

STAY ACTIVE & EAT RIGHT

The total economic costs of diabetes for the entire working-age population in Singapore is anticipated to increase from US\$787 million in 2010 to US\$1,867 million in 2050¹, which may cause your productivity loss to be significantly high.



BENEFITS OF STAYING HEALTHY & EATING RIGHT

When your employees are active and making healthier eating choices, you'll start to see that productivity will improve with:



Reduced absenteeism and sick days



Faster recovery from injuries, treatment and sickness



Lower rate of accidents and injury

WHAT EMPLOYERS CAN DO

You can start with some healthy initiatives for your employees:



Incentivise them to maintain their BMI within a healthy or low risk range



Encourage them to use the stairs instead of the lift at work



Put in place smoking cessation programmes



Introduce healthier food options in the workplace



Provide easy access to drinking water



Provide zero or low-sugar drink options in the vending machines



Offer earlier official release for them to engage in physical activities

¹BMC Public Health. (2016) Current and Future Economic Burden of Diabetes among Working-age Adults in Asia: Conservative Estimates for Singapore from 2010–2050.

