

Health snapshot

The annual health report card for residents, the 2021 National Population Health Survey, was released on Tuesday. **Shabana Begum** outlines how the people fared.



VACCINATION (NON-COVID-19)

A significant increase in seniors who got their influenza and pneumococcal vaccinations.

In 2021, about 32 per cent of those aged between 65 and 74 took the influenza jabs, up from about 24 per cent in 2019.

2019

24.2%

2021

32.4%

The number of seniors who took the pneumococcal vaccines more than doubled in 2021.

2019

10.3%

2021

22.4%



SMOKING AND BINGE DRINKING

Smoking rates have slowly decreased over the past decade.



In 2021, 10.4 per cent of residents smoked, a slight reduction from 10.6 per cent in 2019.

10.6%
in 2019

▼ 10.4%
to in 2021

Binge drinking in 2021 fell slightly to 9.6 per cent, from 10.2 per cent in 2019.

10.2%
in 2019

▼ 9.6%
to in 2021

Binge drinking refers to the excessive consumption of alcohol over a short period of time.

MENTAL HEALTH

More people sought professional help for mental health-related issues.

2019

47.8%

2021

58.3%

More than half of Singapore residents were willing to seek help from healthcare professionals to cope with stress in 2021 compared with 2019.

2019

74.5%

2021

69.1%

But those who were willing to seek help from informal networks, such as the community and neighbours, fell in 2021.



HEALTH SCREENING FOR CHRONIC DISEASES AND CANCER

Fewer people participated in health screening in 2021 than in 2019, which could be partly due to the deferment of non-urgent services during the Covid-19 pandemic.

This means there could be a significant number of people with undiagnosed chronic conditions.

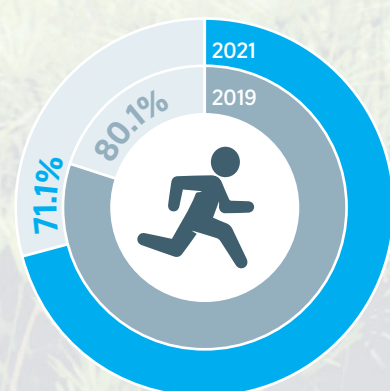
Participation in chronic disease screening fell in 2021.

2019 66.3%

2021 59.2%

On average, the number of people who tested for breast, cervical and colorectal cancers fell by 6 to 7 percentage points in 2021.

PHYSICAL EXERCISE



About 71 per cent of residents engaged in at least 150 minutes of exercise per week in 2021, down from about 80 per cent in 2019. This was likely due to reduced social and physical activities during the pandemic.

Seniors aged between 60 and 74 were the least active, with less than a quarter of them engaging in regular exercise.

About 40 per cent of young adults between 18 and 29 years old exercised often, and they were the most physically active group.

