

# National Health Survey 2004

... Do you know that the health of Singaporeans has improved in recent years?

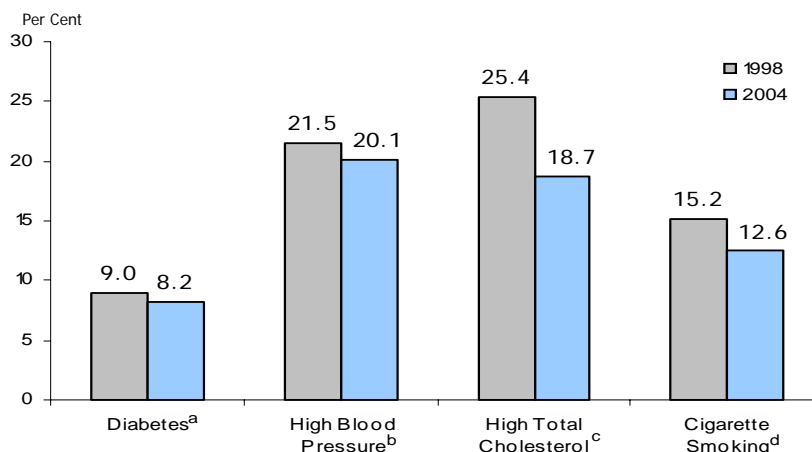
The National Health Survey 2004 (NHS 2004) was conducted from September to December 2004. This survey is the third in the series carried out by the Ministry of Health to assess the health status of Singaporeans in relation to major health problems such as diabetes and high blood pressure.

## Declines in Prevalence of Non-Communicable Diseases and Associated Risk Factors among Singapore Residents

Findings from the NHS 2004 showed that the proportion of adults aged 18 to 69 years with diabetes declined from 9.0 per cent in 1998 to 8.2 per cent in 2004 (Chart 1). The prevalence of high blood pressure among adults also declined from 21.5 per cent to 20.1 per cent in 2004 over a six-year period.

Nearly one in five adults had high total cholesterol levels in 2004, compared with about one in four adults in 1998. The proportion of adults who smoked cigarettes at least once a day decreased from 15.2 per cent in 1998 to 12.6 per cent in 2004.

CHART 1 PREVALENCE OF NON-COMMUNICABLE DISEASES/RISK FACTORS AMONG SINGAPORE RESIDENTS AGED 18 – 69 YEARS, 1998 AND 2004

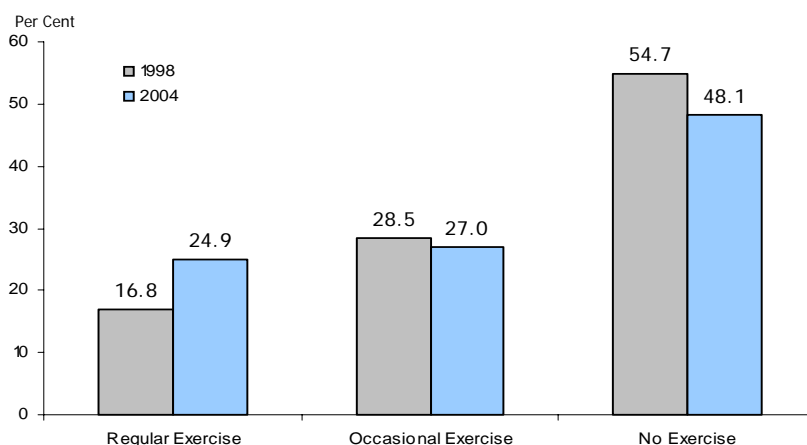


- a plasma glucose 2 hours post-OGTT  $\geq$  11.1 mmol/l
- b systolic pressure  $\geq$  140 mmHg or diastolic pressure  $\geq$  90 mmHg
- c total cholesterol  $\geq$  6.2 mmol/l
- d smoked cigarettes at least once a day

## More Adults Exercise

The proportion of adults who exercised regularly increased from 16.8 per cent in 1998 to 24.9 per cent in 2004 (Chart 2). Correspondingly, the proportion of adults who did not exercise declined from 54.7 per cent in 1998 to 48.1 per cent in 2004.

CHART 2 EXERCISE PARTICIPATION STATUS AMONG SINGAPORE RESIDENTS AGED 18 – 69 YEARS, 1998 AND 2004



Compared with the older age groups, the proportion of adults in the age groups of 18–29 years and 30–39 years who exercised regularly showed larger increases between 1998 and 2004 (Table 1).

TABLE 1 PARTICIPATION IN REGULAR EXERCISE AMONG SINGAPORE RESIDENTS BY AGE GROUP, 1998 AND 2004

Age Group (Years)	Per Cent	
	1998	2004
<b>Total</b>	<b>16.8</b>	<b>24.9</b>
18 – 29	18.2	33.9
30 – 39	11.9	21.4
40 – 49	15.8	19.6
50 – 59	19.7	24.1
60 – 69	28.1	28.0

For more information on NHS 2004, please refer to :

<http://www.moh.gov.sg/corp/hottopics/NationalHealthSurvey/index.do>