

# Singapore



## Policies, Interventions and Actions

### Mandatory front of package labelling: Nutri-grade

From 30 December 2022, beverages sold in Singapore in pre-packaged form must have Nutri-Grade labelling and are subject to restrictions on advertising. This is a mandatory measure. From 30 December 2023, these requirements will be extended to freshly prepared beverages intended for sale at specified settings in Singapore. Nutri-Grade beverages are graded using a single set of thresholds for sugar and saturated fat content.

Categories:	Labelling Regulation/Guidelines
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://hpb.gov.sg">hpb.gov.sg</a>

### Ban of PHOs

As of June 2021, Partially-hydrogenated oils (PHOs) are banned as an ingredient in Singapore and must be phased out by all food companies. This ban covers local manufacturing and also imported food products.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021 (ongoing)
Organisation:	Ministry of Health

### Sugared drinks advertisement ban

Ministry of Health (MOH) will introduce mandatory front-of-pack nutrition labels for less healthy pre-packaged sugar sweetened beverage[1] (SSBs) and advertising prohibitions for the least healthy SSBs on local mass media channels. Awaiting to establish if this is now live, due during 2020.

Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Children
Linked document:	<a href="#">Download linked document</a>

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## Healthy Meals in Schools Programme (HMSP)

The Healthy Meals in Schools Programme (HMSP) seeks to enhance the availability of healthier food and beverage choices in schools through an integrated programme involving teachers, canteen vendors and students.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Health Promotion Board (HPB)
Find out more:	<a href="http://www.hpb.gov.sg">www.hpb.gov.sg</a>

## HPB-MOH Clinical Practice Guidelines 1/2016

Guidelines to clinical practice, based on the best available evidence at the time of development. Includes guidelines for diagnosis and classification, assessment, treatment and screening.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Health Promotion Board.
Find out more:	<a href="http://www.hpb.gov.sg">www.hpb.gov.sg</a>
Linked document:	<a href="#">Download linked document</a>
References:	Health Promotion Board. OBESITY HPB-MOH Clinical Practice Guidelines 1/2016. Available from: <a href="https://www.hpb.gov.sg/docs/default-source/pdf/obesity-cpg_main_for-online-30-aug.pdf?sfvrsn=2288eb72_0">https://www.hpb.gov.sg/docs/default-source/pdf/obesity-cpg_main_for-online-30-aug.pdf?sfvrsn=2288eb72_0</a> (Accessed 2 April 2019).

## Guidelines for Food Advertising to Children

New guidelines aimed at reducing children's exposure to advertising of food and beverages high in fat, sugar and salt will take effect from 1 January 2015.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Advertising Standards Authority (ASA)
Find out more:	<a href="http://asas.org.sg">asas.org.sg</a>

## Lose To Win

Lose To Win is a holistic weight-loss programme organised by the Health Promotion Board (HPB) that helps participants get fit in a fun and interactive way.

Categories:	Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults
Organisation:	Singapore Government - Health Promotion Board (HPB)
Find out more:	<a href="http://www.healthhub.sg">www.healthhub.sg</a>

## Regulation 78 of the Singaporean Food Regulations

In 2012, an amendment to regulation 78 of the Singaporean Food Regulations, made under the Sale of Food Act (1973), set a limit of 2% on trans fats in pre-packaged edible fats and oils for sale or for use as an ingredient in the preparation of food. The limits came into effect on 2 May 2012.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Adults and children
References:	<a href="https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=4#step3=334">https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=4#step3=334</a>

## Healthier Choice Symbol

Healthier Choice Symbol The Healthier Choice Symbol (HCS) is a symbol that Singaporeans can relate to for healthier packaged foods. It is a part of the Nutrition Labelling Programme and is intended to provide point-of-sale information to help people make informed food choices.

Categories:	Labelling Regulation/Guidelines
Year(s):	1998 (ongoing)
Target age group:	Adults and children
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/8196">https://extranet.who.int/nutrition/gina/en/node/8196</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## HealthHub

HealthHub is a one-stop portal and mobile app for Singaporeans to access a wide range of health content, deals, rewards and e-services. It is designed to empower Singaporeans to take greater ownership of their health and wellness through the online access of personalized health records, better health literacy and adoption of healthy lifestyle practices.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.healthhub.sg">www.healthhub.sg</a>

## Infant and Children Nutrition (ICN) Working Group

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	Ministry of Health
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/27114">https://extranet.who.int/nutrition/gina/en/node/27114</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## NCD targets

Includes targets of: • Maintain obesity rate at < 10% among adults by 2020 • Reduce overweight rate among children from projected 14% to 11% by 2020

Categories:	Evidence of NCD strategy
Target age group:	Adults and children
Linked document:	<a href="#">Download linked document</a>
References:	WHO

PDF created on June 18, 2024