

Project Vitalize

07-39

Multi-Year Project

Members:

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Section 1: Overview

Area of Concern & Challenges Identified

Diabetes is widely prevalent in Singapore today. Prime Minister Lee's stated in his National Day Rally speech in 2017 that **1 in 9** Singaporeans have Diabetes and Singapore has the 2nd highest proportion of diabetes in Asia. **Increasing affluent lifestyles** and **unhealthy eating habits**, has led to a spike in blood sugar levels, manifesting in many associated health related issues. From a **survey we conducted on 140 youths**, we found that there was a **lack of awareness** on how to combat Type 2 Diabetes, ways to leading an active lifestyle, and which organisation can provide them with the help they require.

Our beneficiary, Diabetes Singapore (DS) provides medical support for diabetic patients and psychological support through the Diabetes Support group. However, they **operate and rely on limited public funding** and had to restrict their services and activities due to a lack of financial support. For example, DS has **closed down 1 of its 2 centers** due to the lack of funding, and also has **limited outreach** to diabetic patients as it is located in the far west. Singaporeans also **lack awareness of DS exists** as a source of help for Diabetic Patients.

Underlying Problem

Given the lack of awareness of preventive measures for diabetes, coupled with the increasingly affluent lifestyle, which has led to an increased proportion of people with diabetes, how might we educate youths aged 13 to 18 on ways to reduce the chances of developing diabetes and help the elderly manage the health issues associated with diabetes through leading a healthy lifestyle, while raising funds and awareness for DS?

Plan of Action

We have improved this project from last year. Instead of focusing on clearing misconceptions on Type 1 Diabetes, we focused to **promote a preventive lifestyle against Type 2 Diabetes**.

To ensure the best plan of action, we adopted the following criteria:

1. How can we **raise awareness and funds** for Diabetes Singapore, which provides services for diabetic patients?
2. Help the **elderly manage the health issues** associated with diabetes through leading a healthy lifestyle
3. How can we **educate youths to lead a preventive lifestyle** against diabetes?

Section 2: Implementation of Action Plan

Date/ 2018	
Step 1: Setting Foundation	
January	<ul style="list-style-type: none"> ● Formation of 100 man-strong Organising Team from various schools ● Goal setting to ensure clear and achievable aims
February- July	<ul style="list-style-type: none"> ● Constant meetings with Ms Clare Tan from DS ● Diabetic Support Group (DSG) Interaction Sessions <ul style="list-style-type: none"> ○ Allowed us to bond with members of the support group and gave us more insights about the life of a person with diabetes and the disease itself
Step 2: Brainstorm and Planning	
February	<ul style="list-style-type: none"> ● Preliminary research on 140 youths to know more about DS ● Preliminary event plannings and evaluating ideas based on cost-benefit and feasibility ● Updating DS on our events and learning how to fine-tune them
Step 3: Preparation and Organisation	
January	<ul style="list-style-type: none"> ● Liaising with ActiveSG <ul style="list-style-type: none"> ○ Sponsored printing of publicity materials (pamphlets and banners) ○ Collaboration for events
March	<ul style="list-style-type: none"> ● Acquired funding through Youth For Causes and Young Change Makers programme <ul style="list-style-type: none"> ○ Seed funding of \$1600 and \$3000 respectively ● Acquired sponsorship from Pokka <ul style="list-style-type: none"> ○ Sponsored less sugar drinks for Zumba Sessions
April	<ul style="list-style-type: none"> ● Purchasing of merchandise and donation cans for street sales
May	<ul style="list-style-type: none"> ● Sourcing of quality acts and appropriate venue for concert ● Preparation of decorations such as lights and sounds
June	<ul style="list-style-type: none"> ● Collaboration with Community Centers in South-West Singapore
Step 4: Implementation	
January- February	<ul style="list-style-type: none"> ● Vitalize Day Camp <ul style="list-style-type: none"> ○ Allowed 100 volunteers to understand the prevalence of Diabetes ○ Volunteer training to ensure they were aware in conveying a clear message on our cause to the public ● Vitalize Sports Day <ul style="list-style-type: none"> ○ Allowed 80 youths to try out various sports they were interested in so as to promote leading a healthy lifestyle among youths ● Carnival <ul style="list-style-type: none"> ○ Set-up booth at Toteboard Carnival alongside ActiveSG ○ 100 volunteers to promote a healthy lifestyle through encouraging public to participate in sports booths (eg. giant tennis, wheelchair basketball, blindfold soccer)
February- August	<ul style="list-style-type: none"> ● Exhibition booths to promote leading a healthy lifestyle and introduce public to blood testing equipment as well as raise awareness for DS as a source of help

	<ul style="list-style-type: none"> ○ Events: Service Learning Summit @HCI, HCI Open House, Sharings at Jurong Green Community Centre, Shine Festival ● Walks with Diabetic Support Group (DSG) <ul style="list-style-type: none"> ○ To better understand their health and psychological needs
June	<ul style="list-style-type: none"> ● Street Sales <ul style="list-style-type: none"> ○ Over 40 sessions held throughout the month of June at Orchard, Bishan, Jurong East and Bugis to raise funds for DS ○ Raised over \$13000 and reached out to over 15000 people ● Street Initiatives (Busking/ Street Booth) <ul style="list-style-type: none"> ○ Held over weekends in the month of June at 313@Somerset. ○ Info-boards displayed during busking to educate public on how to lead a preventive lifestyle against Type 2 Diabetes. ● Concert at PLMGSS Agape Hall on 9 June <ul style="list-style-type: none"> ○ Over 500 audiences and raised over \$4500 ○ Featured local artistes Sam Willows and many schools acts from NYGH, RGS, VS, HCI. ○ Graced by Mr Lai Chin Kwang (Chief, ActiveSG) and Mr Venky (Executive Director, DS) ○ DS patients came to enjoyed the concert for free
July	<ul style="list-style-type: none"> ● House Visits at Jurong East (Block 373 & 374) <ul style="list-style-type: none"> ○ Raised awareness of DS as a source of support should they require financial help in combating Diabetes ○ Reached out to 200 households ○ Mainly targeting elderly ● Zumba Session at Tembusu Senior Citizen Center on 21 July <ul style="list-style-type: none"> ○ Allowed DS patients and other elderly at the center to conduct zumba exercises by a professional trainer ○ 100 people participated in the session
September	<ul style="list-style-type: none"> ● School Sharing <ul style="list-style-type: none"> ○ Sharing at Pioneer Primary School on how to lead a preventive lifestyle against diabetes
Step 5: Outreach and Publicity	
Jan-August	<ul style="list-style-type: none"> ● Updates on Facebook, Instagram platforms to raise awareness for our project <ul style="list-style-type: none"> ○ Published upcoming activities youth can take part in ○ Frequent updates through videos and photos of completed events
April	<ul style="list-style-type: none"> ● Featured on Hwa Chong School Magazine, InFocus
June	<ul style="list-style-type: none"> ● Designed and printed 5000 pamphlets which were placed at Community Centers and ActiveSG Sports Complexes, and given out during Street Initiatives. <ul style="list-style-type: none"> ○ Pamphlet contained information on DS as well as bite-sized tips on ways to lead a healthier lifestyle

With reference to the table above, we are currently at Step 4, 5. We are finishing our last event, conducting a **school sharing** in September. We have garnered enough public support for our events, as shown by the **high turn up at events** and likes on our pages. We have **conducted interviews** to get feedback from participants (both youths and elderly) and learnt that they enjoyed the event, as well as ways for improvement.

Section 3: Project Outcomes

Accomplishments and Scope of Impact (impact on DSG and how we have impacted the community, target outcome)

We have garnered much public support for our events, with a total of **300 volunteers**, as well as **1166 followers** and **7592 likes** on our instagram page. We have conducted interviews to get feedback from participants and learnt that they enjoyed the event, as well as ways for improvement.

Therefore, given the lack of awareness of preventive measures for diabetes, coupled with the increasingly affluent lifestyle, we have raised awareness through our plethora of events such as sports day, day camps, and GetActive Singapore Carnival. We have also helped the low-income seniors manage the health issues associated with diabetes by educating them about DS as a source of help and on the blood testing equipments through our house visits, walks and zumba sessions, while raising funds and awareness for DS through street sales and busking sessions, where we have **raised over \$17000** for DS and reached out to over **27000 people** in total so far.

Reflections

Through this project, we were able to sympathise with the challenges diabetic patients face on a daily basis, which changed our perspectives towards diabetic patients significantly. Due to the high number of Singaporeans diagnosed with diabetes, we generalised the challenges faced by everyone diagnosed with diabetes and thought that it was merely another illness they had to overcome. However, we realised that the challenges varied greatly from person to person, based on the severity of the illness, where some had to undergo amputations while other had to strictly monitor their blood sugar levels up to 5 times a day, especially before exercising, greatly affecting their lifestyle.

We have learnt much from the diabetic community too. They were able to overcome these insurmountable challenges due to their positive outlook, which taught us to be undaunted by setbacks such as deficits, last minute changes, and being turned down by external organisations. We were also touched by their sheer will to keep pressing on, and thus became more resilient in our own lives by ensuring that we persevered through the hardships.

In hindsight, we could have more interaction sessions with the diabetic patients to allow us to learn more about them on a personal level so as to aid them. We have also finalised our team for next year and would be aiding them by overseeing the project, such that we can reach out to the greater diabetic community in future.