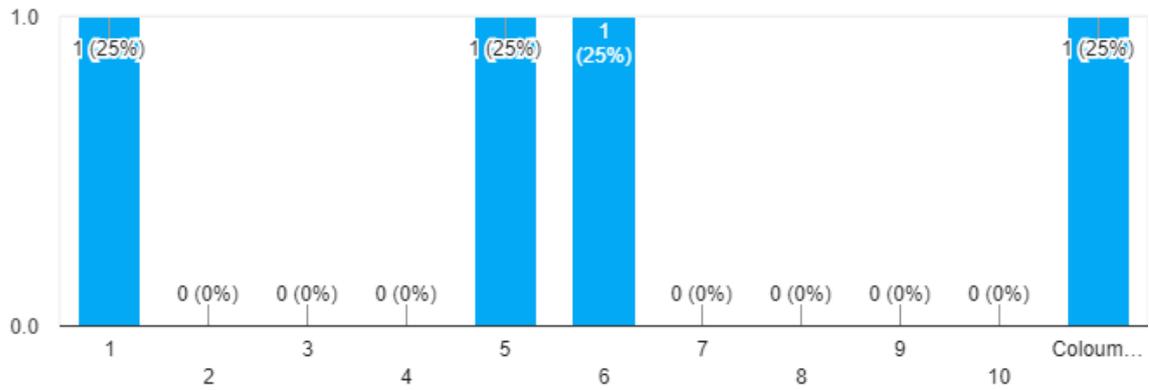
How many days do you exercise in a week?您每个星期会平均运动几天？

38 responses



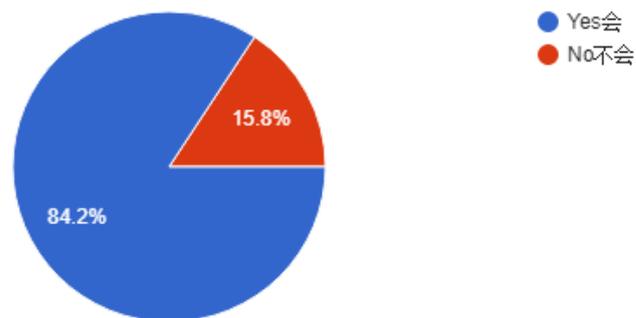
Will using an app/resource that teaches you to exercise help you and will you use it? 如果我们制造一个应用...教您怎样运动, 保持健康, 您会不会使用它?

4 responses



Do you think exercising more would help you (improve your health)? 您认为更多运动会对您的健康有帮助吗?

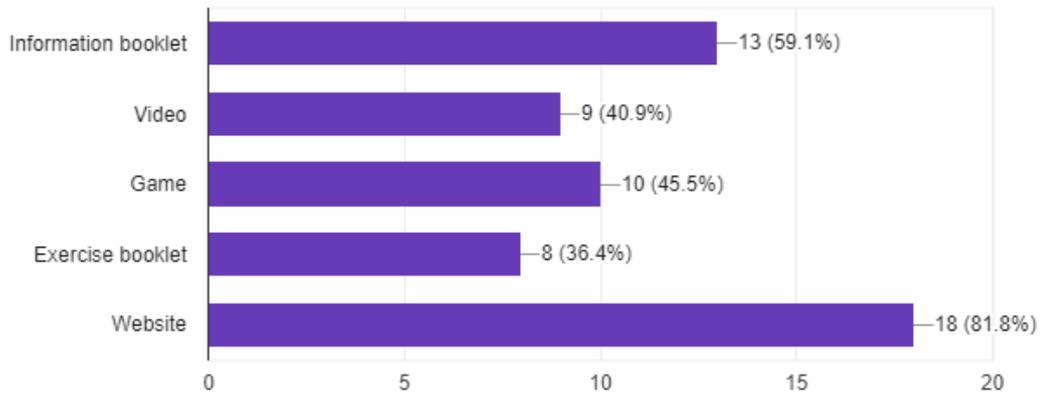
38 responses



Appendix 3: Pilot test

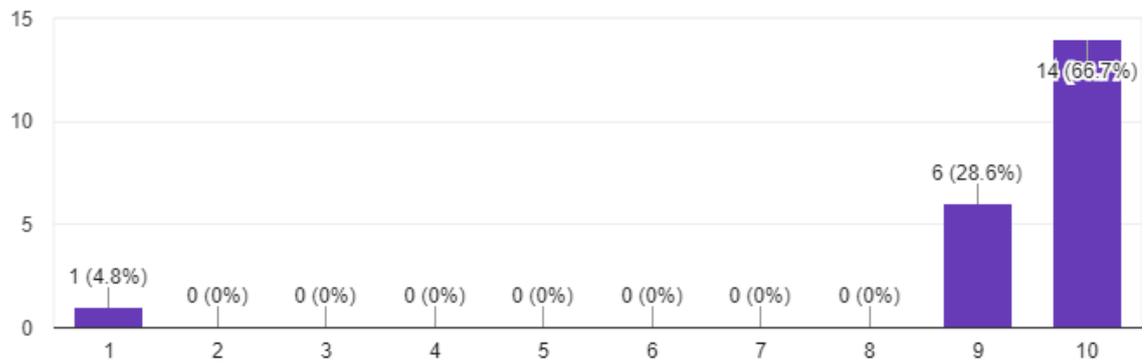
Which of the resource do you like? You can choose more than 1 option

22 responses



From a scale of 1-10, how would you rate the resources, with one being the worst and 10 being the best

21 responses



Would you recommend it to your friends?

22 responses

