

# Invest In The Future Of Health



# Turning Discoveries Into Healthier Communities Through Education, Research And Partnership





## Improving The Health Of Millions At Once

From emerging pandemics such as COVID-19 and Zika to the persistent threat of communicable diseases including HIV, malaria and tuberculosis and chronic diseases such as diabetes, heart disease and cancer, public health research and practice help discover and **develop new solutions to the health challenges** of our time and improve the well-being of the world's people.

Public Health research, studies and translation **focuses on populations** rather than individuals. Its goals of **social justice** and **equity**, and **prevention** rather than curative care, **impacts thousands, if not millions** at once.

## Leaders in Public Health

Established in October 2011, the Saw Swee Hock School of Public Health (SSHSPH) is **Singapore's only public health education institution**. Starting out as a department within the School of Medicine, National University of Singapore, in 1948, we have built on more than seven decades of experience in **research, training and practice in epidemiology, occupational health and Public Health**.

Our rigorous education programmes and research **empower us** to make **a real impact in fostering healthier communities within Singapore and the region**.

# Creating A Healthier World

**Research and training** are needed to tackle the emerging and critical issues in Public Health today.



# Strengthening Research and Teaching Excellence

Public Health research is needed to identify research questions, interpret data and inform policy and decision-making. **Supporting researchers, professors and teaching faculty** will help expand research and teaching capacity.

The COVID-19 pandemic that has up-ended the world highlights the importance and relevance of research and expertise in Public Health. In this dynamic field, practitioners need to be skilled, adaptable and prepared to deal with emerging challenges on top of existing ones. SSHSPH collaborates with national organisations and provides evidence-based advice to policymakers to inform policies and programmes that have **national impact and global influence**.

## COVID-19

From the start of the COVID-19 pandemic, our researchers **advised decision-making on travel restrictions** and testing strategies through evidence-based research including the simulation of the spreading of the virus at different points of the outbreak.

## War On Diabetes

The **School played a significant part** in Singapore's War on Diabetes in 2016. **Our researchers projected** that diabetes would **affect 1 million Singaporeans** by 2050 if no actions were taken – that is to say 1 in 3 Singaporeans will become diabetic in their lifetime, with an increased risk among younger Singaporeans in the workforce. We also showed that diabetics in the workforce **cost Singapore more than S\$1 billion a year** in 2010, stemming from healthcare costs, productivity loss and absenteeism.

## Research Is Not A Luxury

Mismeasurement, reliance on assumptions rather than evidence, and the replication of failed ideas costs lives, squanders trust, and wastes resources. In addition, **new research is crucial for the transformation** of low-quality health systems to high-quality ones.

“My country, Myanmar, faces many public health issues compounded by limited resources. Being given the opportunity to study the MPH has enabled me to contribute to the betterment of my community.

Coming from a low-income family, finances was a huge barrier to my dream of studying at the NUS Saw Swee Hock School of Public Health. I am **forever grateful to the JC Trust Board** for helping me to pursue a degree that not only benefits me but more importantly, my home country.”

**Dr Pyae Phyo Aung**

Master of Public Health, 2016-2017

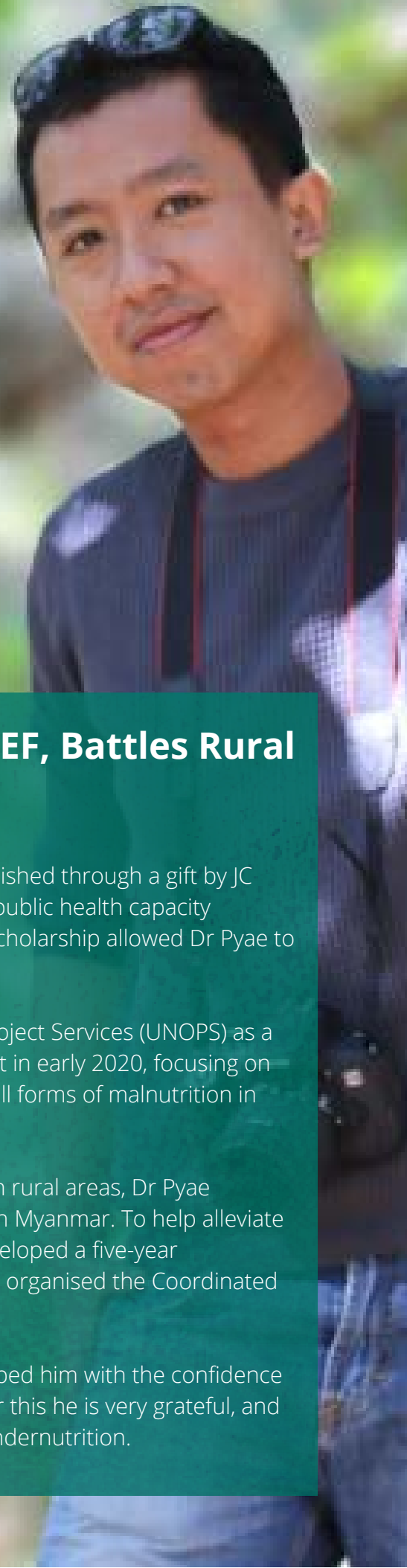
## MPH Scholar Joins UNOPS And UNICEF, Battles Rural Malnutrition

The **JC Trust Master of Public Health Scholarship** was established through a gift by JC Trust Ltd, a private charitable foundation, that hopes to bolster public health capacity building in the ASEAN region. A medical doctor by training, the scholarship allowed Dr Pyae to pursue SSHSPH's Master of Public Health (MPH).

After his MPH degree, he joined the United Nations Office for Project Services (UNOPS) as a Health Team Leader in 2017 and UNICEF as a Nutrition Specialist in early 2020, focusing on the multisectoral coordination and planning process to reduce all forms of malnutrition in Myanmar.

Passionate about tackling nutrition-based problems, especially in rural areas, Dr Pyae recognises undernutrition to be a major public health problem in Myanmar. To help alleviate maternal and child undernutrition, he is part of a group that developed a five-year Multisectoral National Plan of Action of Nutrition (MS-NPAN) and organised the Coordinated Nutrition Promotion Month campaign in Myanmar.

Dr Pyae's MPH and the enriching student life at NUS have equipped him with the confidence to continually break new frontiers in the public health sector. For this he is very grateful, and hopes to pay it forward by establishing more ways to alleviate undernutrition.



# Graduate Education: Filling Workforce Shortfalls

Globally and locally, there is a **high demand for professionals trained in Public Health** but an **acute shortfall in the workforce** exists primarily due to **the prohibitive cost of graduate-level education**. Supporting high-calibre **Masters and PhD candidates**, especially from low-income countries will allow them to acquire the skills to improve the health of communities locally and regionally.

Here are two examples of gifts that have opened new pathways for people passionate in making a difference to their communities:

- The **JC Trust Master of Public Health Scholarship** was established through a gift by JC Trust Ltd, a private charitable foundation, that hopes to bolster public health capacity building in the ASEAN region. The scholarship supports the education and training of postgraduate students in the Master of Public Health programme.
- The **Courage Fund PhD (Infectious Disease) Scholarship** was established in 2015 and supports the capacity building for communicable diseases in Public Health. The scholarship programme works towards building the expertise in addressing issues related to infectious diseases in order to benefit the healthcare communities and societies in Singapore and beyond.

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I am grateful for this scholarship as it has **enabled me to continue my educational pursuit in the research field**. As I'm juggling a full-time job and taking this PhD on a part-time basis, The Courage Fund's support has allowed me to focus on acquiring knowledge and skills that are necessary and applicable to my daily research work.

This scholarship signifies more than just financial support but it also recognises the importance of Public Health research and the need to excel and contribute back to the community.

**Ms Guo Huiling**  
PhD, 2018-2023

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I am extremely thankful and honoured to have been awarded this scholarship. The Courage Fund's generous support is the vote of confidence for me to take the first step in working towards my goals of **advancing patient care through cutting-edge research**.

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**Ms Jocelyn Teo Qi Min**  
PhD, 2017-2022

# Regional Network: Expanding Networks, Research and Training







## Growing Regional Offices

Our regional offices serve as **gateways for the School** to foster new relationships and further expand collaborations with stakeholders. A gift towards establishing or supporting a regional office can help us tackle critical public health challenges in the region through local research, partnerships and skills training.

Our **regional office in Cambodia** was established in 2015 in partnership with the University of Health Sciences, Cambodia. Since then, we have completed several studies in the areas of tuberculosis, antimicrobial resistance, total workplace safety and health, and diabetes.

A second regional office established in **Laos**, in partnership with the Lao Tropical and Public Health Institute; and an additional office in Indonesia will help us expand our work and share learnings in ASEAN.

# Empowering Public Health Leaders Through Training and Networking

As a strong advocate of capacity building and knowledge exchange to grow leaders in the region, we conduct workshops and executive programmes for mid-to senior-level professionals from around the world to deepen their skillsets and knowledge on Public Health issues.

With an enhanced understanding of Public Health challenges and their nuances, these leaders are **better able to make informed decisions and implement changes** at their organisations.



# Regional Training Programmes

Our faculty teams conduct training for Public Health professionals from various sectors in Singapore and the region to strengthen their understanding of modern health across multiple perspectives, and grow leaders who can apply their enhanced knowledge and skillsets in their organisations and countries.

## Transforming Occupational Health And Safety In Vietnam

In 2017 to 2019 we partnered the Vietnam Health Environment Management Agency (HEMA) and Temasek Foundation to conduct a programme, to improve occupational health and safety in hospitals and other workplaces in Vietnam. By the end of the programme, five pilot projects on total workplace safety and health were implemented at national and provincial level hospitals.

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This programme has **helped develop the occupational health capacity** of health staff in my country, with more than 200 participants from national institutes, provincial centres of preventive medicine and universities participating in the training courses.

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**Assoc Prof Luong Mai Anh,**

Deputy Director-General, HEMA, and alumna of the School (Master of Medicine '01)



Photo Credit: National Center for Health Communication and Education, Vietnam



Photo Credit: Temasek Foundation

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The partnership programme between HEMA, SSHSPH and Temasek Foundation is one way of supporting public health leaders and specialists in Asia to develop and implement robust and effective public health care and workplace safety programmes in the region. **Such programmes are important** in helping to bring about **long-term economic and social benefits** for the wider community.

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**Mr Benedict Cheong,**

Chief Executive, Temasek Foundation

# Equipping Regional Leaders To Advance Universal Health Coverage

Quality, affordable health care is the foundation for individuals to lead productive and fulfilling lives and for countries to have strong economies. Universal health coverage (UHC) is about **ensuring that people have access to the health care they need** without suffering financial hardship. SSHSPH conducts research and training on this important aspect of Public Health which is also a **World Health Organisation Sustainable Development Goal**.

For example, In 2019, we organised a five-day leadership development programme under the NUS Initiative to Improve Health in Asia for over 70 senior regulators, health policymakers and practitioners from 18 countries. The theme was advancing Universal Health Coverage (UHC) through the use of Health Technology Assessment (HTA) for health care priority setting and reimbursement.



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It was a great learning experience especially on UHC and how HTA can play a role on achieving UHC. I also had an opportunity to **understand the good practices** from other countries and will try to implement the good practices in our country also as we progress towards achieving UHC.

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**Dr Pandup Tshering,**

Health Secretary, Department of Medical Services, Ministry of Health, Bhutan

# More Examples Of Our Work In Public Health Research And Practice

Here are just some areas of research that show the breadth and depth of our work in the interdisciplinary field of public health research, training, advocacy and practice:

- **Communicable Diseases analysis** and **forecasting models** for diseases such as Zika, Dengue, H1N1 and COVID-19.
  - Testing diagnostic sampling strategies to determine the optimal approach for reducing the likelihood of COVID-19 outbreaks in dormitories and healthcare settings.
  - Projections of incidence and **burdens of non-communicable diseases** like diabetes.
  - Simulation of **impact of tobacco policies** and pinpointing most effective measures in Singapore's tobacco end-game strategy.
  - Health risk exposure policies including policies around the exposure to harmful lifestyle, **environmental and dietary risk factors**.
  - Research on primary care vs. acute tertiary care policies to determine **the structure of health systems**.
  - Physical, socio-cultural, political, economic environment factors that influence food choice and **physical activity**.
  - Development and evaluation of and novel digital interventions in education and work settings, and **mobile digital health technologies**.
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## Regional /International Work

- A collaboration with WHO, International Atomic Energy Agency and NEA to review and advise on conducting randomised controlled trials for **Wolbachia-infected mosquito releases in low and middle-income countries**.
- Testing and evaluating the applicability and efficacy of a mobile and web-based health application to **boost maternal and child healthcare** across rural communities in Cambodia.
- Estimating the **prevalence of HPV** in Vietnam and **tuberculosis in Cambodia**.
- Effectiveness of active case finding strategies to increase tuberculosis detection in Cambodia.
- Infection prevention and control interventions to reduce the **incidence of hospital-acquired infection** in Cambodia and Lao.
- Implementation and evaluation of a community-based model for delivery of **antiretroviral therapy** in Cambodia.
- **Health facility preparedness** for infectious pandemic response in Cambodia.
- A WhatsApp chatline offering 24-hour **gender-based violence response and survivor support** for female entertainment workers in Cambodia.

# Giving Opportunities

Besides scholarships to help the brightest and/or financially disadvantaged fulfil their potential, gifts towards research, professorships and regional projects are crucial in supporting our School's mission of turning discovery into healthier communities and improving the quality of life of local and global communities.

Here are just some of the **key funding opportunities available** that have the potential to **transform the health of thousands, if not millions, in Singapore and around the world**:

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## 1 Master of Public Health (MPH) & PhD Scholarships

SSHSPH's MPH programme is our School's flagship Masters programme with an alumni comprising high-calibre professionals making an impact at national and international levels. As public health challenges transcend borders, we seek to build an international network of alumni to enable best practice cross-sharing to benefit local Singaporean and international alumni alike.

Help us fill the shortfall of public health-trained professionals and build a robust alumni network by establishing MPH and PhD Scholarships for Singaporean and International candidates from ASEAN and low-middle Income countries in particular for whom the cost of a graduate degree in Singapore is most often prohibitive.

## 2 Research Funds

Elevate the standards of public health research to address critical health challenges and build healthier communities in Singapore and the Southeast Asia region.

Your gift can be directed to fund research projects that focus on specific issues, such as global health, disease epidemiology or health policy. We are also open to discuss other research areas that are of interest to you.

## 3 Professorships

Fund an internationally-renowned thought leader dedicated to research in this interdisciplinary field to study scientific approaches to health promotion and disease prevention, as well as the translation of research outputs towards improving public health policies and practice.

The appointed Professor would teach courses at undergraduate and/or graduate levels and contribute to policy/community development. You can establish a named Professorship in Public Health or specific areas of interest like infectious diseases and health policy.

## 4 Regional Offices

Help establish or support new partnerships and research offices that can help us tackle critical public health challenges and share research or best practices that can impact populations in the region.

## 5 Leadership And Professional Training

Support us in building capacity by upskilling professionals in Singapore and the region and to grow leaders who can apply their enhanced knowledge and skillsets in their organisations and countries.

## 6 General Fund

Make a gift of any amount to our General Fund to allow the school to apply the funds where it is most needed; tackling the most critical issues at hand, supporting our students, and improving the health of populations around the world.

# Your Support Makes A Difference

The problems we face in public health are fluid and increasingly complex. Public health professionals must stay relevant in order to effectively tackle the critical issues at hand. Your support will empower us as we play our part in improving the health of populations across the globe.

There are many ways you can **make a gift, through Cash, Cheque or by leaving a Legacy**. You can also give by other means, including non-cash gifts (such as securities and real estate) and planned gifts or bequests.

If you would like to learn more or discuss your giving preferences and objectives, please contact **Ms Sarah See at +65 6601 2433 or sarahsee@nus.edu.sg**.

You can also visit [sph.nus.edu.sg/giving](https://sph.nus.edu.sg/giving) by scanning the QR code below.



# Make An Impact On Thousands (If Not Millions) At Once

Join us in solving the **greatest Public Health challenges** of the day and catalyse the changes that improve the health of populations:

- **Empower** Professors and Faculty to pursue research with wide impact on populations.
- **Support financially** disadvantaged graduate students and give them the skills to influence policy and **improve the health of local, national and regional communities.**
- Help **establish** research funds, regional offices, train leaders and so much more.

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