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NHG, Tanoto Foundation spearhead diabetes reversal programme in Singapore

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Co-funded by a S$2.6 million contribution from Tanoto Foundation and S$1 million from the NHG Fund



In line with nationwide efforts to combat diabetes, the National Healthcare Group (NHG) and Tanoto Foundation are spearheading a Diabetes Reversal Programme in Singapore. The Programme seeks to control blood sugar levels in diabetes patients through behavioural change without the need for medication or surgery. Co-funded by a S$2.6 million contribution from Tanoto Foundation and S$1 million from the NHG Fund, this initiative will boost diabetes research in primary care and the community.

Currently, obese individuals with early diabetes are prescribed glucose-lowering medications, or recommended to undergo bariatric surgery. While diabetes control can be achieved in this manner, achieving and maintaining weight loss for these individuals can be a window of opportunity for diabetes reversal.

The research team from NHG aims to study the barriers and facilitators which can help inculcate positive health behaviours. The team will also conduct a clinical trial for an intensive weight management regime in reversing early diabetes in obese patients. This involves close partnership between patients, doctors and dietitians to create special low-calorie meal plans for these patients, customised to the local palate.