

# Diabetes 1-2-3

**Community Diabetes Management Programme to  
support GPs & your patients**

**July 2025**

**Catherine Koh**

**Senior Principal Dietitian, HoD Dietetics**

**EatWiseSG lead - NUHS**

# Background

## Context on the programme

**400k**

Diabetic patients in Singapore<sup>1</sup>

**1 in 3**

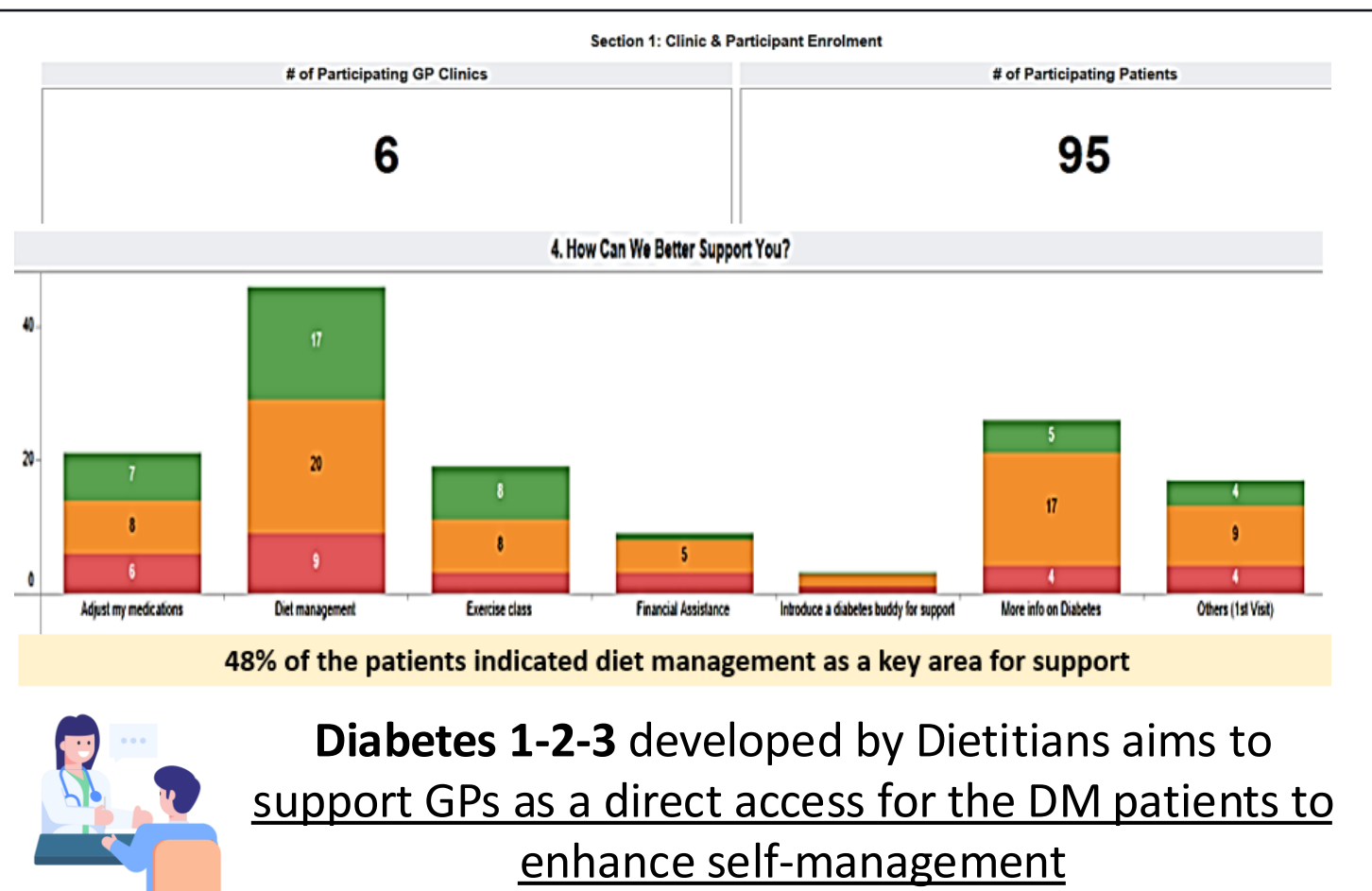
Singaporeans have lifetime risk of developing diabetes<sup>2</sup>

### *How is this relevant?*

- GPs have increased patient load with HSG
- More diabetic & chronic patients to be managed in primary care setting

<sup>1</sup> Data from National Population Health Survey, 2022

<sup>2</sup> Speech from World Diabetes Day, MOH, 2023



# Diabetes 1-2-3 Programme

Free of  
Charge!

## Components of Diabetes 1-2-3



1) Diet & lifestyle  
management



2) Self-  
monitoring



3) Medication  
adherence

End Goal



**Empower patients to manage their diabetes  
& related conditions sustainably**

<b>Objective</b>	Empower patients with self-management (DSM) skills to optimise diabetes management through sustenance of healthier diet & lifestyle through multi-level support in the community
<b>Mode of delivery</b>	<ul style="list-style-type: none"> <li>Group setting (10-15pax) face-to-face (F2F)</li> <li>2 physical workshops &amp; 2 follow-up sessions</li> </ul>
<b>Conducted by</b>	Dietitian
<b>Workshop Dates</b>	Thursday AM (Mandarin) Saturday AM (English) <i>Team will also hold Mandarin workshops on Saturday based on demand (11 October 2025)</i>
<b>Venue</b>	Block 463 Clementi Ave 1, #01-18, Singapore 120463 (NUHS community site)
<b>Criteria</b>	<ul style="list-style-type: none"> <li>18 – 75 year old Singaporean citizens or PR</li> <li>Diagnosed with diabetes</li> <li>No CKD</li> <li>Patients encouraged to attend workshop together with 1 family member/caregiver</li> </ul>

# DM 123 Curriculum

Workshop details: Workshop 1 (Theory)	Duration
<b>Chapter 1: Understanding Diabetes</b>	1 hour
<ul style="list-style-type: none"> <li>▪ Share their diabetes journey</li> <li>▪ What is Diabetes?</li> <li>▪ Consequences of uncontrolled diabetes</li> <li>▪ Type &amp; Amount of carbohydrates</li> <li>▪ Hypoglycemia management</li> <li>▪ Importance of self-monitoring</li> <li>▪ Common Diabetes myths</li> </ul>	
<b>Break – Learn about suitable snacks (Part I) + BSL checks (self)</b>	30mins
<b>Chapter 2: Understanding Hypertension &amp; Cholesterol</b>	1 hour
<ul style="list-style-type: none"> <li>▪ What is hyperlipidemia and hypertension</li> <li>▪ Types of fats and their dietary sources</li> <li>▪ Sources of dietary cholesterol</li> <li>▪ How to reduce salt consumption?</li> <li>▪ Importance of fiber</li> <li>▪ Self-monitoring tools for diabetes, BP</li> </ul>	
<b>Homework to prepare for Workshop 2</b> <ul style="list-style-type: none"> <li>▪ Start using diet, exercise, and blood sugar monitoring tool for self-monitoring.</li> <li>▪ Sign up with SportSG's Diabetes Program via the QR code.</li> <li>▪ Take photos of your meals &amp; common food packages to next class</li> </ul>	

Workshop details: Workshop 2 (Practical)	Duration
<b>Chapter 3: Diet Management for Diabetes - Practical</b>	1 hour
<ul style="list-style-type: none"> <li>▪ Energy balance concept</li> <li>▪ Making Healthier Choices (Eating out &amp; food preparation)</li> <li>▪ Art of Portion control</li> <li>▪ Understanding Food Label</li> </ul>	
<b>Break – Learn about suitable snacks (Part II) + BSL checks</b>	30mins
<b>Chapter 4 Putting it all together- Practical (1 hour)</b>	1 hour
<ul style="list-style-type: none"> <li>• Getting ready for change</li> <li>• Setting SMART goals</li> <li>• Redesigning your lifestyle</li> <li>• Tools for self-monitoring</li> <li>• Support for your diabetes journey (after the program) (By the NUHS Community Care team &amp; the NUHS Primary Care Network)</li> </ul>	
Post workshop questionnaire	30 mins



# DM 1-2-3 Highlights

Restricted, Sensitive (Normal)

## Highlight 2: Post-programme walking group

Patients started a walking group to motivate each other to increase physical activity

- Encouraged patients who found it hard to start
- Peer support helped keep them motivated



*Pan fried tofu patties with vegetables, egg white omelette with mushroom & broccoli, low GI fruits and cherry tomatoes*



*Lettuce wraps with braised mushroom and tofu* Air-fried salmon, black pepper mushrooms, tofu, omelette as a soba/quinoa salad

## Highlight 1: Educational Tea Break

Healthy, tasty meals prepared by dietitians suitable for diabetic patients

- Practical way to understand carbohydrate portions
- Helpful for patients to taste & sharing recipes

Sponsored  
by:



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Sponsored by:   
National University  
Health System



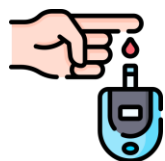
+ Healthy Recipe Book created  
by AH & the community





# Results from 2024 Pilot

Small pilot group of 20 participants



Measure	Overall
HbA1C	<b><u>-0.9% mean reduction</u></b>
Weight Loss	Range between <b><u>2.7 – 7kg</u></b>
LDL Results	<b><u>1.11 mmol/L mean reduction</u></b>
<b>Self reported Diabetes Evaluation Tools</b>	
Diabetes Self-Management Questionnaire Revised (DSMQ –R)	<b>0.5 median increase</b> (better self reported <u>Eating Behaviour</u> , <u>Glucose Monitoring</u> , <u>Physical Activity</u> )
Diabetes-Related Nutrition Knowledge Questionnaire (DRNK-Q)	<b>25% increase in overall score</b> (Increased nutrition knowledge on <u>Nutrition Content of Food</u> , <u>Health Food Choices &amp; Safety</u> , <u>Food Label Reading</u> )
Diabetes Empowerment Scale Short Form (DES-SF)	<b>7% increase in overall score</b> (Reported <u>better insight on necessary skills</u> to bring about lifestyle changes, and felt more <u>in control of disease management</u> )



# Mr H's Story

Diabetic patient for 10 years – was referred from Anchor Health Family Clinic

**Q: What were some of your biggest challenges before joining?  
And how did it affect your daily life?**

**Mr H:** I had issues losing weight and controlling my diabetes for **10 years**. I can't seem to bring my diabetes (HbA1c levels) down to below 8% or even lose weight or even start to exercise.

**Q: What changes have you noticed in your health, mindset or daily habits since joining? Any improvement in your diabetes?**

**Mr H:** I am now more **mindful about my carbohydrate intake**, aiming to do my 10,000 steps, and I **am consistent in checking health app on my phone, and choosing the healthier choice** when eating out.

I have reduced from 9.6 (Feb 24) > 7.1 (Sept 24) > 6.7 (March 25)

**Q: What are the main features of this programme you find helpful?**

**Mr H:** Learning from the dietitian how to eat & what to eat, and how to adjust from what I am eating, how & when to monitor my diabetes, **how it's important to have a goal and to start with baby steps** to get to where I need to.

Having **peer support** from the participants to share their learning points have been useful. Catherine has also started a walking group because I have no walking kakis. All these help me to have more confidence in managing my diabetes & weight.



## Diabetes 123

### A Dietitian-Led Diabetes Programme (NEW)

Diabetes 123 is a programme developed by dietitians designed to empower people with the basic skills of managing diabetes and enable them to nurture good habits and choices for a healthier diet and lifestyle.

Beyond the workshops, participants will be supported by healthcare professionals and/or health peer volunteers, depending on their diabetic condition and level of management.

#### The programme will include:

- ☑ 2 workshops (1 theory + 1 practical)
- ☑ 2 follow-up sessions
- ☑ 2 educational tea breaks

#### Terms & Conditions:

- For Singapore Citizens/PRs aged 18 to 75 with diabetes
- Able to attend any of the listed runs:

#### Batch 1 (Mandarin)

Thurs, 14 Aug 2025 2 – 5pm      Thurs, 28 Aug 2025 2 – 5pm

#### Batch 2 (English)

Sat, 13 Sept 2025, 9am – 12pm      Sat, 27 Sept 2025 9am – 12pm

#### Batch 3 (Mandarin)

Sat, 11 Oct 2025 9am – 12pm      Sat, 25 Oct 2025 9am – 12pm

- Workshops will be held at Block 463 Clementi Ave 1, #01-18, Singapore 120463

Scan the QR code to find out more & sign up:



Organised by:



**FREE!**



## 糖尿病 123

### 由专业营养师所特制的新项目

糖尿病 123 是一个由营养师专设的项目，旨在通过培养更健康的饮食和生活方式，让居民增强管理糖尿病的基本技能。

除了这两堂作坊之外，参与者将根据他们的糖尿病状况及管理，得到医疗保健专业人员和志愿者的支持。

#### 这个项目包括：

- ☑ 一堂理论作坊和一堂实习作坊
- ☑ 两个健康复诊
- ☑ 六个月的个性化支持由国立大学医学组织的护士、营养师和护理协调员团队提供

#### 参与者需要符合以下条件：

- 18至75岁患有糖尿病的新加坡公民或永久居民
- 能参与两堂作坊和两个健康复诊：

#### 8月(中文)

星期四, 2025年8月14日 下午二点至下午五点      星期四, 2025年8月28日 下午二点至下午五点

#### 9月(英文)

星期六, 2025年9月13日 上午九点至中午十二点      星期六, 2025年9月27日 上午九点至中午十二点

#### 10月(中文)

星期六, 2025年10月11日 上午九点至中午十二点      星期六, 2025年10月25日 上午九点至中午十二点

- 地址 Block 463 Clementi Avenue 1, #01-18, Singapore 120463

\*所有信息在印刷时均准确无误。如有变更，恕不另行通知。

扫描二维码了解更多及报名：



举办机构：

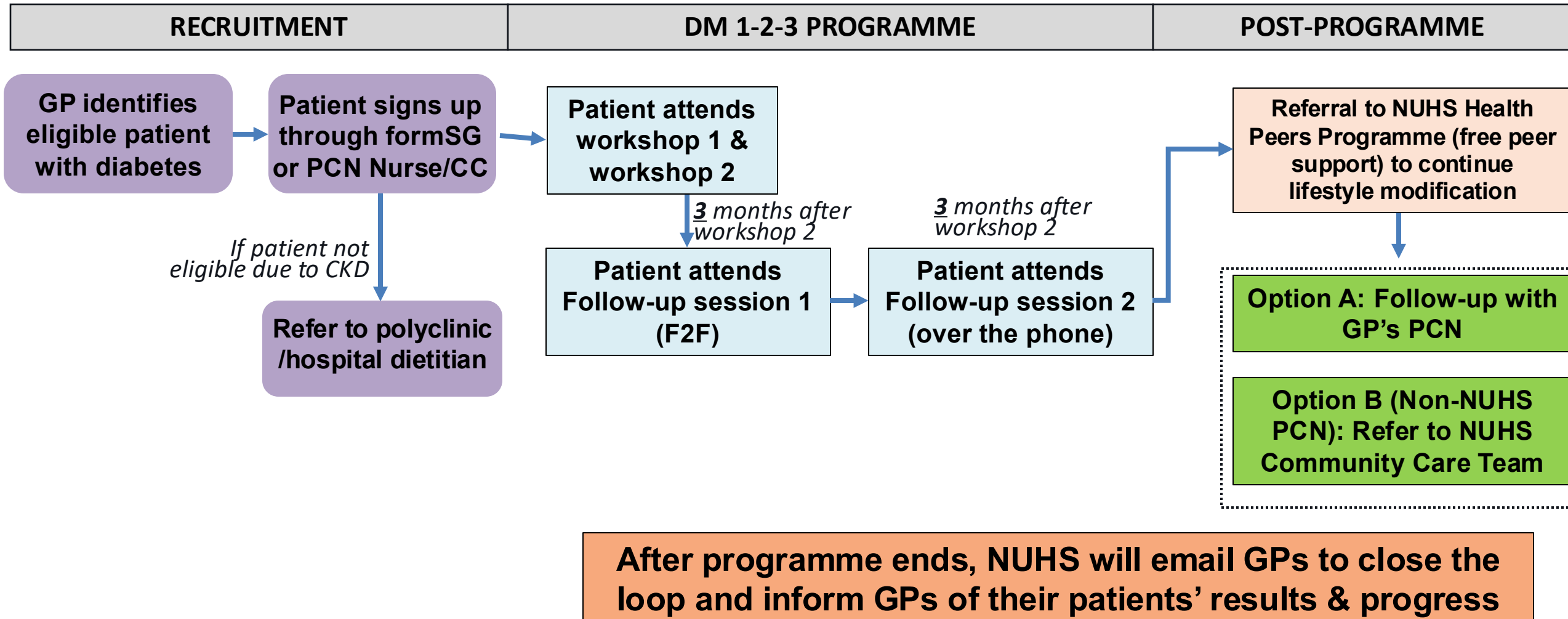


**限时免费!**



# Flow of Programme

## Breakdown of how the programme works



# Update on the Eatwise SG Initiative

## Community Dietetics and Nutrition (COMDAN) Workgroup 23 Oct 2024

## What is EatWise SG?

EatWise SG is an initiative designed to enhance access to appropriate dietetic and nutrition care where they live, helping individuals achieve better health outcomes. This initiative addresses critical unmet nutrition care needs, including:

- Inadequate dietetic support
- Under-recognition of malnutrition
- Lack of care continuity for individuals with metabolic diseases, frailty, and malnutrition

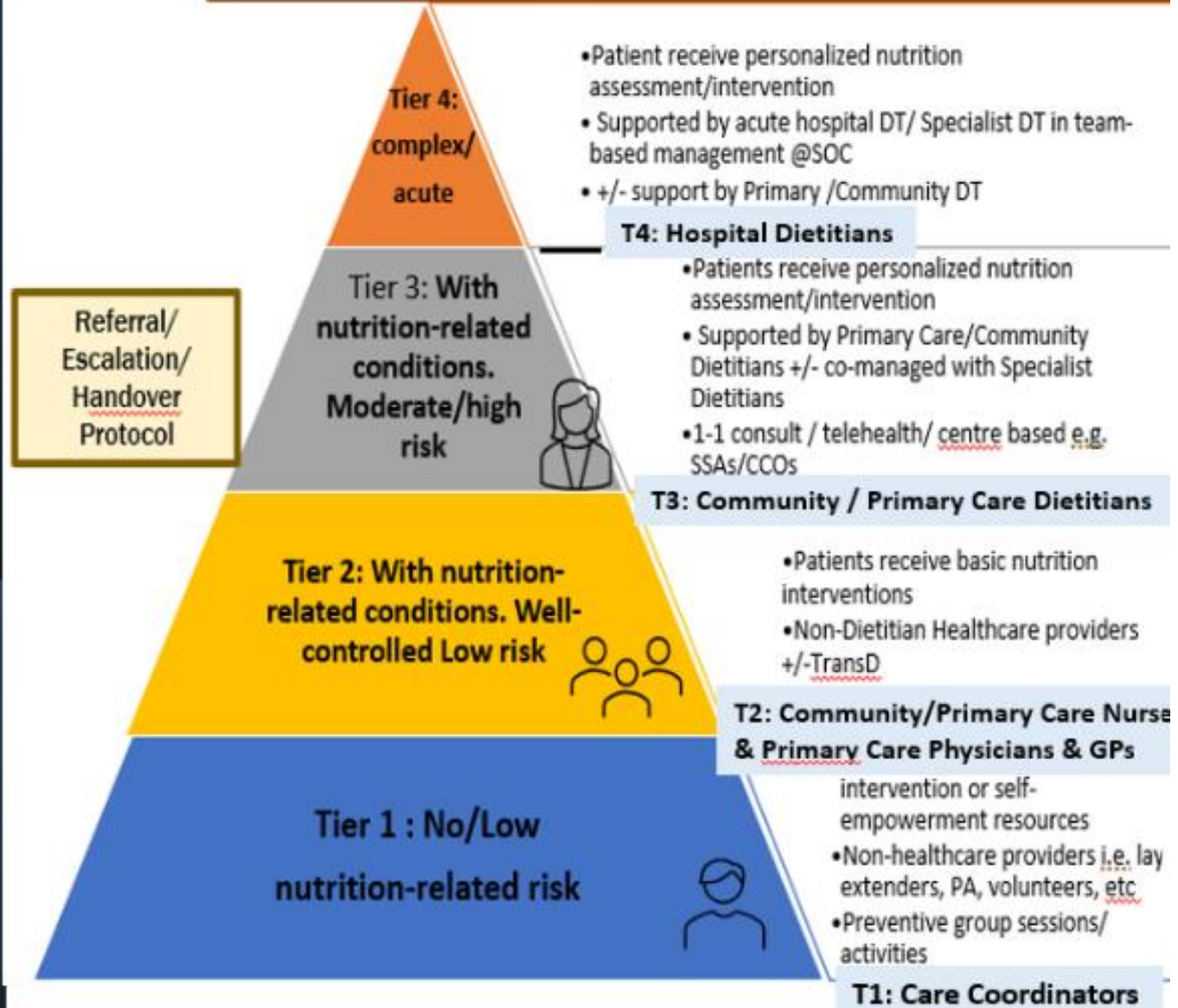


# EatWise SG Model of Care

Right siting care by the appropriate trained care providers

FUTURE

## Risk stratified approach to community-based integrated nutrition care



# COMDAN Subgroup Composition

## Subgroup 1 - metabolic conditions (Obesity, Diabetes)

Role	Name	Designation/institution
Co-leads	Dr Nelson Wee	Dy Hd (Primary Care and FP), Healthway Medical Group
	Dr Han Wee Meng	Hd/Snr Pr DT, KKH
Members	Ms Janie Chua	Pr DT, NUP
	Ms Kala Adaikan	Hd/Snr Pr DT, SGH
	Ms Pauline Xie	Pr DT, NHGP
	Ms Lim Siew Choo	Pr DT, SHP
	Ms Stephanie Teo	CN/Dy GCN, SHP/SingHealth
	Ms Marine Chioh	AD(PCCD), AIC
	Ms Ong Li Jiuen	Hd/Sr Pr DT, CGH
	Ms Koh Pei Ling	Actg Hd/Pr DT, WHC
	Dr Cindy Ng	Snr Pr PT, SGH
	Jamie Kok	Snr Pod, NUH
	Dr Sujatha	East Coast Family Clinic, Frontier PCN
Secretariat	Ms Chan Yu Leng	M(CAHO)
	Ms Fionn Chua <b>(MOH PTPS)*</b>	Snr DT, CGH
	Ms Carmen Wong <b>(MOH PTPS)*</b>	Snr DT, SKH
	Ms Melissa Ho <b>(MOH PTPS)*</b>	Snr DT, TTSH

## Subgroup 2 - Frailty/Malnutrition/Enteral Nutrition

Role	Name	Designation/institution
Co-leads	Dr Ng Lee Beng	Snr Consultant, SGH
	Ms Catherine Koh	Hd/Snr Pr DT, AH
Members	Ms Ng Puay Shi	Hd/Pr DT, TTSH
	Ms Chow Pek Yee	Hd/Pr DT, KTPH
	Ms Jesslyn Chong	Hd/Pr DT, NTFGH
	Ms Fong Yoke Hiong	AD Nursing, Tsao Foundation
	Ms Precilla Lai	APN, HNF
	Ms Tan Kim Fong	Pr DT, NUH
	Ms Phoebe Tay	Pr DT, SKH
	Ms Kua Pei San	Snr DT, SCH
	Ms Wong Yuefen	Pr DT, NHGP
	Dr Ng Joon Hwee	Stat Medical @ Hougang
Secretariat	Ms Chong Hui Hsien <b>(MOH PTPS)*</b>	Pr DT, CGH
	Ms Tan Chew Sia <b>(MOH PTPS)*</b>	Sr DT, KTPH
	Ms Fionn Chua <b>(MOH PTPS)*</b>	Snr DT, CGH
	Ms Cheryl Zhang	SM(CAHO)

# Eatwise SG Resource Package Restricted

To address the key gaps, the COMDAN Workgroup has developed a comprehensive resource package to empower healthcare providers to provide quality nutrition care in primary care and the community. The resource package includes:

- **EatWise SG care model, referral and escalation criteria** have been approved by DGH in Jan 2024. They map out how nutrition care should be delivered across settings, a tiered framework for nutrition care needs and the types of patients that should be seen at each tier (See **Annex A** for details in the referral and escalation frameworks).
- **Training curricula** for Tier 1 (lay extenders) and Tier 2 (non-dietitian healthcare professionals including Doctors and Community Nurses) providers to equip them with the knowledge and skills to provide nutrition advice/support and intervention at the appropriate level
- **Clinical Nutrition Management Guidelines (CNMGs)** to provide healthcare professionals including GPs and community nurses with recommendations on how to nutritionally manage metabolic conditions and malnutrition / enteral nutrition;
- **A curated list of patient education materials** to serve as a common nutrition care resource with harmonized and quality nutrition information
- **Guidelines for the provision of quality meals** to improve the standards of meals in residential homes or by meal providers

## Why EatWise SG Matters to You

- **Enhance Your Practice:** Gain access to evidence-based resources to elevate your practice
- **Improve Patient Outcomes:** Collectively tackle malnutrition, metabolic diseases, and frailty with targeted diet interventions.
- **Streamline Care Continuity:** Benefit from clear referral pathways and inter-professional collaboration.



[Home](#) > [Guidelines](#) >[EatWise SG for Healthcare Providers: Enhancing Community-Based Nutrition Care](#)[Guidelines](#)

# EatWise SG for Healthcare Providers: Enhancing Community-Based Nutrition Care

[Professionals](#)[Allied Health Professionals](#)[Doctors](#)[Nurses](#)

11 June 2025

EatWise SG is an initiative designed to enhance access to appropriate dietetic and nutrition care in the community, helping individuals achieve better health outcomes closer to home.

[EatWise SG for Healthcare Providers: Enhancing Community-Based Nutrition Care | Health Professionals Portal](#)

# Short Survey for GPs

## Help us support you better



<https://for.sg/oxqb8t>

# Thank you.

