

## **SDG3: Health Technology in the Prevention and Management of Diabetes**

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In the management of healthcare in our societies, especially one with an aging population, the proactive approach of “prevention is better than cure” is always regarded as superior. Even though the responsibility of disease prevention and general well-being lies in the hands of individuals, there has been increasing efforts from governments and institutions to promote healthcare and improving health literacy amongst their citizens and stakeholders. There are good reasons for this trend. An obvious one will be the ever-rising healthcare cost and its increasing weightage in government spending. While there are several approaches towards improving health awareness, they can generally be grouped under efforts for education and compliance. Education of public on health and lifestyle is often the first step towards health awareness, but it is ineffective if the public is not convinced to adopt a healthier lifestyle. Based on the case study of how Singapore declares war on diabetes, and the multi-faceted approach taken through government intervention, technology and communication, we will try to understand how a country tries to improve health awareness for prevention and management of diabetes. An important aspect of prevention is public health promotion. Mobile communication technology, wearable devices and internet play crucial role in empowering individuals with health literacy. In particular, the extraordinary growth of mobile phones, fast growth of mobile networks, and technology. The use of information and communication technologies for health can transform medical and public health practice. For instance, the monitoring and motivation of daily physical activities and healthy food consumption. Diabetes Prevention Program study has shown that 30 minutes a day of moderate physical activity along with a 5 to 10% weight loss can produced a 58% reduction in diabetes. Development and use of technology in early screening, detection and diabetes management can certainly prevent onset of complications such as cardiovascular diseases, blindness and limb amputation.