

Annex A

Grow Well SG

Grow Well SG is a national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents. This multi-ministry strategy is led by the Ministry of Health (MOH), Ministry of Education (MOE) and the Ministry of Social and Family Development (MSF). Grow Well SG emphasises early intervention in four key areas:

1. **Eat Well** - Fuel for growth and learning. Good nutrition can support growth and enhance overall health and development.
2. **Sleep Well** - Rest for success. Healthy sleeping routines can improve concentration, mood and physical development.
3. **Learn Well** - Engage in diverse learning experiences for holistic development. Excessive screen use and unrestricted access to digital technology may hinder our children's learning and affect their mental well-being.
4. **Exercise Well** - Active bodies, active minds. Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem.

These four areas lay the foundation for healthy habits from a young age, paving the way for a better future for our children. An equally important area is "**Bond Well**", the cultivation of strong relationships within the family and social connections with friends. Bonding well supports and reinforces healthy lifestyles and contributes to a child's overall well-being.

Grow Well SG will work hand-in-hand with families, educators, healthcare professionals and community partners to nurture a generation of children who are active, sociable, well-nourished and rested, and capable of engaging with technology in healthy and productive ways. The full details of Grow Well SG are available on go.gov.sg/growwellsg.