

Social Prescribing: A Strategy for Health Promoting Hospitals

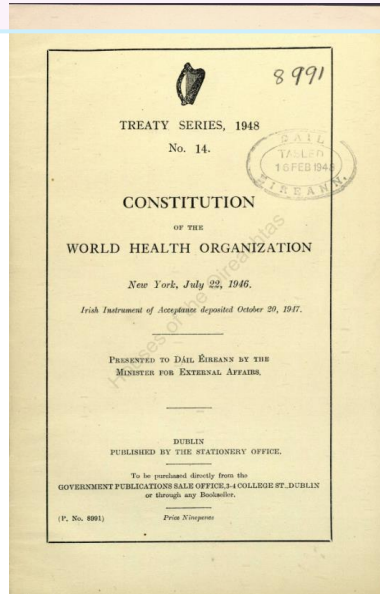
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SingHealth Community Hospitals

Outline

- The emergence of a humanistic health system
- What is social prescribing?
- How is social prescribing related to health promoting hospitals?
- How does social prescribing affect health inequities?
- How is social prescribing implemented in Singapore?

Emergence of a Humanistic Health System

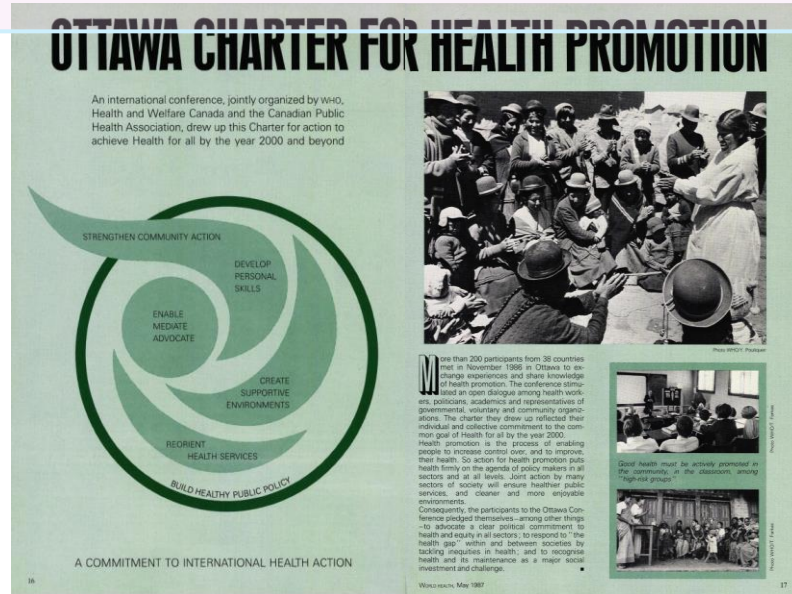
1948



“**Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

(WHO Constitution 1948)

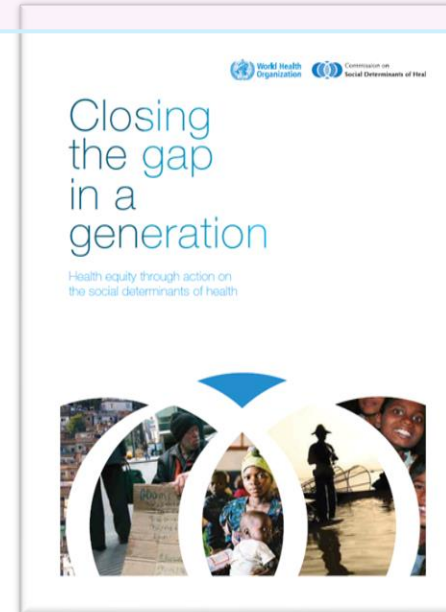
1986



“**Health promotion** is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.”

(Ottawa Charter for Health Promotion 1986)

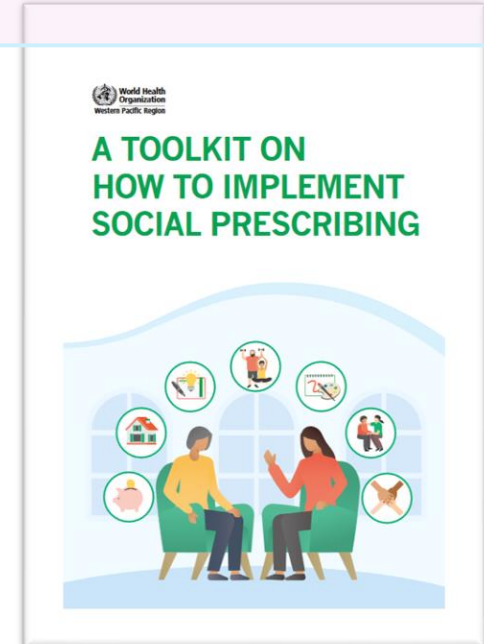
2008



“The **social determinants of health** (SDH) are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. “

(WHO Commission on the Social Determinants of Health 2008)

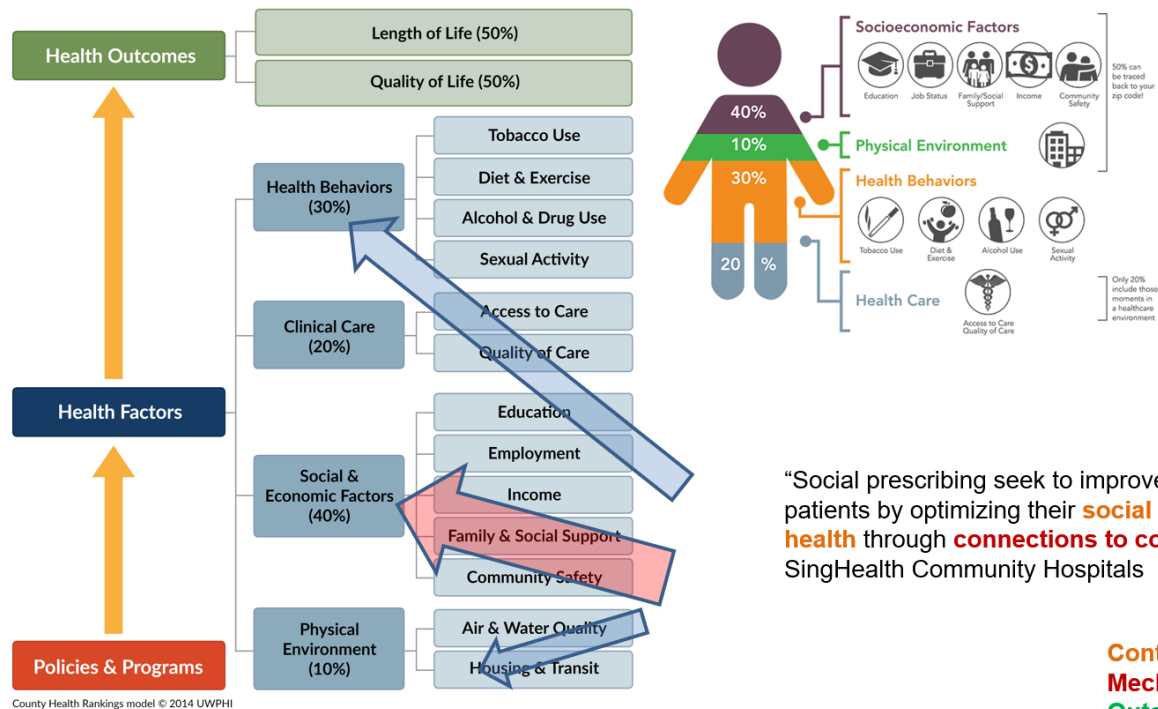
2022



“**Social prescribing** is a means for health-care workers to connect patients to a range of nonclinical services in the community to improve health and well-being.”

(WHO Toolkit on Implementing Social Prescribing 2022)

What is Social Prescribing?



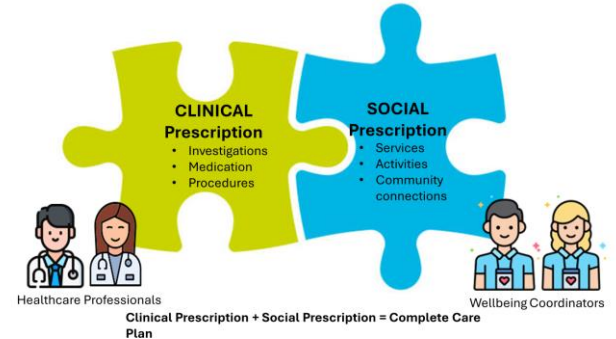
Asset
Based
Community
Development



“Social prescribing seek to improve the **wellbeing** of patients by optimizing their **social determinants of health** through **connections to community assets**”
SingHealth Community Hospitals



A Complete Health Plan



Categories of Social Prescribing



County Health Rankings model © 2014 UWPHI

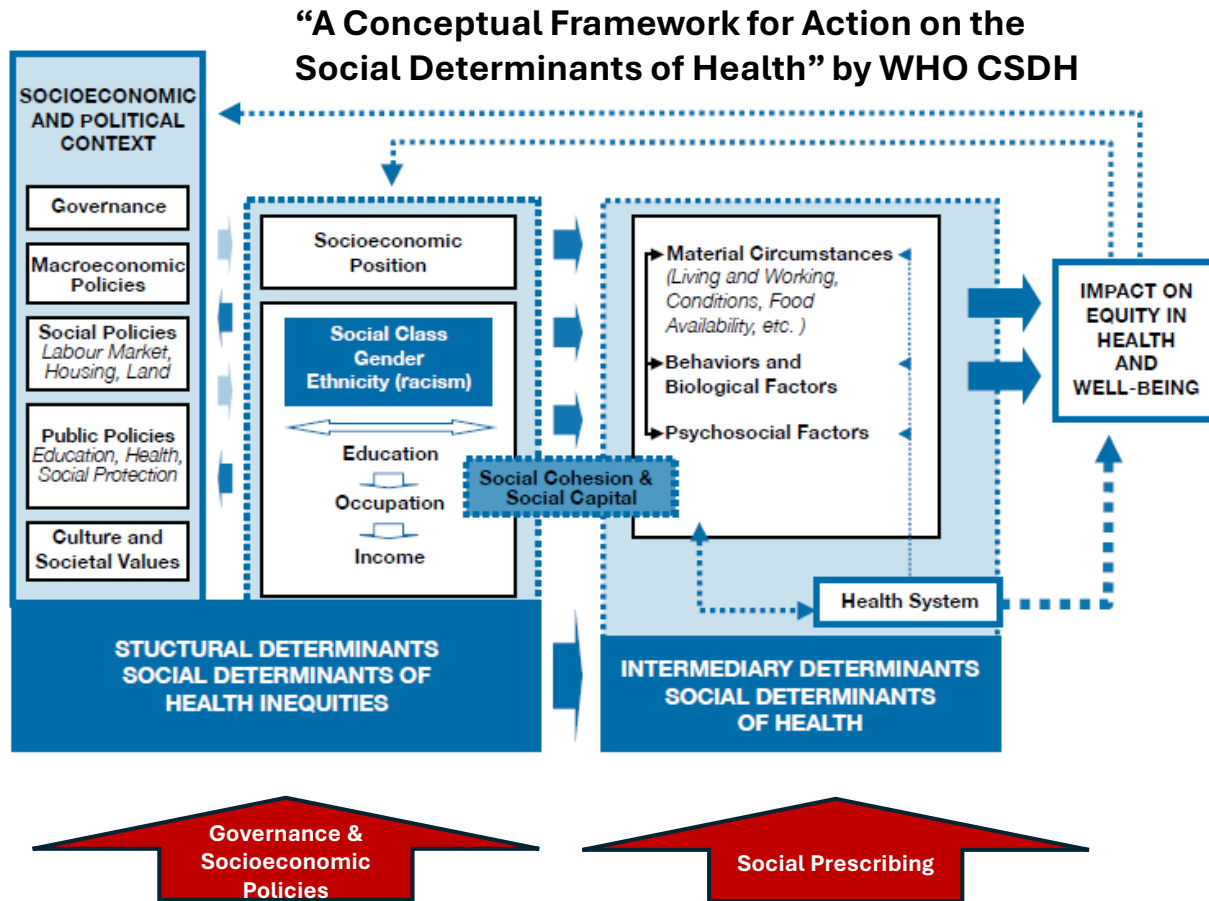
Alignment of Social Prescribing (SP) to Health Promotion

	Building Healthy Public Policy	Prioritizing social determinants of health Partnerships with community organizations
	Creating Supportive Environments	Supporting development of community assets for SP Enhancing the built environment
	Strengthening Community Action	Mobilizing local communities for SP Promoting active citizenry and volunteers
	Developing Personal Skills	Enabling self-help with knowledge and access to resources Supporting informed decision making
	Reorienting Health Services	Focus on prevention and broader determinants of health Responsibilities beyond service provision to community and population health



Logo of the Ottawa Charter for Health Promotion

Social Prescribing and Health Equity

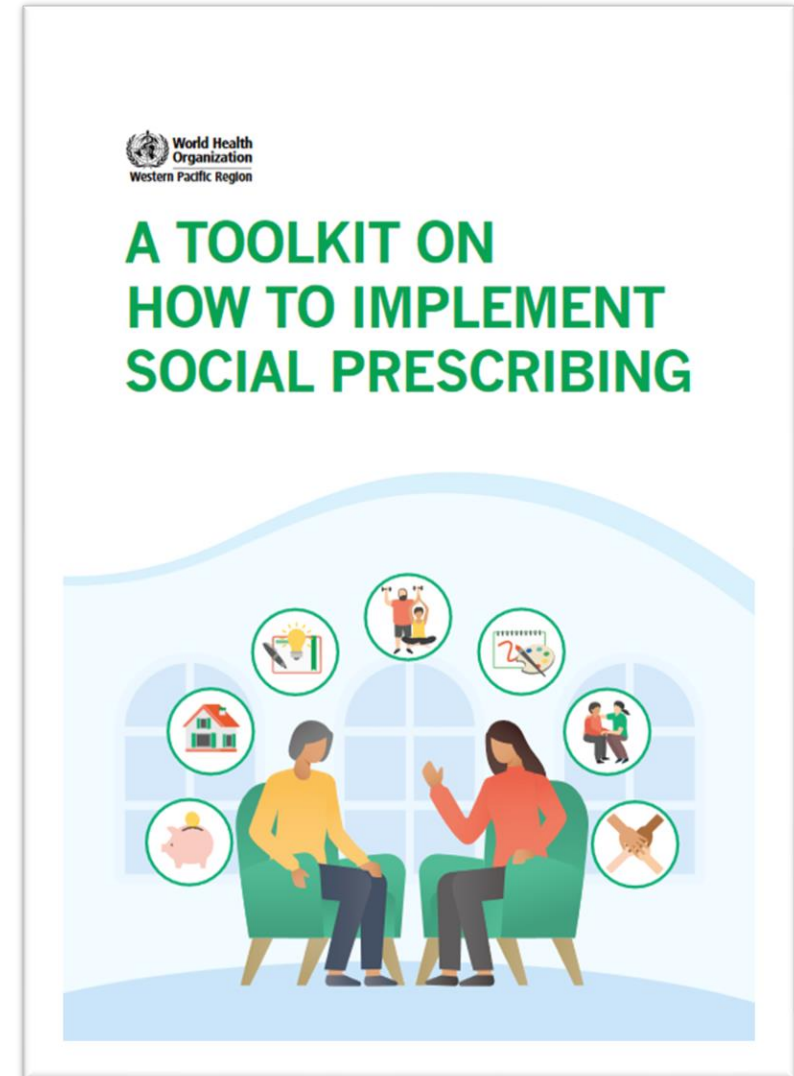


- Governance, macroeconomic policy and social policy to improve structural determinants
- Social prescribing for improvement in intermediary determinants
- Social cohesion and social capital as mechanism of impact
- Health promoting hospitals as a structured and scalable framework for implementing social prescribing

The WHO CSDH

Social Prescribing Addresses Health Inequities

- Directly addresses social determinants of health
- Improves access for underserved segments of population
- Empowers patient and support autonomy
- Reduces dependency on health care system for social support
- Builds social cohesion and social capital by supporting community asset development



Social Prescribing in Hospitals: Community Hospitals in Singapore

Key Role in Singapore's Healthcare System

- Bridge between acute care and home/community care
- Focus on rehabilitation, sub-acute care, and palliative care
- Helping transition back to daily life after acute illness

Key Services Provided

- Rehabilitative Care: Therapy to regain independence
- Post-Acute Care: Ongoing medical care for acute conditions
- Palliative Care: End of life care focused on quality and dignity

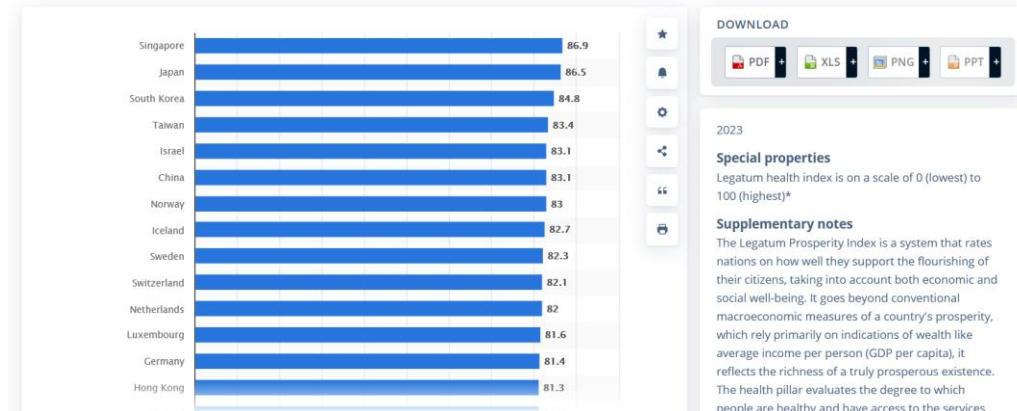
Significance in the Healthcare Ecosystem

- Reduces burden on acute hospitals
- Lowers hospital readmission rates
- Cost-effective, long-term care for an aging population

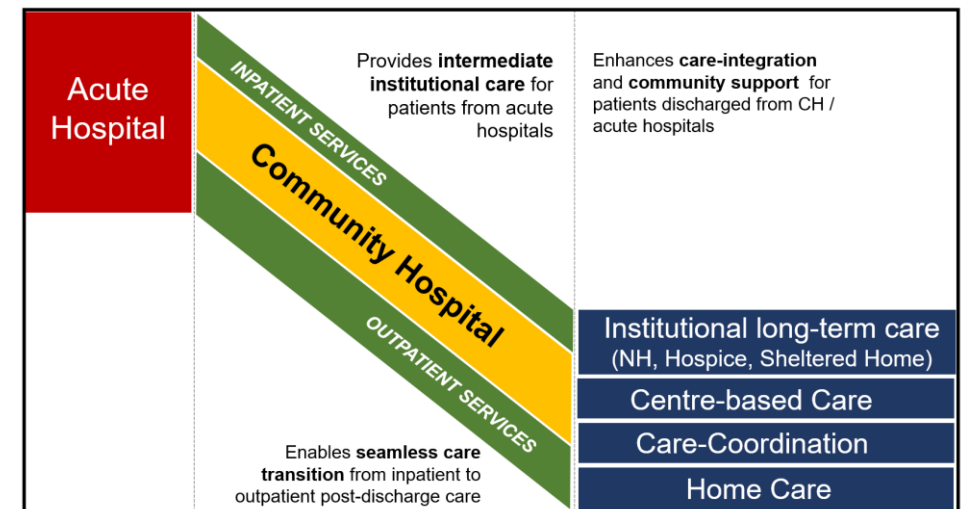
Health, Pharma & Medtech > State of Health

PREMIUM

Health and health systems ranking of countries worldwide in 2023, by health index score

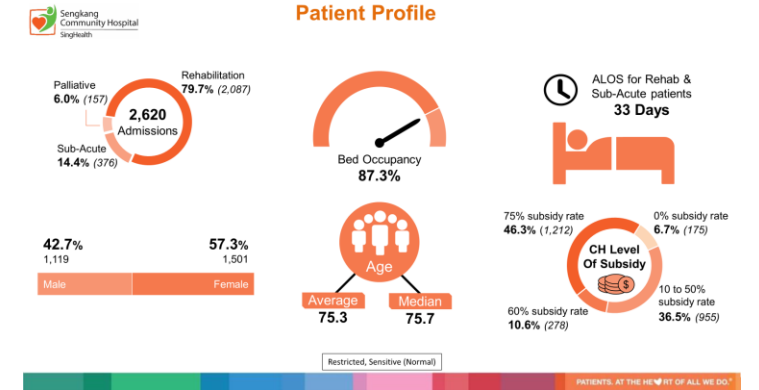


Source: (Statista) <https://www.statista.com/statistics/1290168/health-index-of-countries-worldwide-by-health-index-score/>



Implementation of Social Prescribing in SingHealth Community Hospitals

WORK PROCESSES OF SOCIAL PRESCRIBING





“Healthier SG is a major transformation of our healthcare system to promote good health, prevent chronic diseases and their deterioration, anchored by primary care and the community. It aims to focus on better health and quality of life for everyone, and encompasses 5 key features. Healthier SG 2022”

5 core elements

1

Mobilize family doctors for preventive care

2

Every resident to have a care plan

3

Community partnerships for **social prescribing**

4

Nationwide enrolment programme

5

Provide enabling support structures
(manpower, finance, IT)

Social Prescribing as a Strategy for Health Promoting Hospitals

- **Standard 1: Demonstrating Organizational Commitment for HPH:**

Commitment to optimizing health gains by integrating care that goes **beyond medical treatment, addressing social determinants** of health and **connecting to the community**

- **Standard 2: Ensuring Access to the Service:**

Partnerships with the community to **integrate health and social care**

- **Standard 3: Enhancing People-Centered Health Care and User Involvement:**

Social prescribing recognizes the **unique social context of individuals** and **co-develop a social prescription** that complements the clinical prescription for a holistic care plan

- **Standard 4: Creating a Healthy Workplace and a Healthy Setting:**

Create an integrated and **supportive work environment** that **alleviate pressure on frontline staff.**

- **Standard 5: Promoting Health in the Wider Society:**

Social prescribing is a direct mechanism for **promoting health beyond the hospital**



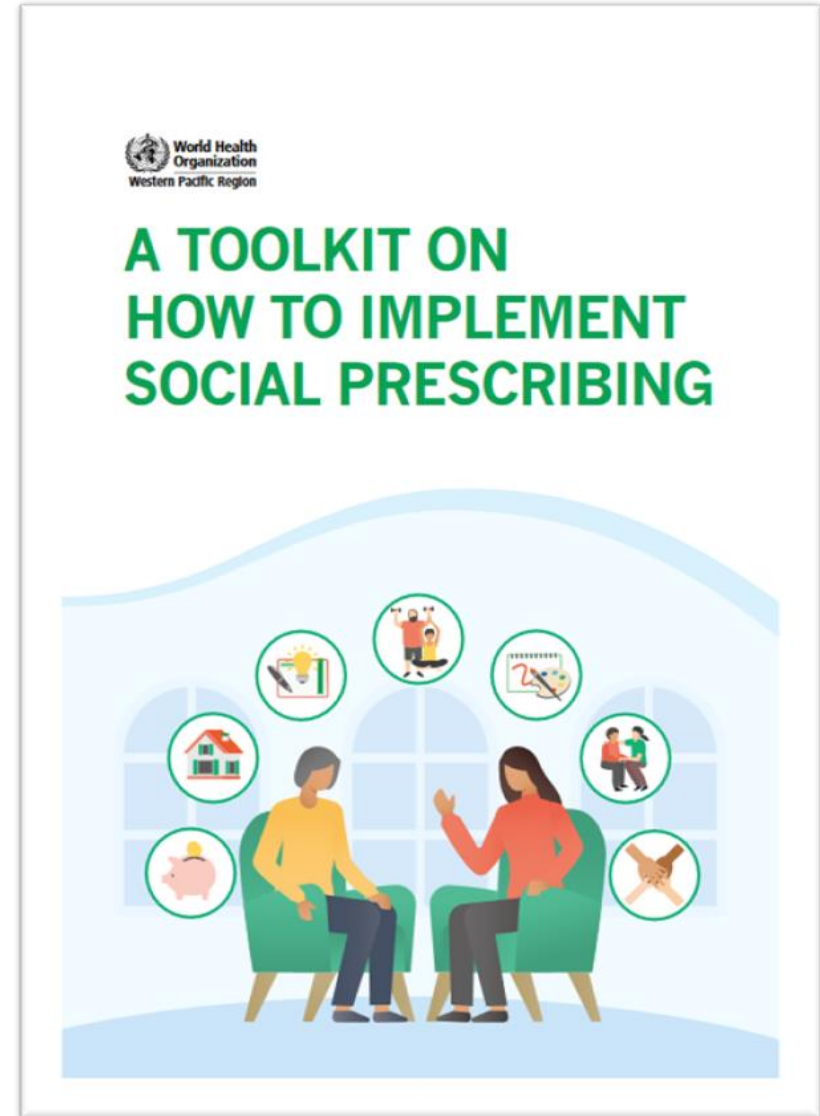
2020 Standards for Health Promoting Hospitals and Health Services



Thank you

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<https://www.who.int/publications/i/item/9789290619765>