More free health checks for rental flat residents

Free annual healthcare screen- 
ings 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 Singa-
pore 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, can-
cer and dental and vision prob-
lems. 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 lo- 
cation.

The five screening pro-
grammes are SingHealth and 
the National Healthcare 
Group’s chronic disease screen-
ings, the National Dental Cen-
tre Singapore and Singapore 
Eye Research Institute’s oral 
health and vision screenings, 
the SingHealth community 
falls prevention programme 
and Singapore Cancer Soci-
ety’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 aver-
age 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 impair-
ment.

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

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