

National Population Health Survey 2020

The survey comprises a series of cross-sectional population polls that measure the health and risk factors of Singapore residents. Here are its findings.

WHAT WE DID WELL

Leisure-time exercise*

33.4% More engaged in leisure-time regular exercise

NOTE: *Leisure-time regular exercise refers to the participation in any sport or exercise for at least 20 minutes each time for at least three days a week.



Smoking

Decreased to

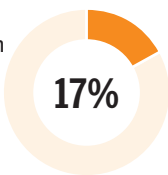
10.1%



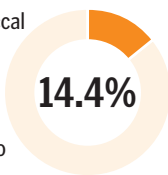
Compared with 2017, smoking prevalence **decreased across all age groups, except for those aged 50 to 59**

Vaccination coverage

Influenza vaccination coverage increased to



Pneumococcal vaccination coverage among the elderly increased to



NEED TO KEEP A CLOSE EYE ON

Poor mental health

Remained stable at **13.4%**

Younger adults aged 18 to 29 made up the highest proportion (21.5%) with poor mental health

CAN BE IMPROVED

Hypertension

2019 to 2020:
Over one in three
(35.5%)

1 in 2
(52.4%)
was previously undiagnosed

Hyperlipidaemia

2019 to 2020:
About four in 10
(39.1%)

1 in 2
(54.5%)
was previously undiagnosed

Diabetes



Slight increase to **9.5%**

1 in 4 (23.2%)
was previously undiagnosed

Obesity

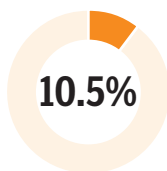
Prevalence increased to **1 in 10 (10.5%)**

Exercise

Proportion who had sufficient total physical activity was **76.4%**, down from 80.9% in 2017

Binge drinking

Increased to



Increase in binge drinking was seen **mainly in the younger age groups**

Regular drinking, however, **remained stable**

Chronic disease screening rates

Decreased to **63%**, compared with 66.4% in 2017