

Tracking health of 100,000 Singaporeans to identify new ways to prevent diseases

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Minister for Health officially launches and participates in the SG100K longitudinal study



The Lee Kong Chian School of Medicine (LKCmedicine) at Nanyang Technological University, Singapore (NTU Singapore), in collaboration with other healthcare institutions in Singapore, has embarked on a landmark comprehensive population health study of 100,000 Singaporeans over a few decades to identify the social, environmental, lifestyle, and genetic factors associated with diseases prevalent in Singapore, such as diabetes, hypertension, and cancer.

Called SG100K, the multi-institutional effort comes on the back of Singapore's rapidly ageing population, which is contributing to an increasing number of people living with long-term health conditions such as diabetes, heart disease and cancer, and to steadily rising healthcare costs.

With tremendous differences in health risks between Western and Asian populations, a study like SG100K could pave the way for the development of better tools through precision medicine to predict and prevent chronic diseases among Singaporeans and other Asian populations.

In support of this endeavour, Singapore's Minister for Health Ong Ye Kung officially launched the SG100K study on 16 December, and enrolled as an SG100K participant.

SG100K will draw on data from 50,000 participants across all ethnic groups enrolled in four existing cohort studies by NTU LKCmedicine, the Saw Swee Hock School of Public Health, the Singapore Eye Research Institute and Singapore National Eye Centre, and the National Heart Centre Singapore. The remaining participants will be recruited progressively over the next two years.