

# More free health checks for rental flat residents

Free annual healthcare screenings for residents of rental HDB flats will be expanded to include more health checks.

The programme, started by medical students from the National University of Singapore Yong Loo Lin School of Medicine in 2007, brings health screening programmes closer to rental flat residents throughout Singapore.

Previously, residents in the Neighbourhood Health Service were screened for health issues such as chronic diseases, cancer and dental and vision problems. From this year, they will also have mental health checks and hearing tests and be taught how to avoid falls.

## SCREENING PROGRAMMES

This year's health checks will bring together five screening programmes for the residents of Kampong Glam and Leng Kee in Queenstown.

The screenings will be done at Kampong Glam Community Club and Leng Kee Community Club over two days at each location.

The five screening programmes are SingHealth and



Volunteers from the National Dental Centre Singapore conducting dental examinations for residents at the Neighbourhood Health Service screening last year.

PHOTO: NUS YONG LOO LIN SCHOOL OF MEDICINE

the National Healthcare Group's chronic disease screenings, the National Dental Centre Singapore and Singapore Eye Research Institute's oral health and vision screenings, the SingHealth community falls prevention programme and Singapore Cancer Society's cancer screenings.

"The students had decided to expand this year's screening efforts to cover a wider range of clinical conditions as they found that residents living in HDB rental blocks are four times less likely than the average Singaporean to go for regu-

lar health check-ups," said Associate Professor Gerald Koh of the Saw Swee Hock School of Public Health at NUS, referring to a 2009 study.

Another 2009 study found that residents living in rental blocks are likely to be at higher risk of having chronic disease, depression and cognitive impairment.

The students will also follow up with the residents after the screening to help identify residents who have fallen through the cracks and reconnect them back to the healthcare system.

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