



JOINT HDB, NUHS & NUS PRESS RELEASE

Pilot Health District in Queenstown to Focus on Residents' Holistic Well-being

Residents of Queenstown can look forward to quality homes and a living environment that will support their physical, social, and mental well-being, to enable them to lead more active and fulfilling lives. The Housing & Development Board (HDB), the National University Health System (NUHS) and the National University of Singapore (NUS), together with multiple stakeholders from the public, private and people sectors, will be embarking on a first-of-its-kind collaboration to develop the Health District @ Queenstown pilot (please refer to [Annex A](#) for a list of some of the partnering agencies). Minister for National Development, Mr Desmond Lee, announced the plans for the Health District @ Queenstown at the HDB Awards ceremony today.

2 We will leverage the broad range of expertise of our partners to create integrated solutions to enhance the health and well-being of residents across their life stages. We will do this primarily via two ways – more integrated planning and design of Queenstown informed by scientific evidence, and community-driven programmes – to support residents in leading healthier and more productive lives.

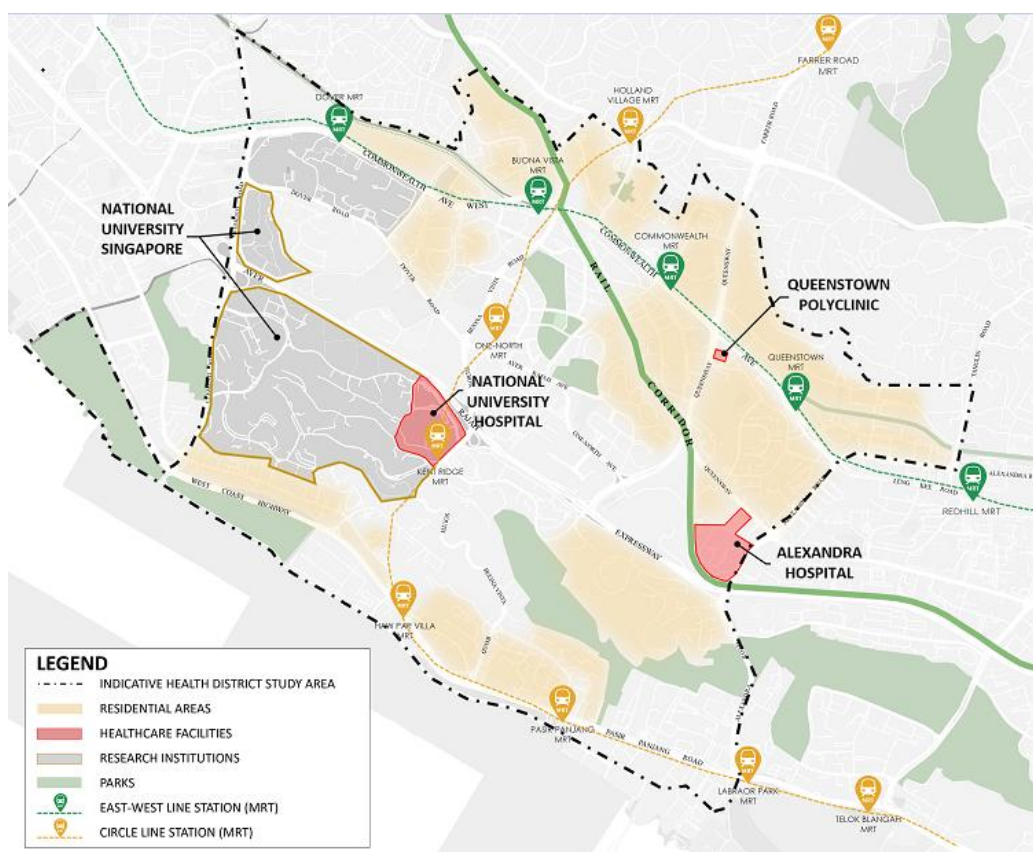
3 The Health District @ Queenstown is overseen by the Minister of State for National Development, and Communications and Information, Mr Tan Kiat How, together with Parliamentary Secretary, Ministry of Health, and Ministry of Communications and Information, Ms Rahayu Mahzam, and Parliamentary Secretary, Ministry of Culture, Community and Youth, and Ministry of Social and Family Development, Mr Eric Chua.

4 An International Advisory Panel, chaired by Dr John Rowe of Columbia University, has also been appointed to advise the Health District Steering Committee

on meaningful outcomes to achieve the goals of the Health District based on international benchmarks and best practices. Please refer to [Annex B](#) for the list of International Advisers.

Selection of Queenstown for the Health District Pilot

5 First developed in the 1950s by the Singapore Improvement Trust and subsequently by HDB, Queenstown is Singapore's first satellite town. Over the years, we have introduced several rejuvenation programmes to ensure that the town can keep pace with residents' evolving needs and aspirations. This time, we will focus our rejuvenation efforts on enhancing residents' health and well-being.



Health District @ Queenstown is bounded by the following roads: Tanglin Road / Alexandra Road to the east, Harbour Drive to the south, Clementi Road to the west & North Buona Vista Road / Ridout Road / Kay Siang Road to the north.

6 Queenstown has been selected as the pilot site for the Health District as its demographics closely mirror Singapore's projected national demographics by year 2030. The town currently has one of the oldest populations in Singapore, with almost one out of every four Singaporeans aged 65 and above. Together with various upcoming development and rejuvenation plans for Queenstown, there are

opportunities to pilot interventions for better well-being of residents, promote health-seeking behaviours, and encourage social connections.

Objectives for Health District @ Queenstown

7 The objectives of the Health District @ Queenstown are to:

- (a) Promote healthy longevity – To increase residents’ health span, i.e. the time residents spend in good health, for as long as possible.
- (b) Enable purposeful longevity – Purposeful living, whereby the individual pursues their interests and is able to actively contribute to areas such as work, family and community, is expected to have positive health benefits and may potentially increase longevity.
- (c) Promote intergenerational bonding – Intergenerational bonding is expected to improve brain and physical function among older adults, as well as improve literacy skills and social development among children. It also promotes greater social cohesion in the community and a greater sense of purpose.
- (d) Enable a community of all ages – By enabling residents to be independent and to age-in-place, they can continue to be in familiar company and surroundings.

8 The Health District @ Queenstown will focus on four key areas to achieve our objectives:

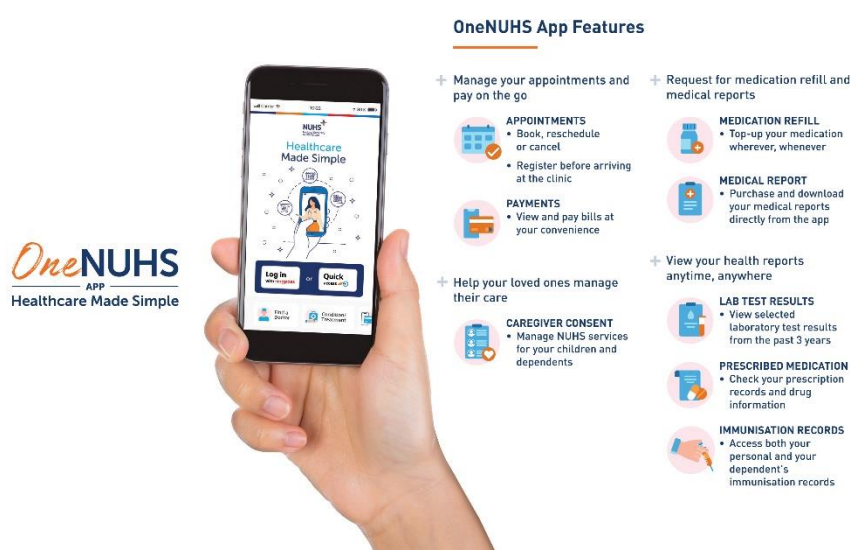
i) Preventive Health and Care Delivery	ii) Purposeful Longevity	iii) Planning and Design	iv) Technology
Encourage uptake of preventive health recommendations and shift care delivery from	Enable purposeful longevity by providing opportunities for residents to work, volunteer and	Implement planning and design solutions to support ageing in place, social and mental well-being,	Co-design affordable technological solutions with the community to improve residents’ lives

hospital to or near residents' homes	participate in lifelong learning	and for an active lifestyle	
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9 The initial list of programmes that will be pursued in the Health District are listed in the paragraphs that follow. More programmes will be added subsequently.

(i) Preventive Health and Care Delivery

10 NUHS will implement an enhanced My Health Map programme¹ to improve residents' access to preventive health services by bringing health screenings on-site to residents where appropriate and conducting health talks within the community. Care coordinators will also actively reach out to residents, working closely with partners such as the Lions Befrienders Service Association, the Agency for Integrated Care and Queenstown Grassroots Organisations, to help residents navigate the healthcare system. Eligible residents will be also invited to join the SINGapore GERiatric Intervention Study to Reduce Cognitive Decline and Physical Frailty (SINGER), which seeks to reduce the risk of cognitive impairment and dementia.



Residents of Queenstown are encouraged to sign up for the My Health Map programme via the OneNUHS app, to take active steps to enhance their health and overall well-being.

(ii) Purposeful Longevity

11 To enable us to design and implement appropriate programmes and schemes, residents will be invited to share their perceptions of what and how they envision purposeful engagement to be. There will also be courses to equip residents with skills

¹ Developed by NUHS, My Health Map is a preventive health management plan that empowers residents to stay healthy. In line with the Ministry of Health, it recommends age appropriate health screening and vaccinations. These preventive health milestones are based on age and gender guidelines and include cancer screening, chronic disease screening (diabetes, hypertension, hyperlipidaemia), functional screening, frailty screening, and pneumococcal and influenza vaccinations.

and knowledge to live a purposeful life, starting with NUS' 'Designing for a 100-Year Life' course that is scheduled to commence before the end of 2021².

(iii) *Planning and Design*

12 To create a healthy town for all ages, HDB will develop solutions that address residents' functional needs across different life stages. This will be backed by science and data. In line with HDB's 'Designing for Life' roadmap, which places the holistic well-being of residents at its core, we will anticipate future needs and develop initiatives to enhance residents' physical, social, and mental well-being:

- (a) **Physical Well-Being:** In planning and designing the built environment, HDB will place greater emphasis on solutions that can encourage residents to lead active lifestyles and improve their physical well-being.

For example, Queen's Arc, a BTO development launched in Queenstown in August 2021, has been planned with good connectivity to the nearby Rail Corridor, where residents can enjoy a variety of recreational activities. The development is also close to the future Alexandra Hospital campus, providing residents with better access to healthcare services.

Within the multi-storey development, a jogging loop at the car park rooftop garden as well as attractively designed staircases, will encourage residents to incorporate exercise into their daily routines. Residents can also exercise along the wellness trail and heritage walk while appreciating the heritage of the area.

Roof garden spaces can also be transformed to urban farming spaces, to encourage residents to spend more time outdoors, while a pedestrian mall with wellness-themed amenities and flexible spaces, can be adapted to hold health-related events and programmes. Please refer to [Annex C](#) for more details on the Queen's Arc project.

² Course registration link: https://inetapps.nus.edu.sg/SACS/LifeLongLearning/CourseFunding/SOM-DFA100YL_TGS-2021004323.



Residents can exercise along the wellness trail and heritage walk at Queen's Arc while appreciating the heritage of the area.



The 'STEP-UP' staircase, roof garden fitness facilities and jogging loop located at the multi-storey car park within Queen's Arc are designed to encourage residents to keep fit.

Apart from new housing projects, existing neighbourhoods are also enhanced through the Neighbourhood Renewal Programme (NRP), in consultation with residents. For example, residents' feedback has been incorporated into the plans for the upcoming NRP at Commonwealth Avenue. Resting areas will be provided along the covered linkways to allow residents to rest and recharge, while additional fitness stations will be introduced to motivate residents to adopt an active lifestyle. We will continue to work with residents on future NRP projects in the town.



Residents can rest between walks along the covered linkway in Commonwealth Avenue



Residents can work out at the new fitness corner in Commonwealth Avenue to be introduced under NRP

- (b) **Social Well-Being:** Another key goal is to promote social well-being by designing community spaces to facilitate interactions among residents and encouraging bonding across all generations.

For instance, in the development of new housing areas such as Ulu Pandan, green and blue elements will be incorporated to enhance local biodiversity while also promoting residents' well-being. Residents will be able to enjoy seamless access to the Green Corridor along the Ulu Pandan canal, which comprises a linear park with a wider park connector, creating more opportunities for community interaction and recreational activities.

- (c) **Mental Well-Being:** HDB recognises that engaging the mind and creating tranquil places for relaxation can greatly benefit our residents and improve overall quality of life.

SkyParc @ Dawson, for example, has been planned and designed within a scenic park-like setting, in line with the Housing-in-a-Park concept for Dawson estate. Residents can enjoy green views at every turn, with more than 80 species of trees, palms and scrubs interspersed throughout the strategically positioned sky terraces, roof gardens, as well as landscaped common greens at the ground level. They can also immerse themselves in the Dawson Community Eco-corridor – a 200m pedestrianised corridor where 18 mature trees have been conserved. Specially designed nest boxes and drilled wood logs hang from these mature trees, recreating the natural habitats of birds and insects. Together with the native tropical plantings that have been introduced, these trees provide the foundation to enhance the vegetation and retain the vibrant array of wildlife in the area, while offering residents opportunities for a contemplative and rejuvenating experience.

More tranquil green spaces will be provided within precincts in other parts of Queenstown under our various rejuvenation efforts, so residents can enjoy the restorative benefits of nature.

(iv) Technology

13 We also aim to co-create affordable and useable technology to improve residents' lives, starting with solutions co-developed with residents, caregivers, and family/community support networks. We will partner with industry to test-bed and deploy relevant technology which allows people to remain independent, assists in disease prevention, and improves healthcare delivery.

A Long-term Project with Potential to Scale Initiatives to Other Parts of Singapore

14 We will collaborate with various stakeholders, including residents, to formulate solutions that can enhance the physical, social, and mental well-being of residents. As infrastructure projects and the improvement of health outcomes require time, the

Health District is intended as a long-term project that will take many years to realise its full potential. We remain committed to enhancing the well-being of residents through good design and community programmes that can be implemented sustainably and scaled across Singapore to meet the evolving needs of our population.

Issued By : HDB, NUHS and NUS

Date : 20 October 2021

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About the Housing & Development Board (HDB)

The Housing & Development Board (HDB) is Singapore's public housing authority. We plan and develop Singapore's housing estates; building homes and transforming towns to create a quality living environment for all. We provide various commercial, recreational, and social amenities in our towns for our residents' convenience.

Today, more than 1 million flats have been completed in 23 towns and 3 estates across Singapore. HDB flats are home to 80% of Singapore's resident population, of which about 90% own their home.

For more information, please visit <http://www.hdb.gov.sg>

About the National University Health System (NUHS)

The National University Health System (NUHS) aims to transform how illness is prevented and managed by discovering causes of disease, development of more effective treatments through collaborative multidisciplinary research and clinical trials, and creation of better technologies and care delivery systems in partnership with others who share the same values and vision.

Institutions in the NUHS Group include the National University Hospital, Ng Teng Fong General Hospital, Jurong Community Hospital and Alexandra Hospital; three National Specialty Centres - National University Cancer Institute, Singapore (NCIS), National University Heart Centre, Singapore (NUHCS) and National University Centre for Oral Health, Singapore (NUCOHS); the National University Polyclinics (NUP); Jurong Medical Centre; and three NUS health sciences schools – NUS Yong Loo Lin School of Medicine (including the Alice Lee Centre for Nursing Studies), NUS Faculty of Dentistry and NUS Saw Swee Hock School of Public Health.

With member institutions under a common governance structure, NUHS creates synergies for the advancement of health by integrating patient care, health science education and biomedical research.

As a Regional Health System, NUHS works closely with health and social care partners across Singapore to develop and implement programmes that contribute to a healthy and engaged population in the Western part of Singapore.

For more information, please visit <http://www.nuhs.edu.sg>.

About the National University of Singapore (NUS)

The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research and entrepreneurship, with a focus on Asian perspectives and expertise. We have 17 faculties across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our vibrant and diverse campus community. We have also established our NUS Overseas Colleges programme in more than 15 cities around the world.

Our multidisciplinary and real-world approach to education, research and entrepreneurship enables us to work closely with industry, governments and academia to address crucial and complex issues relevant to Asia and the world. Researchers in

our faculties, 30 university-level research institutes, research centres of excellence and corporate labs focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research and cybersecurity.

For more information on NUS, please visit www.nus.edu.sg

Annex A – List of Stakeholders Involved in the Health District @ Queenstown

In addition to HDB, NUHS and NUS, the partners in this collaboration include:

Ministries: Ministry of Education, Ministry of Health, Ministry of National Development, Ministry of Culture, Community and Youth, and Ministry of Social and Family Development

Local Partners: Agency for Integrated Care, Building and Construction Authority, Centre for Liveable Cities, Health Promotion Board, Land Transport Authority, Lions Befrienders, Mentoring Alliance, MOH Office for Healthcare Transformation, National Parks Board, Singapore Business Federation, Sport Singapore, Tsao Foundation, Urban Redevelopment Authority.

This list of collaborators will expand as more initiatives are developed over time.

Annex B – List of International Advisors

Dr John Rowe, Columbia University

Dr Hiroko Akiyama, University of Tokyo

Dr John Beard, University of New South Wales and Global Centre for Modern Ageing

Dr Lisa Berkman, Harvard University

Dr Laura Carstensen, Stanford University

Dr Linda Fried, Columbia University

Dr Emi Kiyota, Ibasho

Dr Andrew Scott, London Business School

Dr Robyn Stone, LeadingAge

Dr Jeffrey Halter, University of Michigan

Annex C – BTO Project Queen’s Arc at Queenstown

Queensway: Queen’s Arc

Queensway Estate has been earmarked for residential development in the Urban Redevelopment Authority (URA)’s Master Plan since 2003. The Rail Corridor runs through the estate, providing future residents with easy access to greenery and a wider recreational network.



Variety of Health and Wellness Initiatives

Launched in August 2021, Queen’s Arc is designed with various initiatives to create homes that encourage positive social interactions, promote active lifestyles and overall well-being. The development will be well-connected to the nearby Rail Corridor and the future Alexandra Hospital campus, allowing residents to enjoy a variety of wellness-related facilities within close reach.



Pedestrian Mall

Healthy F&B and commercial amenities will line this thoroughfare with flexible spaces to accommodate ad-hoc programmes, promoting healthy eating and living.

Health Discovery Trail:
Pedestrian mall with healthy F&B & health-related educational info



Rail Corridor

Pedestrian links towards the nearby Rail Corridor will allow residents to have better access to green spaces.

All illustrations are artist's impressions only. Actual developments may differ.



Heritage Walk & Garden

Dotted with exercise elements and information markers, residents can rediscover and learn the rich heritage of Queenstown.

Queen's Crescent Heritage Trail:
Active exercise trail for fitness enthusiasts with heritage elements



