

A Healthier Child is a Better Learner

ECDA Early Childhood Conference

5 October 2018

Presenters

- **Ms Mollie Seow, Deputy Director, Children and Youth Weight Management**

Mollie Seow holds a Masters in Health Psychology from the University of Surrey, UK. She specialises in childhood weight management, providing counselling for overweight and severely underweight students. She also heads the development and implementation of school and community-based programmes.

- **Dr Veronica Tay, Associate Consultant, Deputy Director, Student Health Centre**

Dr Veronica Tay obtained her MBBS from the University of Singapore, Faculty of Medicine. She received the MOH postgraduate scholarship to pursue a Master in Public Health (NUS) in 1988. She heads the Student Health Centre, Health Promotion Board.

- **Dr Lim Wan Yi, Associate Consultant, Deputy Director, School Dental Centre**

Dr Lim Wan Yi obtained her BDS from the University of Singapore, Faculty of Dentistry and received the MOH postgraduate scholarship to pursue a degree in Doctor of Clinical Dentistry (Paediatric Dentistry) at University of Melbourne. She heads the School Dental Centre, Health Promotion Board.

What will we learn today?

The Learning Journey (30 Aug 18) and Workshop (5 Oct 18) aim to enable participants to:

- Understand the importance of preventive health services and programmes offered by HPB for the holistic development of the child
- Acquire practical knowledge and tips on how they can help children build healthy habits and behaviours from young (e.g. healthy eating, oral hygiene, myopia prevention) and in early detection
- Promote and share best practices
- Understand HPB's suite of pre-school health promotion programmes and resources to complement their health promotion efforts in schools

Outline of Workshop

Recap of Learning Journey on 30 Aug 18

Share and Learn

Other HPB Pre-school Health Promotion Programmes and Resources

Have FUN with the Pre-school Health Resources!

Reflections

Recap of Learning Journey at HPB on 30 Aug 18

HPB's Child and Youth Health Strategy

Health Promoting School Framework

Strategic Thrust 1

Establish a supportive health promoting environment in all schools



Healthy Preschool framework



Nutrition



Physical Activity



Mental Health



Myopia Prevention



Oral Health - toothbrushing



Dental screening

Strategic Thrust 2

Scale up targeted interventions to help more health at-risk children/youth



Healthy Weight Management



Refraction @ Student Health Centre



Oral Health Treatment @ School Dental Clinic

Strategic Thrust 3

Develop stakeholders capacity to detect risky behaviours & motivate towards healthy living



Educators



Parents



School Health Engagement Strategy

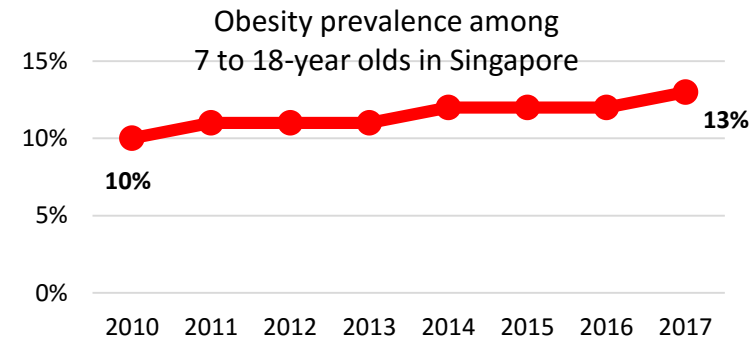
Our children are getting bigger, and staying bigger

@ 5 years old

Overweight sets in during early childhood.
10% of five-year-olds are overweight.



@ 7 – 18 years old



Source: Ministry of Education, 2017

70% of children who were overweight at age seven, stayed overweight as adults.

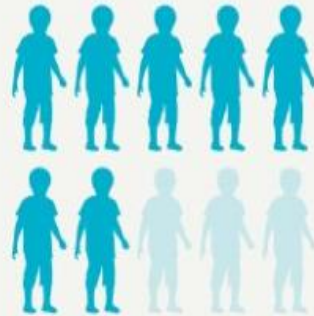


Photo credit: The Straits Times, "Chubby kids are more likely to be fat as adults", 20 Jun 2017

I'm a kid and I have type 2 diabetes

Teenager Hilman Hanuar is one of growing number of youngsters here with adult-onset diabetes

Report by JUDITH TAN
jtan@sp.com.sg

He was only 14 when he was diagnosed with type 2 diabetes.
At the time, student Hilman Hanuar was 1.75m tall and weighed over 150kg - more than twice the average weight of a boy his age.
"I was shocked when I was told I had type 2 diabetes. That was during the Spring month last year. My mind went blank and I didn't know how to react," Hilman, now 16, told The New Paper.



The Straits Times, 12 Apr 2016

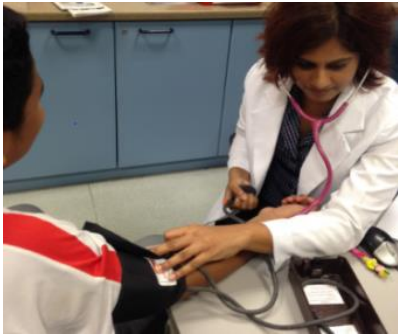
Overweight children have a higher risk of developing :

- high blood pressure
- high blood; cholesterol; &
- diabetes,

even at a young age

Risks and complications of childhood obesity

HIGH BLOOD PRESSURE



MUSCULOSKELETAL DISCOMFORT

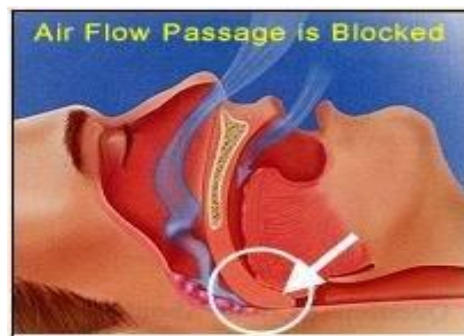
HIGH BLOOD CHOLESTEROL



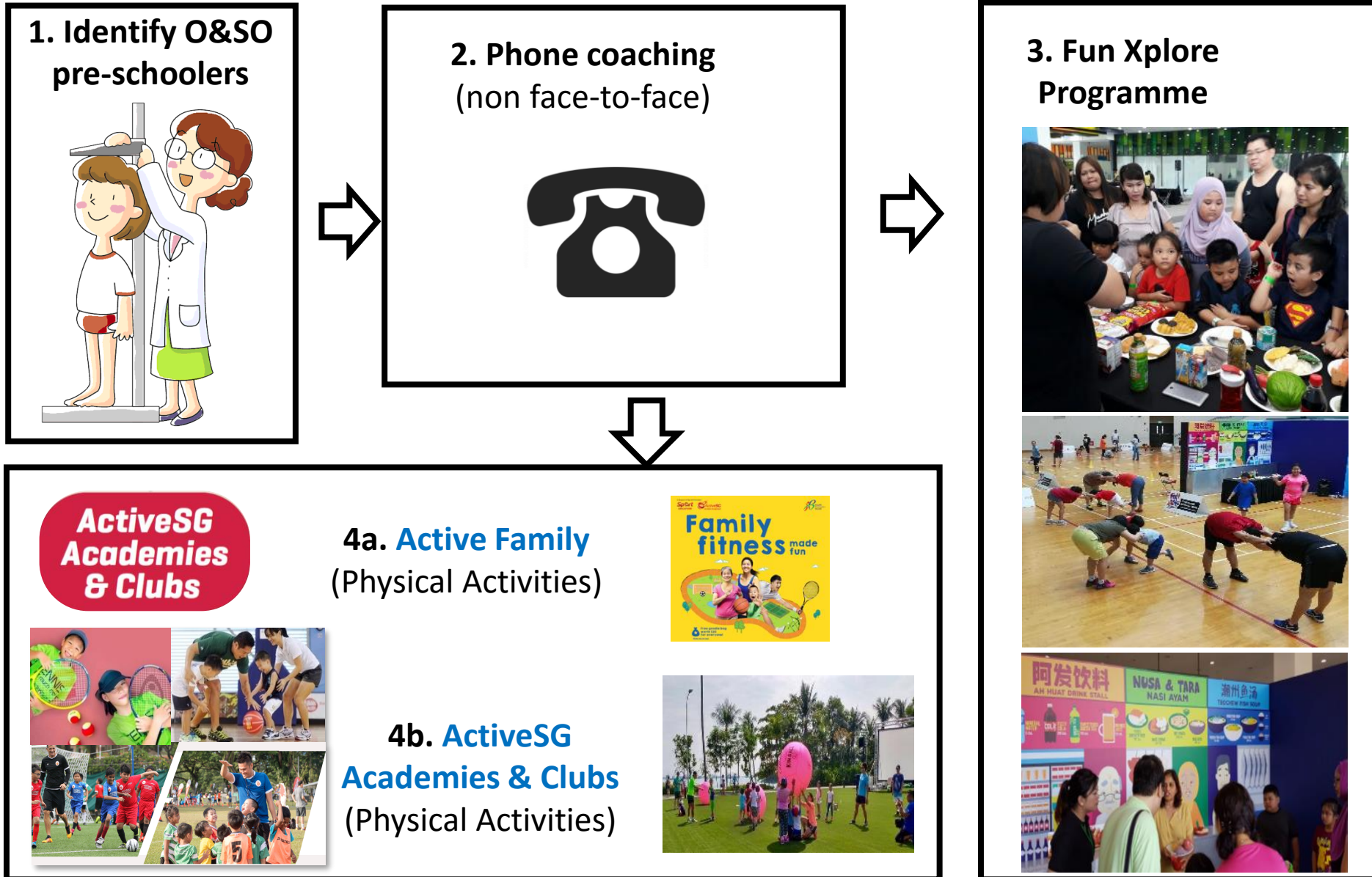
ACANTHOSIS NIGRICANS



OBSTRUCTIVE SLEEP APNEA

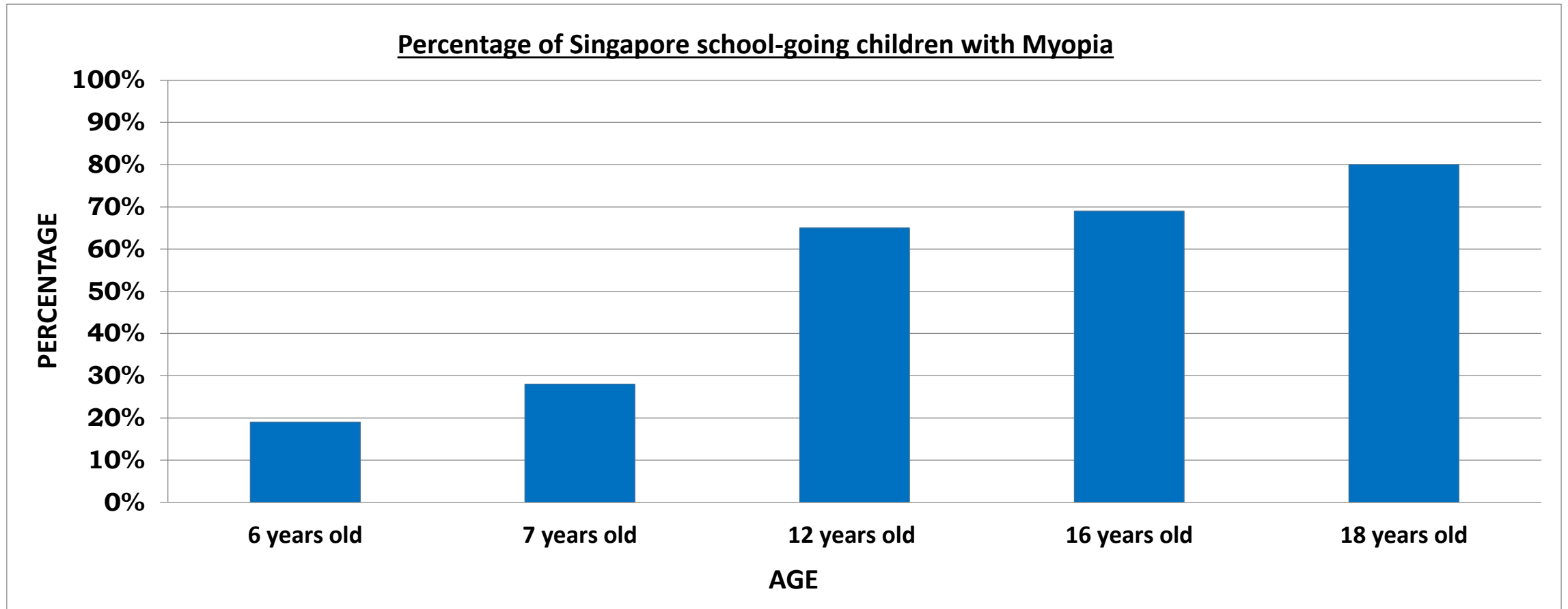


Healthy Weight Programmes



Myopia rate in Singapore school-going children

Singapore is among the countries with the highest prevalence of childhood myopia in seven to nine year olds, making a significant public health problem. By 2050, at least five million in Singapore will have myopia, fifteen per cent of the population are likely to develop high myopia. ^[1]



^[1] extracted from Today Daily Focus published on 6 October, 2016

Graph of percentage of Singapore school-going children with Myopia - HPB source

Myopia at young age carries risk later

Myopia at young age carries risk later

Source: The Straits Times, 7 October 2016

Study recommends outdoor activity for kids

Linette Lai

Getting myopia at a young age can set you up for worse myopia later in life, a study by the Singapore Eye Research Institute has found.

This means that parents should try their best to delay myopia in their children by making sure they spend time outdoors, said Professor Saw Seang Mei, who headed the study.

"We know that if you spend more time outdoors as a young child, you can prevent or delay myopia," said Prof Saw, who heads the myopia research group at the institute. She was speaking at a media briefing yesterday on the study's findings.

Doctors hypothesise that this could be because light outdoors is usually much brighter, triggering the release of a chemical known as retinal dopamine, which stops myopia from developing.

Prof Saw and her team recruited nearly 1,000 children aged between seven and nine over several years for the study, and followed up with them until they reached age 11.

Those who were first diagnosed with myopia when they were very young – between three and six years old – ended up with high myopia of more than 500 degrees,

on average, by the time they were 11.

On the other hand, those who started having the condition at age 10, when the condition had only a year to progress, had myopia of about 150 degrees on average.

"Once you have myopia, you are always myopic," said Prof Saw, who is also an epidemiology professor with the Saw Swee Hock School of Public Health at the National University of Singapore.

"The younger the child who has



Good eye habits

- Keep any reading material at least 30cm away from your eyes and try to read in an upright position instead of lying down.
- Keep computer screen at least 50cm away from your eyes, and adjust them to minimise glare.
- Make sure the television screen is at least 2m away.
- Take a break from reading, watching television or using the computer every 30 to 40 minutes. Look out of the window at faraway objects and do eye exercises to relax the eyes.
- Engage in more outdoor activities and make sure indoor activities take place with sufficient light.

"The younger the child who has myopia, her higher the chance for his final degree of myopia being high.."

rates of myopia in the world – approximately seven in 10 teenagers have the condition.

The children in the study were part of a larger project called the Singapore Cohort Study of the Risk Factors for Myopia, which involved nearly 2,000 children. Some of them, who are in their 20s by now, are still being followed up to this day to find out how their conditions have developed.

In an earlier study, Prof Saw and her team also found that having high myopia of more than 500 degrees puts adults at risk of issues such as cataracts, glaucoma and

"... having high myopia of more than 500 degrees put adults at risk of issues such as cataracts, glaucoma and myopia macular disease...that causes loss of vision"

Singapore has one of the highest rates of myopia in the world.
ST FILE PHOTO

linettel@sph.com.sg

Overview of National Myopia Prevention Programme

Schools Pre-school, Primary and Secondary Schools

Education in schools

Annual Eye Care Week	Health Promotion Resources
Health Education Talks	Roving Carnivals



National Myopia Prevention Programme

- Vision screening
- Public Education

Early Detection – vision Screening in schools



Referrals to ophthalmologists, optometrists & opticians



Capacity Building

- i) Teachers – workshops, resources
- ii) Parents – workshop, resources



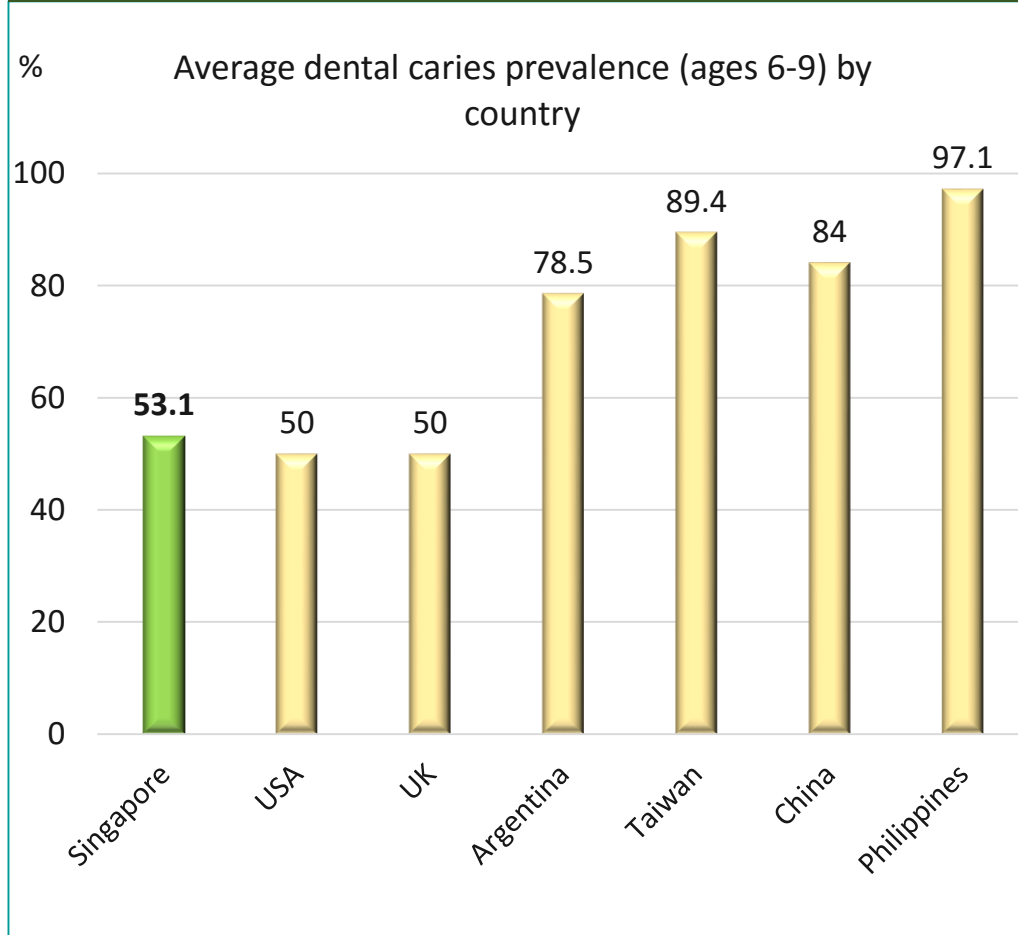
Financial Assistance Scheme

- i) Spectacles Vouchers Fund
- ii) Roving optical shop in school

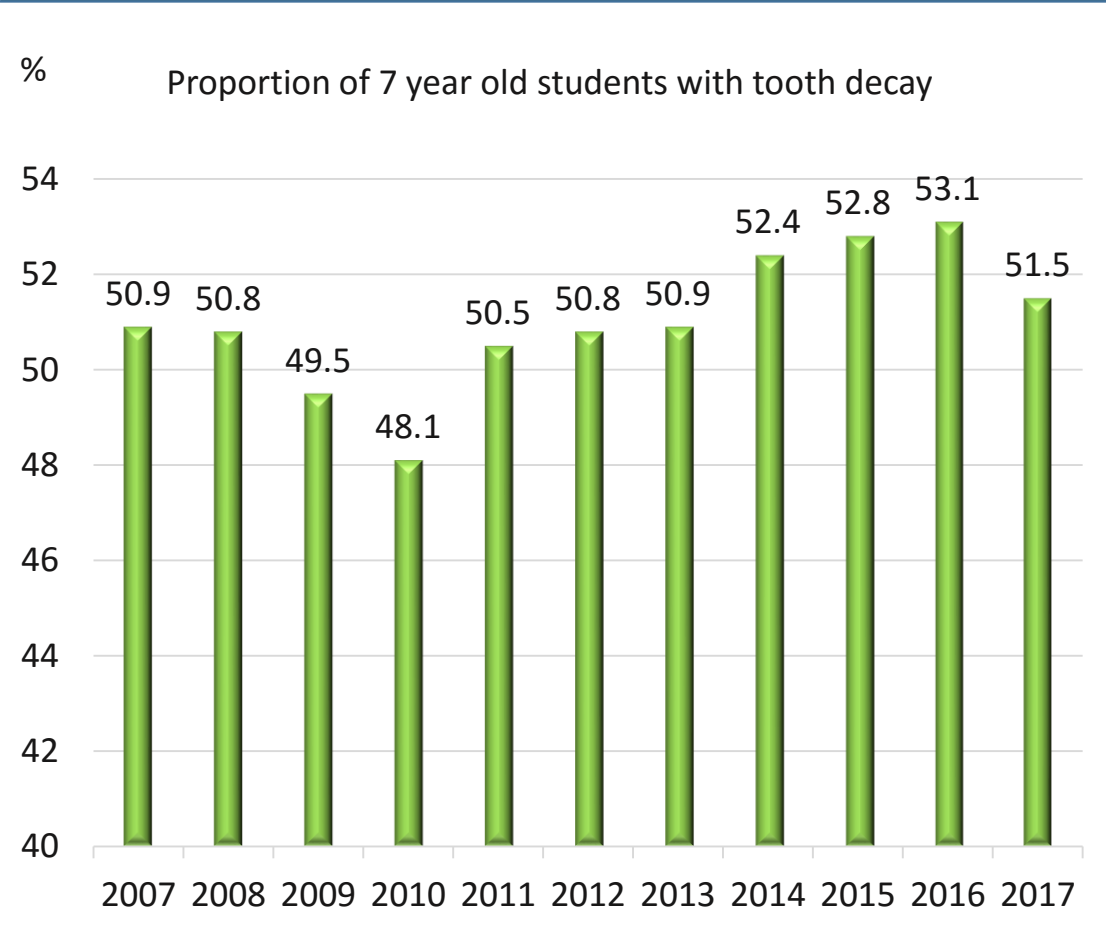


Dental caries in younger children is creeping up

Decay rates in young children are comparable to other developed countries



Half of Primary 1 students have dental caries



What happens when a child does not take care of baby teeth?

Severe Early Childhood Caries



Facial Swelling

Oral Health Talks in Kindergarten



Show and tell

Toothbrushing
demostration

Spot the
Healthy Food

Sing Along You
and Me

Quiz and
Questions
answering
time



Oral Health Screening and Fluoride Therapy in Childcare Centres (N1 and N2 children)

Commenced in Jun 2017. Ongoing

Target group: 3-to 4-year-old children in participating childcare centres

Yearly follow-up with dental screening

Fluoride vanish application for children at risk of developing decay



Dental check -up



Tour to School Dental, Vision Screening and Nutrition Clinics



School Dental Clinic



Vision Screening Clinic



Nutrition Clinic

Learning practical ideas at Pit Stops

Pit Stop 1: Improving Pre-schoolers' Oral Health in Schools

- Learn tips on how to promote oral health in school.



Pit Stop 2: Guess how sweet I am

- Learn how much sugar is in the sweetened drinks and how to read labels.

Mini tasks assigned

Mini tasks to prepare for ECDA Early Childhood Conference 2018's concurrent workshop on 5 October 2018

- Conduct the task which you have been assigned with the students under your care in the month of September 18.

Mini task for Group 1: Improving Pre-schoolers' Oral Health in schools

Design an activity (through a game, song, story, skit, quiz, etc) to teach students the importance of oral care, how to take care of their teeth or the proper toothbrushing steps.

Mini Task for Group 2: Guess how sweet I am

Design an activity (through a game, song, story, skit, quiz, etc) to teach students the amount of sugar in the sweetened drinks.

In the design of your activity, you may teach the following key messages:

- Drinking too much sweetened drinks can cause gain weight and tooth decay.
- Limit sweetened drinks to no more than 2 glasses a week.
- Drink water or plain milk. They are healthy choices!

Mini Task for Group 3: Choose healthier hawker food when dining out

Design an activity (through a game, song, story, skit, quiz, etc) to teach students how to identify and choose healthier hawker food when eating out.

In the design of your activity, you may teach students to eat less of deep-fried and oily foods and go for healthier choices instead.

Mini Task for Group 4: Keep Myopia at Bay, Go Outdoors to Play

Design an activity to bring students outdoor to play.

What you were told to do

- Conduct the mini tasks which you have been assigned with the students in your class in the month of **September 2018**. You may use the tips and activities learnt today.
- Share at the workshop on **5 October 2018** what and how you have conducted the mini task with your class. In your sharing, include the challenges and insights learnt (if any).
- Your sharing may take any of the following forms:
 - ✓ Poster with photographs, power point slides or video of how you have conducted the activity (e.g. students singing the song, skit done by students, the story telling session, etc)
 - ✓ Sing the song that you have composed
 - ✓ Demonstrate the game that you have developed
 - ✓ Tell the story you have written
 - ✓ Others

Share and Learn

Activity 1

In your group, share

- What you have conducted in class in Sep 18
- The challenges faced
- The insights learnt

Facilitators will invite one participant from each group to share what he/she has done with the class.

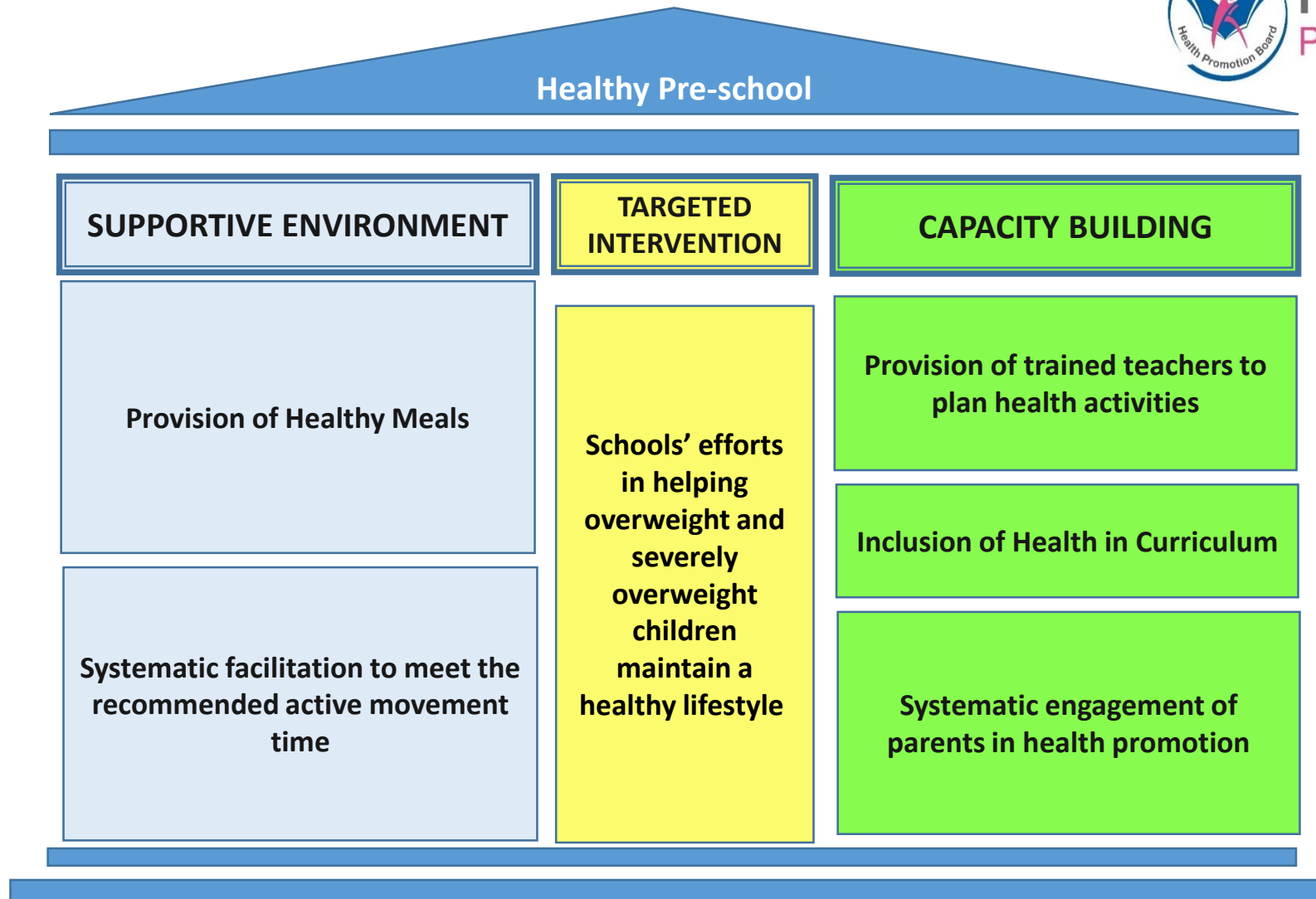


Other HPB Pre-school Health Promotion Programmes and Resources

The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars



Healthy
Pre-School



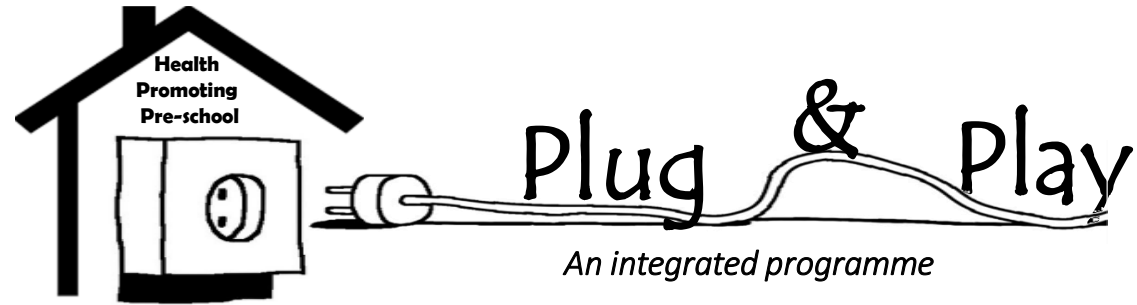
What's in it for pre-schools?

	Healthy Pre-School Tiers	
Benefits	Basic	Platinum
Decal	✓	✓
Certificate		✓
Logo Use		✓
HPB Plug and Play series		✓



*Certificate is valid for 2 years

Plug & Play Series for Healthy Pre-schools



Healthy Lifestyle

- **Healthy Food Adventure** to educate students on picking healthier choices and preparing healthy meals
- **Healthy Lifestyle Puppet skit** to educate students on leading a healthy lifestyle, and eating according to “My Healthy Plate”
- **Understanding Social Emotional Development in Young Children** teachers’ training



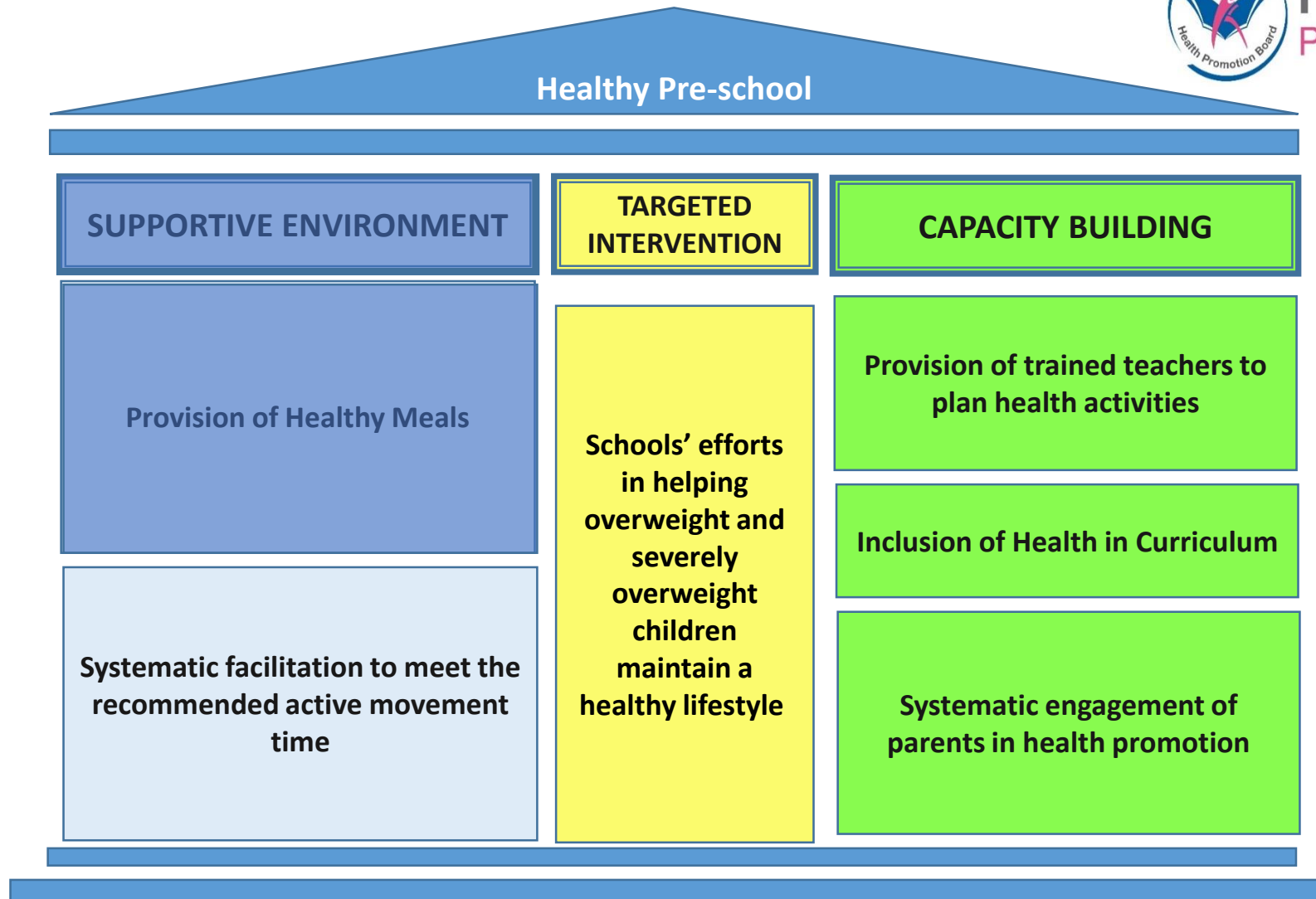
Pillar 1

Creating a Supportive Environment in Pre-Schools

The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars



Healthy
Pre-School



Healthy Meals in Pre-schools Programme (HMPP) aims to improve the quality of meals to pre-schoolers and shapes their food preferences from an early age

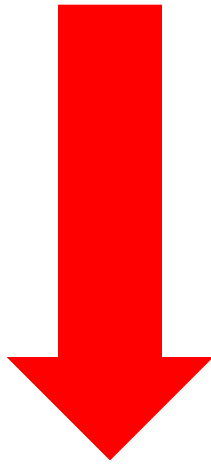
Objective:

To ensure students consume healthy balanced set meals in pre-schools with the inclusion of four food groups, whole-grains and removal of deep fried, pre deep fried and preserved food.

Programme Criteria:

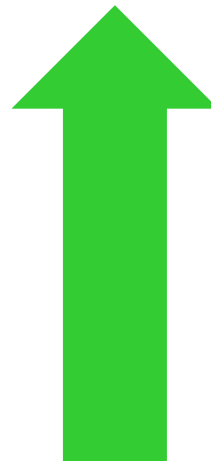
- 8 Food Service criteria
- 8 Nutrition Education criteria

Students have access to default healthy meals comprising:



Lower in

- Saturated fat (promote use of healthier oil)
- Sugar
- Salt



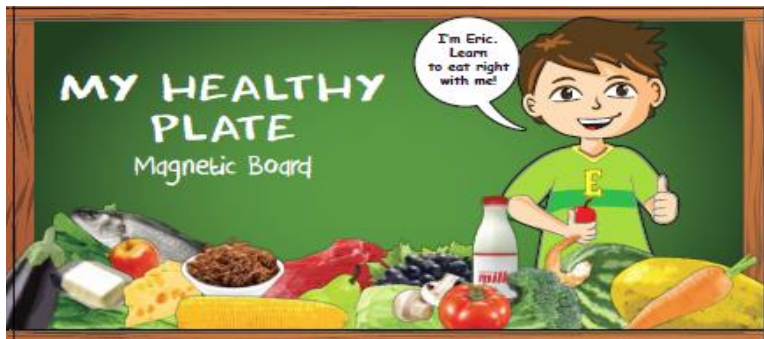
Higher in

- Whole-grains
- Fruit
- Vegetables



HMPP Cycle – Capacity Building, Consultation and Assessment

Impart nutrition knowledge and introduce healthy set meals to children



Free nutrition education resources

Free nutrition education cum hands-on culinary workshop

Consultation and Assessment

Training by chef and nutritionist to equip cooks in pre-schools with nutrition knowledge and culinary skills to prepare healthier meals

During consultation, areas for improvement will be shared with the pre-school to assist with ironing out the major difficulties and challenges faced before the actual assessment

Pre-schools are supported with Culinary Training

(1) Basic Culinary Training



Nutrition Education by Dietician/Nutritionist



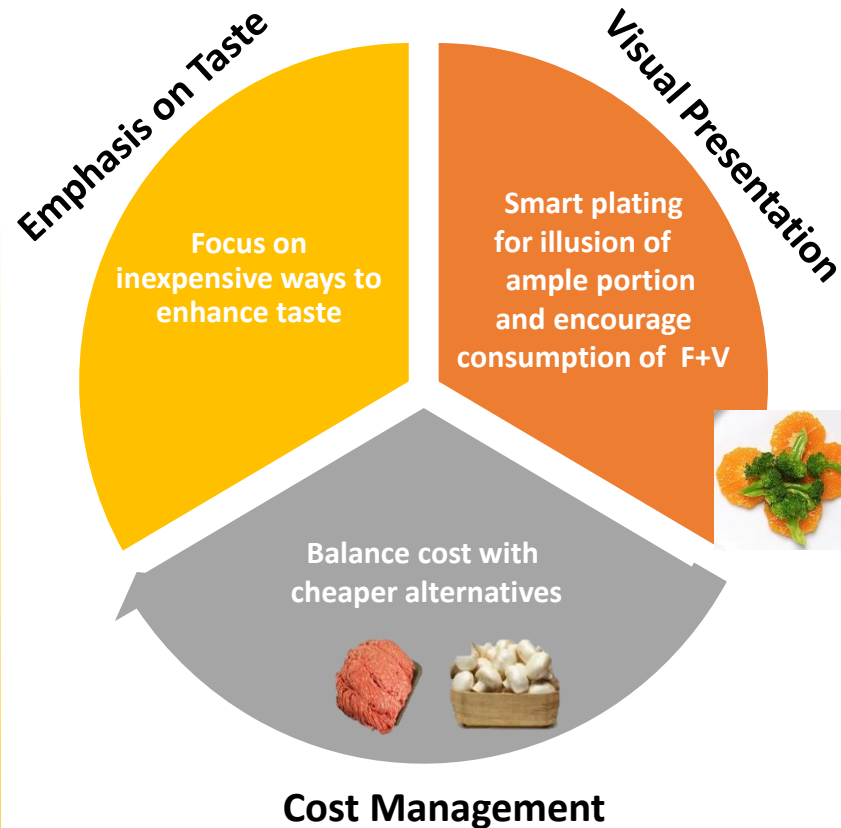
Cooking Demo by Chef



Hands-on Cooking using Healthier Recipes



(2) Advanced Culinary Training



(3) Elective Culinary Training

Communal Table



Mini "Masterchef"

Experiential


Recap of Basic and Advanced Modules

Creativity

Chef Consultation

Fun with Food Art Recipes!

- Food art can be an **engagement tool** to excite both parent and child to prepare and enjoy healthier meals.
- HPB has developed food art recipes that can be easily prepared at home or assembled in a classroom setting with simple ingredients for gourmet lessons.
- You can scan the QR code on the recipe cards to view all the 30 – 45 second food art videos on HPB youtube page.



95 KCAL PER PANCAKE*

Wholemeal Banana Pancakes

INGREDIENTS:

Butter

- 175g Whole-wheat flour or wholemeal flour
- ½ Tsp Baking Powder
- 50g Sugar
- 250ml Low-fat Milk
- 1 Egg
- 2 Bananas, mashed well or blend
- Pinch Salt (Optional)
- Soft Margarine (Optional)

Food Art

- Handful Walnut
- 2 Banana, Sliced
- 2 Raisin
- 2 Slices Strawberry

Method

- Mix the flour, baking powder, sugar, low-fat milk and egg evenly. Add banana puree to the mixture and combine well.
- Heat soft margarine in a non-stick frying pan. Pour in a ladle of the batter and cook until golden brown on both sides.

Assembly

- Stack 8 pancakes one over the other.
- Place 2 banana slices on the top (eyes). Then stick one vertically cut banana slice in between the 2nd and 3rd pancake (tongue). Decorate the face with strawberry and toasted walnuts.

* The daily recommended caloric intake for an average Singaporean adult is 2,200 kcal for males and 1,800 kcal for females. <https://youtu.be/wK29y5fj1nI>



145 KCAL PER STICK*

Jewel Lollipop

INGREDIENTS:

- 2 Slices Wholemeal Bread (HCS)
- 2 Slices White Bread
- 2 Slices Cheese (HCS)
- 4 Satay Sticks
- 1 Wedge Rock Melon, cut into 4 pieces
- 4 Small Slices Watermelon
- 1 Slice Pineapple, cut into 4 pieces
- 4 Small Grapes
- 8 Raisins

Food Art

- Handful Walnut
- 2 Banana, Sliced
- 2 Raisin
- 2 Slices Strawberry


Method

- Slice the crust off the white and wholemeal bread. Cut into half, yielding 4 rectangular slices for each.
- Slice the cheese in half as well to get 4 rectangular slices.

Assembly

- Use satay stick as a skewer, slide in a piece of rock melon.
- Take one white bread rectangle and one wholemeal bread rectangle. Place a cheese rectangle between them. Roll it up like a Swiss roll and immediately slide stick through it to hold its shape.
- Next slide a piece of pineapple through the stick, followed by a piece of watermelon and finally one grape to finish it off.
- Use raisins for the eyes and ears.

* The daily recommended caloric intake for an average Singaporean adult is 2,200 kcal for males and 1,800 kcal for females. <https://youtu.be/30z1q2m7tU8>



180 KCAL PER CUP*

Easy Egg Cups

INGREDIENTS:

Egg Cups

- 2 Tbsp Soyabean oil (optional for frying ingredients)
- 2 Garlic Cloves, Minced
- 50g Eggplant, diced
- 100g White mushroom, diced
- To taste Salt & Pepper
- 4 Slices Wholemeal bread, rolled flat
- ½ - 2 Tbsp Low-fat grated cheese
- 1 Tomato, diced
- 2 Dried herbs (oregano, mixed Italian herbs)
- 4 Eggs

Food Art

- 1 Nori Sheet (seaweed) (for eyes & snout)
- 1 Cherry Tomato


Method

- Preheat oven to 180 °C.
- Heat a non-stick pan.
- Fry the garlic, add eggplant and mushrooms. Season with some pepper and salt.
- Cook for about 3-5 mins till the vegetables are just cooked, then remove from pan and set aside.
- Lightly grease muffin tin with sunflower oil. Line each muffin hole with the flattened bread slices. Bake the bread at 180 °C for 3-5 minutes or until crispy.
- Sprinkle the cheese first, followed by the cooked vegetables, tomato, dried herbs and pepper.
- Lastly crack an egg into each cup. Bake for 10-12 minutes until the whites are just set.

Assembly

- Once cooled, add eyes and snout using cut out nori sheets. And cut out the tomato as the tongue.

* The daily recommended caloric intake for an average Singaporean adult is 2,200 kcal for males and 1,800 kcal for females. <https://youtu.be/wK29y5fj1nI>



375 KCAL PER PATTY*

Pan-Fried Potato Patties

INGREDIENTS:

Patty

- 2 Small Potato
- 1 Egg yolk, raw
- 2 Tbsp Corn kernel
- 80g Tuna canned in water, drained
- 2 Tbsp Spring onions, head only, finely chopped
- 1 Whole egg, beaten lightly
- A dash of pepper
- A pinch of salt
- Plain flour (for coating)
- 2 Tbsp - ½ Pinch Soybean oil (for frying) depending on the size of your frying pan
- 1 cup Flour
- 1 cup Oil

Food Art

- 1 Nori seaweed sheet (for the eyes)
- A Handful Fresh lettuce (for nose)
- 2 Cherry tomatoes (for the nose)

Method

- Boil potato in water. Use a knife or toothpick to check for doneness. When cooked, remove the skin and mash.
- Add the egg yolk, corn kernel, canned tuna, spring onion, dash of pepper and a pinch of salt.
- Mix well and shape into patties, 2 small and 1 big patty respectively. Mold it together so it forms a teddy bear head with ears.
- Gently dip the patty in the egg wash then coat it with flour. Shake off any excess flour.
- Heat non-stick pan, add oil and pan fry till golden and crispy. Gently flip once browned.
- Remove and place on kitchen paper to absorb excess oil.

Assembly

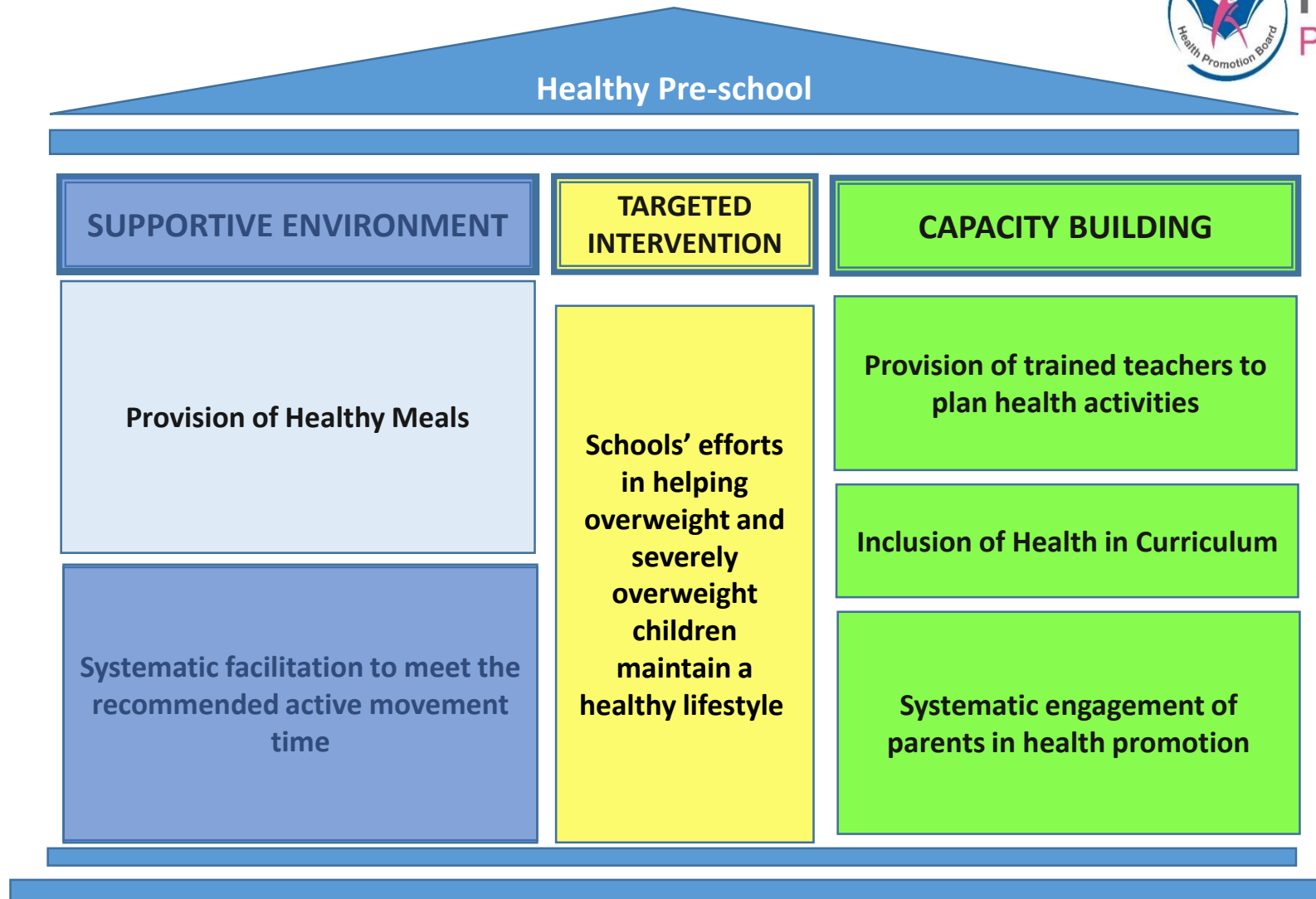
- Place cut out nori sheet for eyes, cherry tomato for nose, and place the lettuce at the bottom for a collar.

* The daily recommended caloric intake for an average Singaporean adult is 2,200 kcal for males and 1,800 kcal for females. <https://youtu.be/wK29y5fj1nI>

The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars

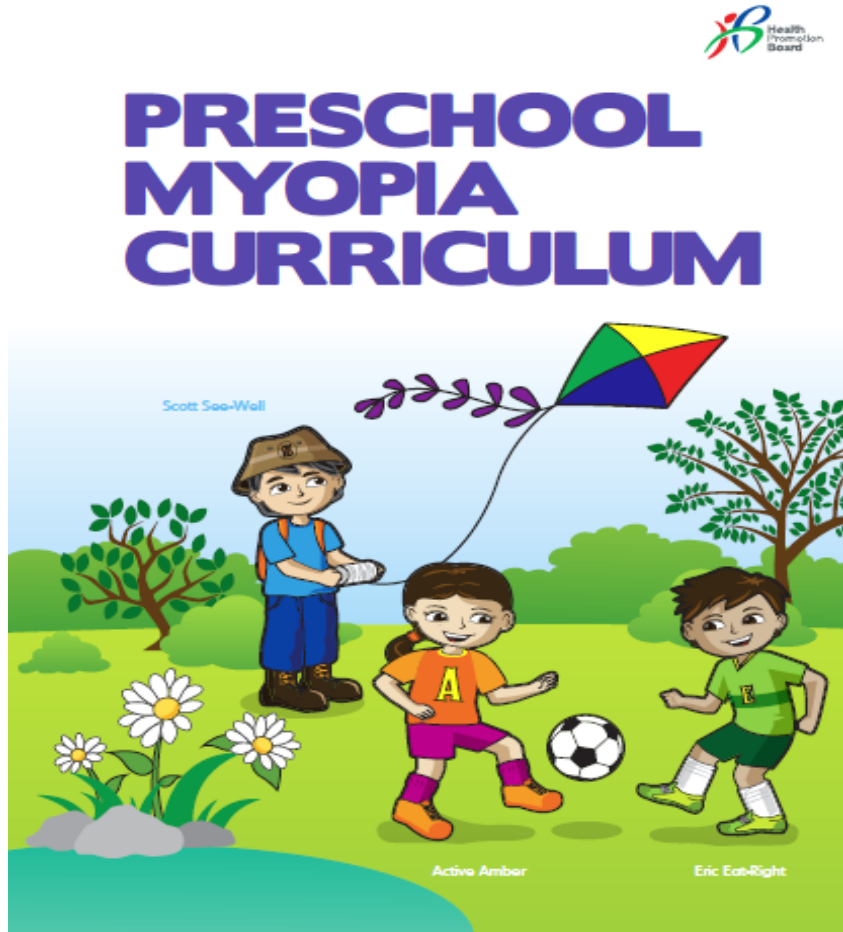


Healthy
Pre-School



Systematic facilitation to meet recommended Gross Motor Activity time

Resources to help centres increase GMA



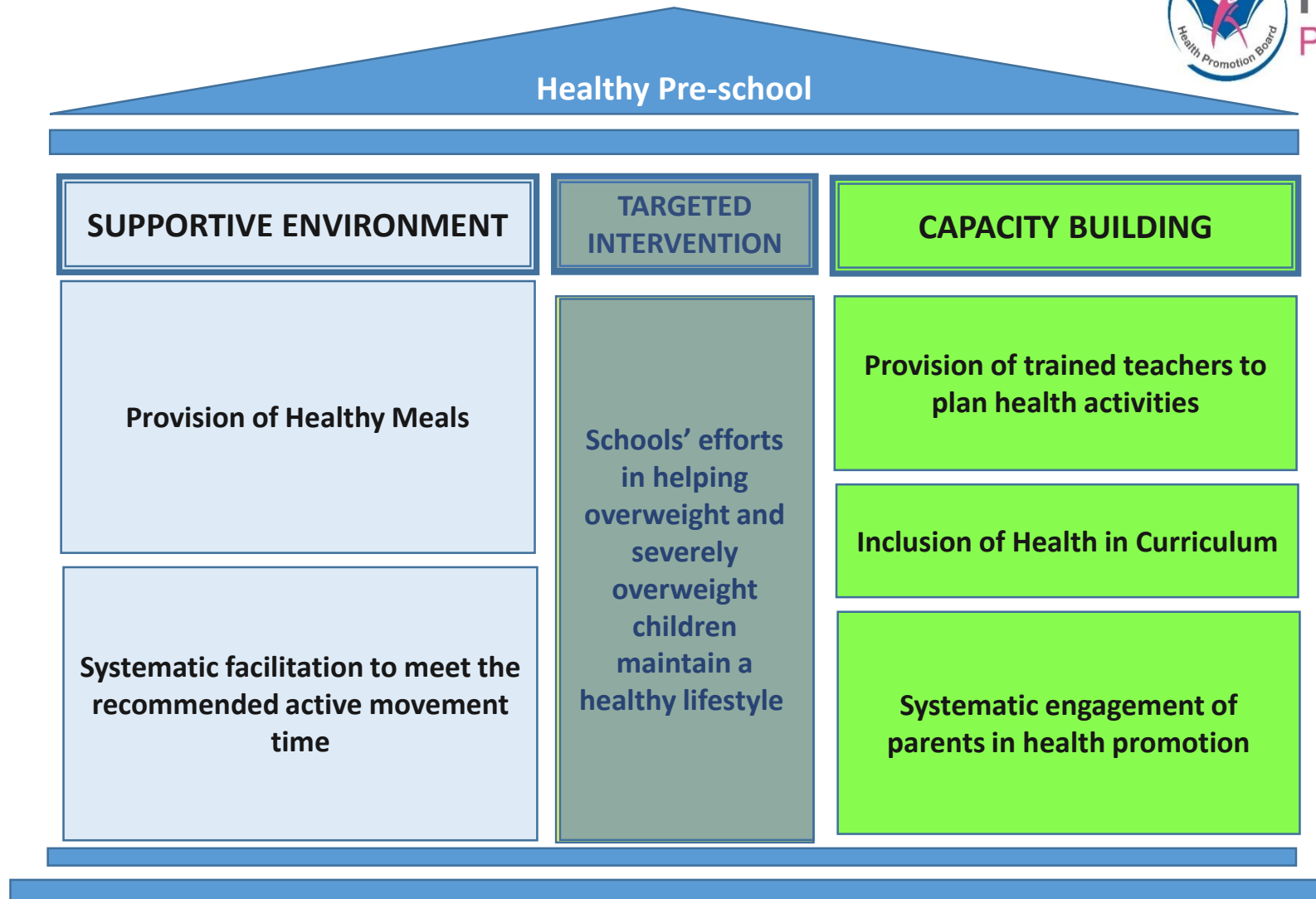
Pillar 2

**Providing Targeted Intervention to
Support Health at Risk Children**

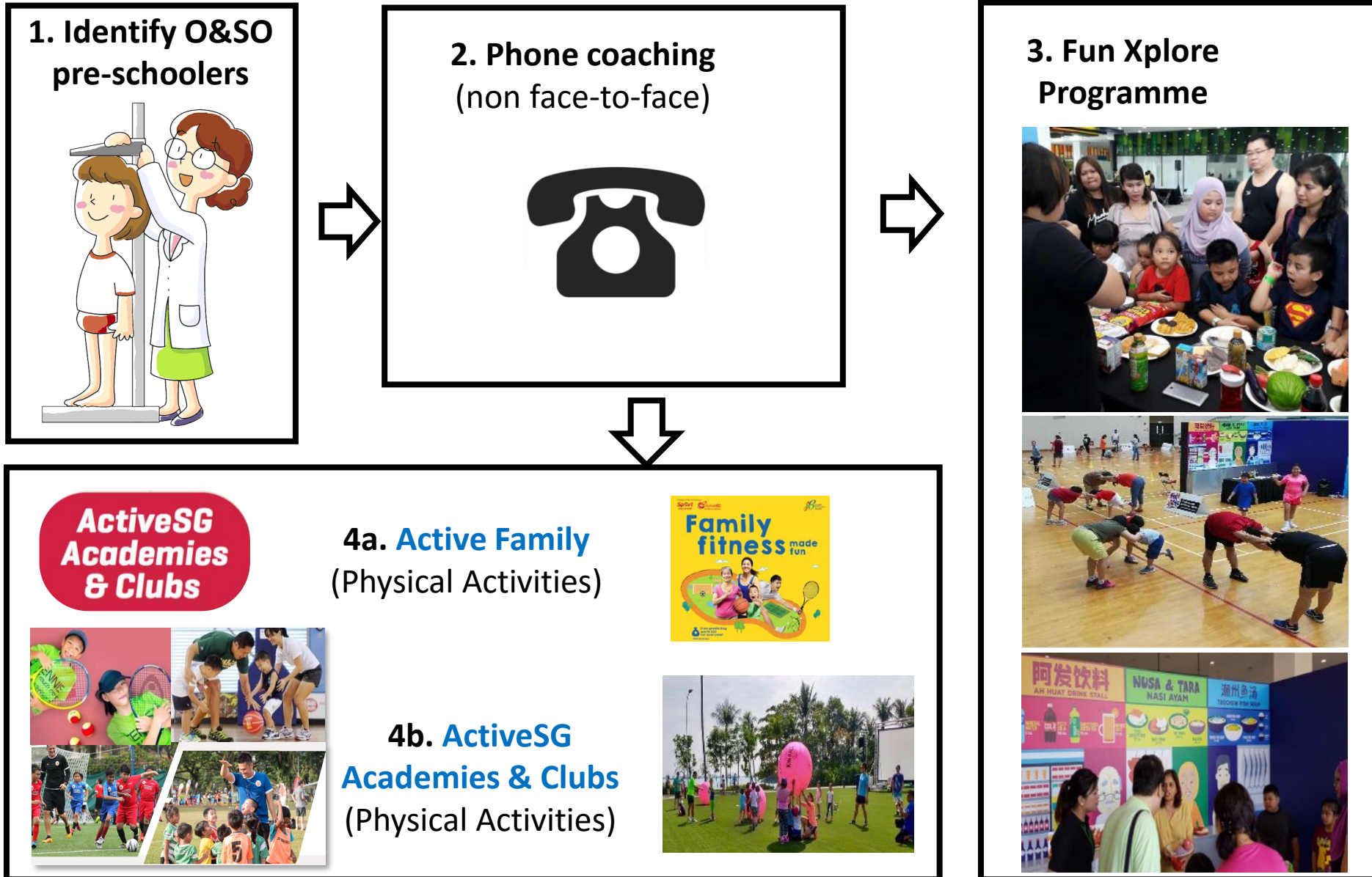
The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars



Healthy
Pre-School



Healthy Weight Programmes



**ActiveSG
Academies
& Clubs**



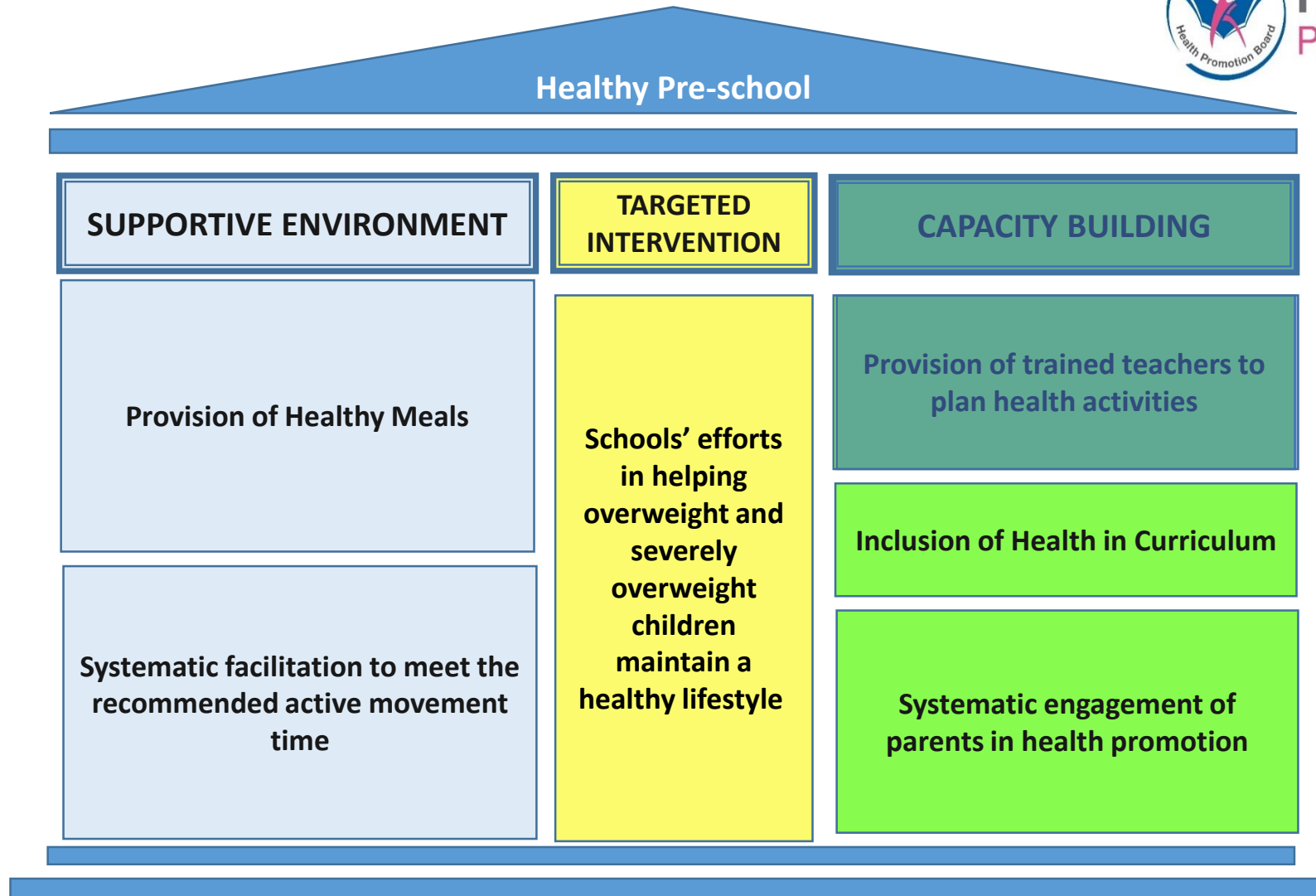
Pillar 3

Building Capacity of Stakeholders

The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars



Healthy
Pre-School



Building health literacy amongst pre-school teachers



Building Health Literacy Amongst Pre-school Teachers

Nutrition for Healthy Growth and Development in Young Children

Understanding Social Emotional Development in Young Children

Active Kids
Healthy Kids

Be Protected, Be Ready
Against common
Infections in Schools



A Healthy Teacher
is a **Happy** Teacher

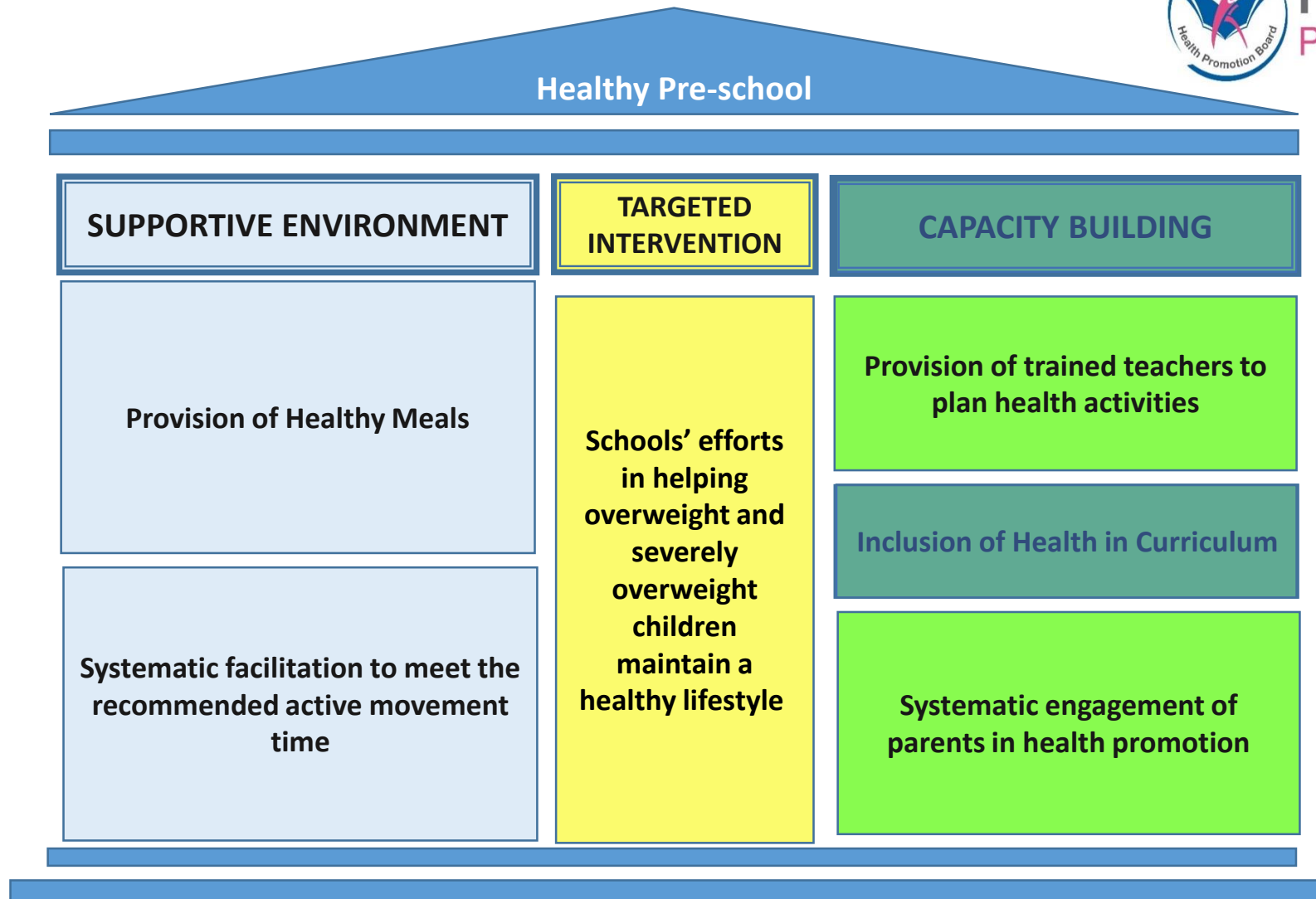
Next Steps:
Managing the
Transition to
Primary School



The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars

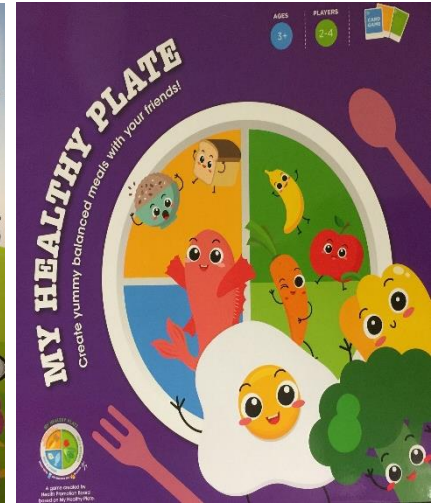
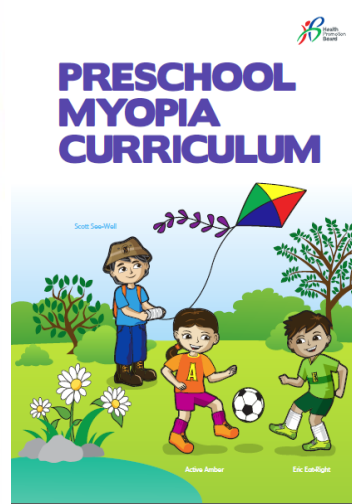
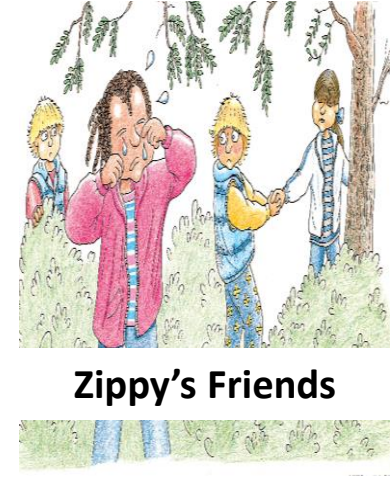


Healthy
Pre-School





Building health in Curriculum



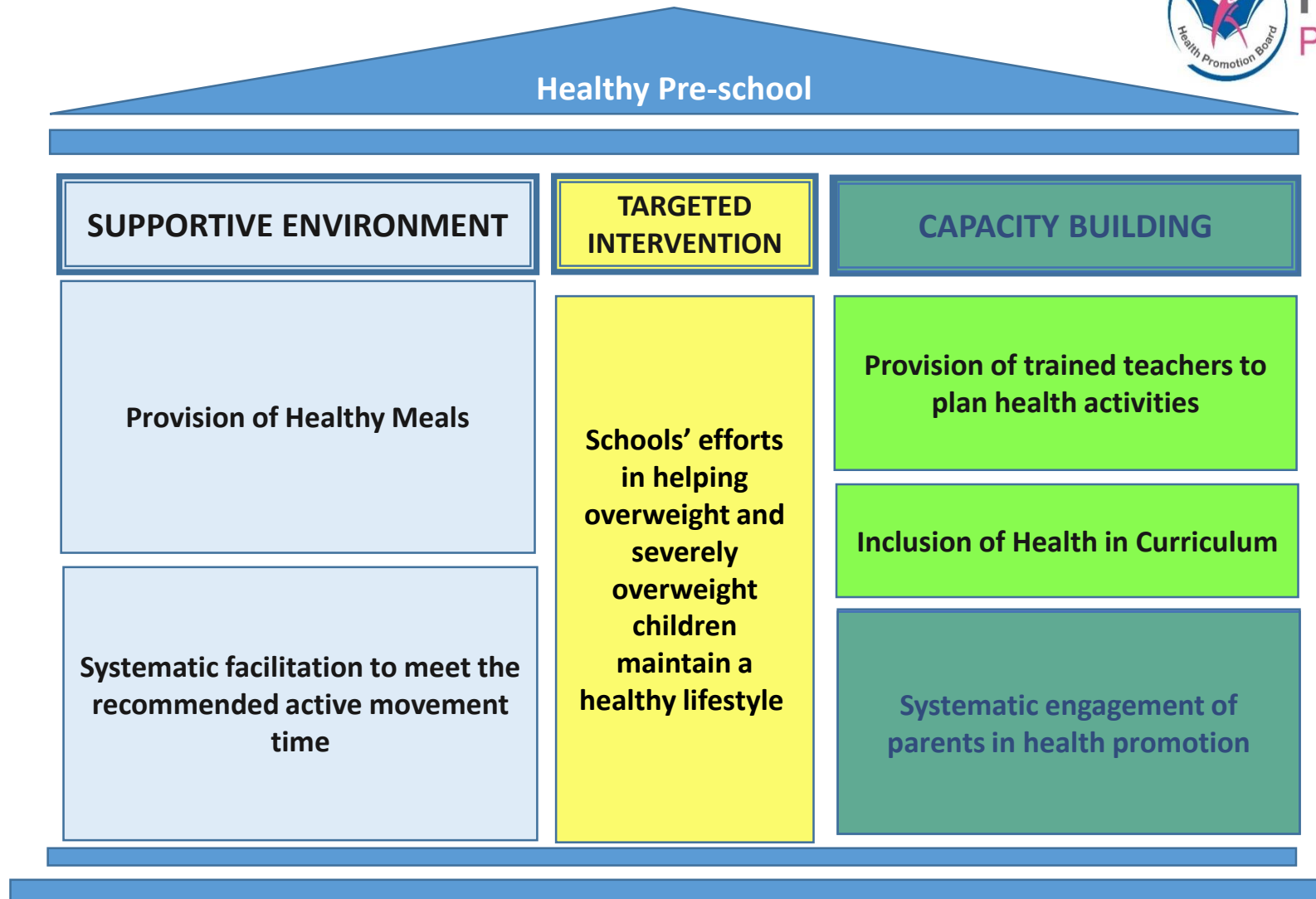
Topics:

Nutrition	Physical Activity	Mental Health	Myopia Prevention	Oral Health	Hygiene
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The Healthy Pre-school (HPS) Accreditation Framework establishes a health promoting environment through three pillars



Healthy
Pre-School



Parent engagement in health promotion

Parent Toolkit

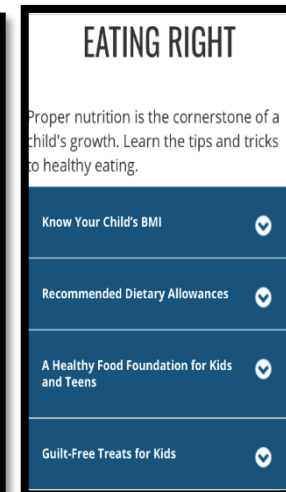
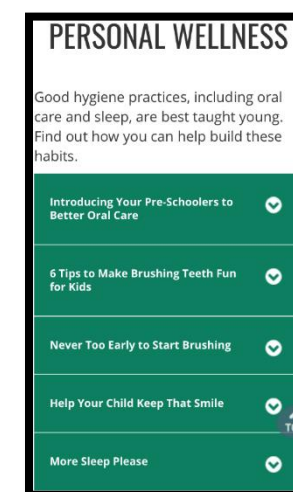
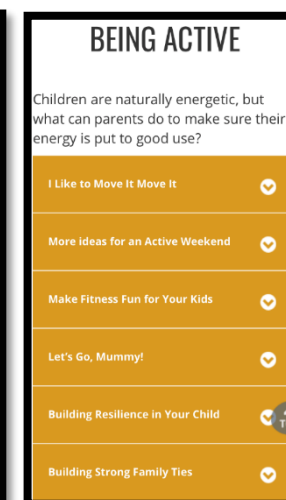
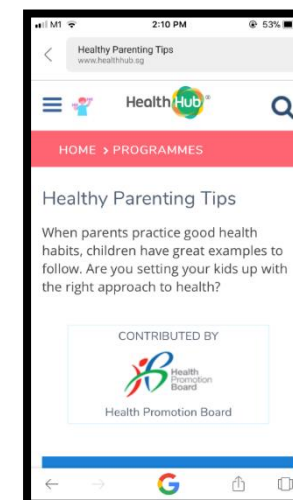


Infographics for Parents

HELP YOUR CHILDREN SCORE AN A+ IN HEALTHY LIVING



HealthHub – Parents For Life



Parent workshops

**Healthier Child,
Brighter Future**

Presents

**"Eat Right, Get Moving –
A Healthier Start"**

Research has shown that habits such as food preferences are formed by the age of 5.

Healthy habits formed in childhood are more likely to follow the child into adulthood and thus can impact his health and quality of life as he grows.

Good health lays the foundation for a child to maximise his potential in life. Find out what you can do to give your child a healthier start from this workshop!



Eat Healthy Food



Parents will learn

- * healthier eating at home and outside
- * how to increase physical activity in daily routine
- * ways to encourage a fussy eater to eat fruits and vegetables

Parents can also learn 2 easy to make and healthy recipes and sample the food!

This programme is recommended for parents/caregivers with children aged up to six years.

Duration: 1 hour
Language: English
Chinese/Malay upon request

Size: up to 30 (min. 25)

Contact your respective School Health Executive (SHEs) or Zonal Coordinator (ZLs) for more information.

**Eat Right, Get Moving
(Nutrition, Physical Activity)**

**Healthier Child,
Brighter Future**

Presents

**"Active Together"
Parent-Child Workshop**

Calling all parents with children between 2 - 6 years old!
Do sign up for this opportunity to engage with your child in the meaningful, fun and healthy workout session.

"Kidz Zumba"

Kidz Zumba features kids-friendly routines based on Zumba choreography, age-appropriate music and gets children moving to the beat. Let your child have fun and rock with their friends!

OR

"Kidz Kpop"

Kidz Kpop combines simple K-pop dance moves with aerobics. Let your child have fun, dance to their favourite K-pop songs and get fit at the same time!



Complimentary Workshop!

Contact your respective School Health Executive (SHE) or Zonal Lead (ZL)


Duration: 1 hour
Where: To be proposed by school

Logistic requirements: Sound system, hands-free microphone

Capacity: Minimum 30 parents
(Maximum: 75 parents and 75 children)

**Active Together
(Physical Activity)**

COLOURS OF THE MIND



**EQUIP YOUR CHILD TO COPE WITH CHALLENGES
& ACHIEVE BETTER OUTCOMES IN LIFE**

Having a positive mind is important for your child to lead a healthy and fulfilling life. Learn how to enhance your child's mental wellbeing with the **COLOURS OF THE MIND Parents' Programme**.

You will learn how to:

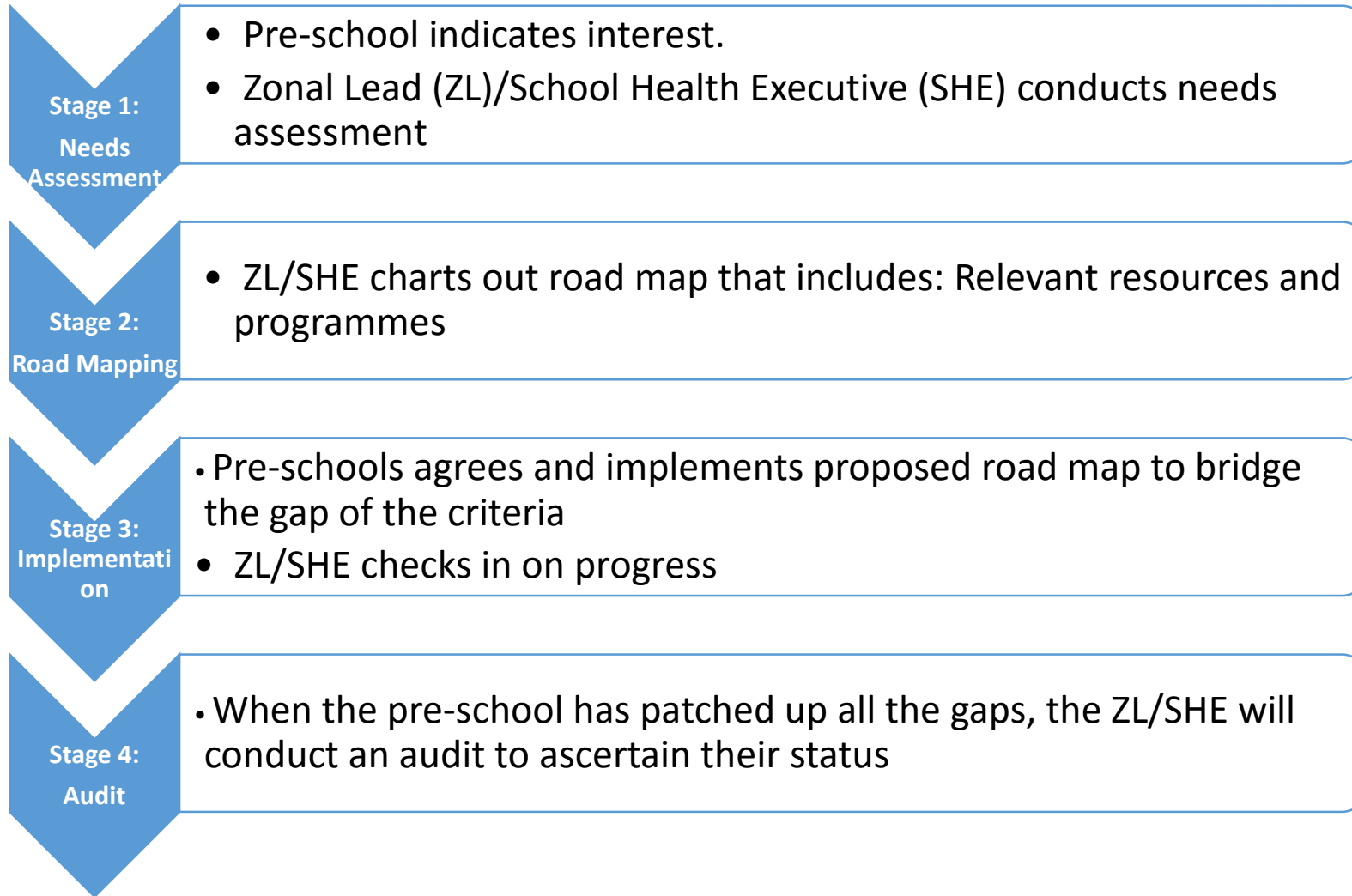
- Communicate better with your child
- Build your child's social intelligence
- Build your child's emotional intelligence and more!

**Colours of the Mind
(Mental Health)**

Let's work together to nurture our young with the best healthy pre-school environment



Healthy
Pre-School



Have FUN with the Pre-school Health Resources!

Activity 2

We have brought some pre-school health resources for your reference.

Have **FUN** looking through them!

Reflections

Pair and Share

In pairs, take 5 min to share 2 key learning points from today's workshop.

Facilitators will invite a few participants to share their thoughts.

HPB and pre-schools' partnership is vital to ensure children cultivate healthy habits from young

Research has shown that a health promoting school contributes to better health and education outcomes. Health promotion in early childhood is paramount for the prevention of infectious diseases, developing good health habits in childhood – particularly on nutrition, physical activity and social-emotional development.

As students spend a large part of their daily time in schools, educators play an important role in helping children build healthy habits and behaviours from young.

Let's work together towards nurturing **Healthier Children, Better Learners!**

Healthier Child, Brighter Future

Contact Details

For enquiries on pre-school programmes/resources, please contact:

Name of Officer	Designation	Contact Number	Email Address	CDC zones
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Ms Siti Salwa	Senior Executive	6435 3946	Siti_Salwa_SALLEH@hpb.gov.sg	South East
Ms Celine Ang	Executive	6435 3278	Celine_ANG_from.TP@hpb.gov.sg	North West
Mr Chew Swee Seng	Senior Manager	6435 3056	Chew_Swee_Seng@hpb.gov.sg	South West

Thank You!