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



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



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

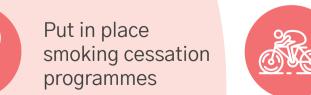


You can start with some healthy initiatives for your employees:



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





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











