

Wellness for Goodness

7-42

Project Type: Single Year

Members:

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Section I: Project Overview

AREA OF CONCERN

According to Prudential Singapore's Health Literacy Poll (2017), Singaporeans have "low awareness about what constitutes healthy living". It was also reported that Singaporeans are not happy, ranking 26th in the Happiness Report; and have a long way to go in enhancing their happiness (Helliwell, Layard & Sachs, 2018).

Research has shown that lack of exercise and human interaction drastically affects one's physical and social wellness (Montgomery, 2016) and increases risk factors of various health problems like diabetes and coronary heart disease (John Hopkins Medicine, 2018). Our survey showed that Singaporeans are often engrossed in their work and fail to manage their wellness for optimal living.

Our project aims to create solutions to help people enhance their physical and social wellness so that they can live happier, healthier lives.

CHALLENGES IDENTIFIED

Singaporeans are experiencing the effects of the lack of good social and physical wellness. Diabetes is a very serious concern globally in Singapore, with over 400 thousand diagnosed in 2015, and a projected one million by the year 2050. One in three Singaporeans have a lifetime risk of getting diabetes (Ministry of Health, 2017). Additionally, studies, such as one conducted by the Singapore Kindness Movement (SKM) in 2017, indicated that less than a quarter of respondents cared to greet or strike casual conversation with their neighbours regularly.

UNDERLYING PROBLEM

Given that Singaporeans have "low awareness about what constitutes healthy living" (Prudential Singapore Health Literacy Poll, 2017) which can lead to adverse impacts on their wellness, how might we raise Singaporeans' awareness on the need to maintain their wellness by making available wellness-related resources and encourage them to participate in wellness activities so that they can enhance their physical and social wellness?

Section II: PLAN OF ACTION & IMPLEMENTATION

Our Plan of action is detailed below and split into stages and time frame. We begun by collecting wellness sentiments through surveys and research to understand the level of awareness of wellness among Singaporeans. Next, we begun to plan and organise outreach events for our target audience. The last stage of our project was to create a website as a form of consolidation of our research and resources.

| Stages | Actions taken/Status | Time Frame |
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| Stage 1: Understanding the issues and needs of the community | Survey and interviews <ul style="list-style-type: none"> ● Carried out surveys and interviews to determine the current wellness scene in Singapore and determine actions to be taken Research on relevant organisations to collaborate with <ul style="list-style-type: none"> ● Found our collaborator, the Singapore Wellness Association (SWA), a non-profit association that advocates wellness to individuals and society | February 2018 |
| Stage 2: Reaching out to the community | Working with the Singapore Wellness Association (SWA) <ul style="list-style-type: none"> ● Facilitated PlaystreetsSG events by SWA, which allows children and youths to bond over simple games ● Enhanced physical wellness through participation in the games and social wellness through interaction among the players ● Allowed us to learn how to conduct Playstreets-style activities for our outreach events | March 2018 |

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| | <p>Outreach Events</p> <ul style="list-style-type: none"> ● Playstreets @ Hwa Chong Institution Open House <ul style="list-style-type: none"> ○ Put up posters on wellness and games to engage primary six students and their parents at the Hwa Chong Institution Open House ○ Taught visitors how they can exercise and interact with one another through games ○ Number of participants: >300 people ● SBS Transit (SBST) Wellness for Goodness Day at Tan Kah Kee MRT Station <ul style="list-style-type: none"> ○ Shared with 250 commuters (students, families, working adults) and SBST staff the importance of looking after their wellness through games we designed ● Marsiling-Yew Tee GRC Health & Wellness Fest <ul style="list-style-type: none"> ○ Facilitated this PlaystreetsSG event by SWA ○ Attended by >300 residents in the constituency ○ Promoted interaction among neighbours and physical activity through our games ● Wellness for Goodness Day for families under the care of Chinese Development Assistance Council (CDAC) <ul style="list-style-type: none"> ○ Expected Number of participants = 60 ○ To enable inter- and intra-family interactions through games ○ Event features a Talk on Enhancing One's Wellness | <p>May 2018</p> <p>June 2018</p> <p>July 2018</p> <p>11 August 2018</p> |
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| | <p>by the Director of SWA</p> <ul style="list-style-type: none"> ○ We will conduct a Grow-Your-Own-Microgreens Workshop where families can bond together through learning | |
| <p>Stage 3: Building and sharing resources on wellness</p> | <p>Designing new games for SWA</p> <ul style="list-style-type: none"> ● Designed a total of 6 games for the SWA and our own events <p>Wellness Website</p> <ul style="list-style-type: none"> ● An interactive and convenient platform for users to learn about wellness ● Provides links and videos to wellness-related events that people can participate ● Features various tips on how to enhance one’s wellness ● Share our games with the community through instructional videos <p>Sharing with the international community</p> <ul style="list-style-type: none"> ● Brings our work onto the global stage at Global Learning Alliance (GLA) Summit, Helsinki, Finland ● Intercultural research programme on Wellness in collaboration with students from Helsinki and New York ● Identified wellness-related problems among youths in Finland, USA and Singapore with foreign teammates ● Proposed solutions to overcome problems identified ● Solutions will be shared on our website to benefit the community | <p>April–Aug 2018</p> <p>June–August 2018</p> <p>18-22 August 2018</p> |

Section III: Project Outcomes

ACCOMPLISHMENTS

1. **Outreach through project events:** Outreach of >1500 people on the importance and methods of how they can cultivate good wellness. Our games were well received by the participants at our events and they felt that our efforts have raised their awareness on the need to look after their wellness and helped to get them to work together and interact.
2. **Website:** Our website clocked over 500 visitors as of August 17, who were able to learn more about the seven various aspects of wellness. The website offers various suggestions and tips on ways one can enhance wellness. We have included quizzes to enhance understanding of information we shared on wellness. Additionally, we also placed demonstration videos of games we designed to give people ideas how they can play and enhance their physical and social wellness. Visitors can utilise various resources on our website to maintain their wellness or find wellness-related events in Singapore to participate in.
3. **Collaboration With International Students:** We have worked with our international partners from the USA and Finland and will share our findings relating to wellness after identifying pertinent issues related to wellness that is evident at an international level. Together with our foreign partners, we have come up with solutions that are targeted towards wellness issues that we have identified. Our work will be shared at the 2018 Global Learning Alliance Summit (18-22 Aug 2018), as well as on our website.

Our project is sustainable in that we hope to spark interest within our participants as well as the public to spur them to **join and support SWA events like Playstreets on their own accord** in the future. Additionally, they can choose to **enhance their wellness easily at home through the resources** that we have created and uploaded onto our website. This will also help to **spread the word** of the importance of cultivating good wellness.

REFLECTIONS

1. **Balancing act:** We had to strike a balance between demands from schoolwork and conducting project events, which we overcame by allocating work based on our strengths to maximise efficiency.
2. **Stepping out of our comfort zone:** Throughout the project we have had to handle unfamiliar situations especially when working with our partners. We had to cope unfamiliar duties such as obtaining logistics and venues for our events and liaising with partners ourselves. Even during our outreach events, we had to be bold in beckoning passers-by to come and participate.
3. **Game design:** When designing our games, we had to ensure that they appeal to our target audience and also meet the safety requirements of our partners. We tried our games and sought feedback from our partners so that things ran smoothly. To make the games easily playable anywhere, we used only materials easily available in the household.

SCOPE OF IMPACT

- 1. Resolving the Area of Concern:** Our outreach events enabled us to **share the importance of enhancing wellness** with the public . Our website is a platform that complements our effort by encouraging Singaporeans to look after their wellness through the **provision of relevant information and resources related to wellness**.
- 2. Impact on community:** Our project has reached out to **>1500 Singaporeans** from all walks of life. As reflected in our event surveys, participants at our events have not only benefited from our games, but also have a **better awareness of wellness** and the **ways to maintain their well-being**.
- 3. Community involvement:** We worked with SWA towards the joint goal of helping the community enhance their wellness. Ms Sonia Ong, Director of SWA thanked us lending weight to SWA's cause by **facilitating wellness events** and for **designing enjoyable games** that can be conveniently set up. SWA and SBST commented that these games were **easy to set up and play**, had a good variety and also **appealed to many youths and their families**. Ms Ong added that our games **can be used at her future Playstreets@SG events**.

We are excited to extend our scope of impact to benefiting children under the care of the CDAC and their families in our next event, Wellness for Goodness Day, and hope that our events will have as positive an impact on them as it did on the participants of our previous events.

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Word count: 1500