



# 14<sup>th</sup> SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

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## PREVENTIVE HEALTH IN A CHANGING WORLD

**Using a Community-based Participatory Action (CBPA) approach to bring about Healthy Precincts in Singapore, by empowering community-led initiatives that impact the social-environmental determinants of the community's health.**

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### **ABSTRACT:**

The rates of diabetes and cardiovascular diseases are on the rise in Singapore, driven by behavioural risk factors. Health sector-led initiatives, focused more on public health education, promotion and programmatic participation, may have limited capabilities to empower the community to embrace sustained healthy behaviours.

MOHT proposes a Healthy Precinct Framework which hypothesizes various relationships between the socio-environment determinants at precinct-level, and its influences on the health behaviours of communities. Tightly interdependent with this Framework is a community-based participatory action (CBPA) approach to address the full spectrum of social determinants of health within the neighbourhood, facilitated through co-discovery and co-solutioning processes involving both stakeholders and community. Such an approach combines systematic inquiry with community-led action.

We will present our early observations and learning using CBPA in the pilot Jurong Lake District precincts. By engaging deeply different segments of community and concurrently relevant stakeholders, we mapped local enablers, opportunities, challenges and gaps that the community has in gaining and creating strong community support for healthy living. By supporting health enthusiastic community leaders in piloting community-led initiatives for healthy living, we codified key success factors that can enable the scale up of organic and community-led activities and influence the spectrum of social determinants within our framework for healthy living.