

In this issue, we share updates on ROSA's organisation of the SIGMA Research Symposium, insights from meet-ups with SLP members and findings on older adults' salt intake.

SIGMA Research Symposium

ROSA co-organised the Inaugural SIGMA Research Symposium 2023 with Hitotsubashi University on 11 and 12 May 2023 in Tokyo, Japan. The symposium focused on "Ageing and Well-being over the Life Course" and had 35 presentations by researchers from over 25 institutions across the world. ROSA played a key role in the symposium; our researchers gave a total of five presentations, chaired two sessions, and participated in one panel session.



Attendees of the symposium, including ROSA Director Professor Paulin Straughan (4th from right, first row), and SMU Provost Professor Timothy Clarke (3rd from right, first row).

Overall, the event was a huge success, with many researchers expressing admiration for the data that ROSA has been able to collect on older adult well-being in Singapore which enables our researchers to generate many insights into successful ageing! The ROSA team would like to express once again our immense gratitude to our SLP participants for their continued participation and for helping the SLP gain international recognition through your efforts. For a full summary of ROSA's presentations at the symposium, you may scan the following QR code:



SLP Meet-up Sessions @ SMU

In the recent SLP meet-ups, we sought views on the Healthier SG initiative, a national strategy focusing on preventive healthcare and access to community programmes to help residents stay healthy, which will be progressively rolled out from July 2023.

While many felt that it was a good initiative, some of them expressed concern over selecting a suitable doctor, higher costs of seeing a private general practitioner over going to a polyclinic, and ensuring the consolidation of their health records across care providers. Some helpful suggestions that our SLP members provided include increasing awareness of the initiative in areas where older adults congregate, like community centres, publicising the programme in dialects to accommodate dialect-speaking older adults, as well as ensuring that primary care remains affordable for older adults by providing various government subsidies, especially for those of lower socioeconomic backgrounds.

On the topic of active ageing programmes, one participant shared her positive experience with Gym Tonic and encouraged the other SLP members to join the programme. We recognise that there are many free and affordable exercise programmes in the community and have compiled an infographic to share the programmes with you.



The SLP members who joined us for our April (left) and May (right) meet-up sessions.

Active Ageing Programmes FOR SENIORS



Free Programmes



PROGRAMME	DESCRIPTION	DETAILS	HOW TO SIGN UP
Live Well, Age Well (Health Promotion Board & People's Association)	Join a wide range of activities including various group exercises, falls prevention, virtual exercises, talks & workshops.	<ul style="list-style-type: none"> For adults age 50 & above Various locations around Singapore Various time slots everyday Both English & Mandarin programmes available 	Sign up through the Healthy 365 app. For more details: www.healthhub.sg/programmes/160/AAP
Active Health Discovery Walk In The Park (ActiveSG)	Join Active Health Coaches in monthly walks where you can learn to incorporate resistance exercises during your walking routines.	<ul style="list-style-type: none"> For adults age 60 & above Various locations around Singapore Various time slots everyday Conducted mainly in English 	For more details & to register: activesgcircle.gov.sg/active-health/seniors/active-health-walk-in-the-park
Central Health Community Wellness Programs (Tan Tock Seng Hospital)	Virtual community health activities incl. weekly exercises & monthly cooking workshops, & group coaching for frailty prevention & chronic disease prevention.	<ul style="list-style-type: none"> Virtual exercise every Mon & Fri, 9.45am to 11am Schedule of activities updated monthly Group coaching may require clearance from the doctor prior to confirmation 	For more details & to register: www.ttsh.com.sg/Community-Health/for-residents/activities-and-events/Pages/default.aspx
Wellness Kampung (Khoo Teck Puat Hospital & Yishun Health)	Join various activities such as exercises, learning about healthy eating, health talks & cooking sessions. You can also start your own interest group or join other residents in various activities.	<ul style="list-style-type: none"> Wellness Kampung is at the void decks of: Blk 765 Yishun Central, Blk 115 Chong Pang, Blk 260 Nee Soon East Both English & Mandarin programmes available All are welcome to join 	No pre-registration needed, walk-in to any of the Wellness Kampung to join. For more details: www.ktph.com.sg/community-resources/be-active
Sunday Morning Walks with Director Jack Neo (Jack Neo)	Join Jack Neo & his team of celebrity friends for a morning walk (6 to 8 km) with exercising, singing of songs, & chatting.	<ul style="list-style-type: none"> Sunday mornings Weekly meeting point announced on Jack Neo's Facebook page All are welcome to join Suitable for Mandarin-speaking participants 	Link to Jack Neo's Facebook Page: www.facebook.com/jackneock



Active Ageing Programmes FOR SENIORS



Subsidized Programmes



PROGRAMME	DESCRIPTION	DETAILS	HOW TO SIGN UP
Gym Tonic (Lien Foundation)	This evidence-based, strength training programme is specially designed for seniors & helps restore, maintain or improve physical functions.	<ul style="list-style-type: none"> • 45-minute sessions twice a week, for 12 weeks • Free assessment session prior to commencement & post assessment on the last session • Various locations • Price ranges from approx. \$180 to \$240, varies according to location 	For more details & to register: gymtonic.sg
Combat Age Related Loss of Muscle (ActiveSG)	CALM 1.0 is the starter programme for seniors to start learning & practising resistance exercises to combat the loss of muscle through ageing. The programme consists of 3 elements: assessments, resistance exercises, & domain sharing.	<ul style="list-style-type: none"> • For adults age 60 & above • 1 hour sessions weekly, for 8 weeks • Conducted at Active Health Labs (various locations) • Sessions conducted in English, with simple Mandarin translations • \$60 for 8 sessions, 10% discount for seniors, 30% payable by ActiveSG \$ 	For more details & to register: www.activehealth.sg/seniors/programmes/packages/age-related-muscle-loss
National Silver Academy Courses (various providers)	NSA offers a wide range of government subsidized short courses on health & fitness, such as health & nutrition talks, workout & dancing, fall prevention & functional improvement training.	<ul style="list-style-type: none"> • Course duration, location & timing vary • Both English & Mandarin courses available • Prices vary according to specific courses, with many that are SkillsFuture Credit eligible 	For more details & to register: www.c3a.org.sg/all-courses



Updated as of June 2023

Research Snippets on Sodium Intake

In April 2023, we asked you about the steps you may have proactively taken to reduce your sodium intake in your everyday diet. According to a previous study, 90% of Singaporeans consume almost double (9g/day) of the recommended 5g/day intake of salt. This is especially concerning given that higher salt intake is associated with diseases such as high blood pressure, heart disease, and stroke.

As shown in Figure 1, of the 6,221 respondents, 4 in 5 took at least one of the six following actions to reduce their sodium intake. About 20% of respondents reported not taking any of the below actions to reduce their sodium intake.

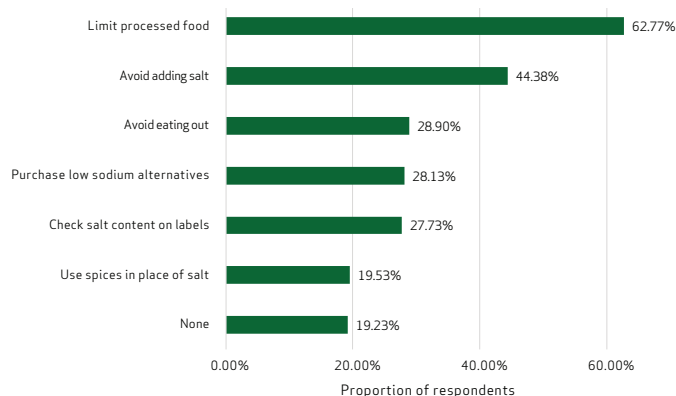


Figure 1: Proportion (%) of respondents who proactively take each of the above action to control their salt or sodium intake in April 2023.

Further, a greater proportion of respondents who took more proactive actions to reduce their salt intake reported greater overall satisfaction with their physical health, as opposed to respondents who took few or no actions.

These results preliminarily suggest that taking more actions to reduce sodium intake is positively correlated with levels of satisfaction with physical health. However, it is important to note that as self-rated health satisfaction is a complex measure that is influenced by multiple health-related factors, more research is needed to make further conclusions on the correlation between the extent of dietary health-related efforts and satisfaction of physical health.

We would like to encourage you to reduce your dietary salt intake in light of the health risks associated with excessive sodium consumption. The Health Promotion Board has been actively encouraging residents to cut their sodium intake, and has provided various resources with tips for reducing sodium intake. Some of the tips include looking for the healthier choice symbol with the label “lower in sodium” or “no added sodium”, limiting sauce intake, and seasoning food with natural flavourings such as herbs and spices. You may access HPB’s tips on reducing sodium intake by scanning the following QR code:



Contact Us

If you have changed your address or telephone number, need any form of assistance in completing the survey, or have any questions or feedback, please contact us on our Centre Hotline at 6808 7910 (10am to 5pm, Mondays to Fridays) or at slp@smu.edu.sg. We are always happy to hear from you.