

Online Diabetes Nutrition Education – Singapore Experience

Gladys WONG, NZRD, ADS

Nutrition & Dietetics, Khoo Teck Puat Hospital, Singapore

Diabetes poses a major challenge to Singapore. From 2010 to 2017, the prevalence of diabetes among Singapore residents increased by 4%. If nothing is done, the number of Singaporeans living with diabetes is projected to reach one million by 2050. To curb this rising trend, Singapore declared a “War on Diabetes” in 2016 to rally the entire nation to tackle diabetes. A Ministerial Diabetes Prevention and Care Taskforce was established to spearhead a whole-of-nation initiative to tackle diabetes. Objective is to create a supportive environment for people in Singapore to lead lives free from diabetes and for those with diabetes to manage the condition well.

This talk will elaborate how diabetes nutrition education fit in the overall strategic framework for War on Diabetes during COVID period, such as contactless online patient consultations, regular communications, and education classes. From May 2022, social interactions are gradually normalized and patients have shown preference to return to face-to-face consultations. Recent diabetes-related initiatives at Khoo Teck Puat Hospital will also be highlighted during this talk.