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ASIA EDITION

A*Star center promotes staff health, wins award

December 4, 2012 | News | By BioSpectrum Bureau

IBN wins Singapore's award for corporate health promotion



Singapore:Ã?Â A*Star's Institute of Bioengineering and Nanotechnology (IBN), won the Singapore HEALTH (Helping Employees Achieve Life-Time Health) Platinum Award 2012 for its efforts in promoting and maintaining a healthy environment and forits commendable Workplace Health Promotion (WHP) programs.

The Platinum Award is the highest accolade under this national award scheme, and is presented to an organization that has received at least two gold awards consecutively (IBN has won the gold award in 2008 and 2010). This year, there has been marked improvement in the frequency of regular exercise, healthier eating habits and blood cholesterol health amongst IBN's staff.

IBN's WHP Committee is responsible for the Institute's WHP programs and initiatives, and comprises the welfare, safety, charity and career advisory committees. Spearheaded by IBN Director, Ms Noreena AbuBakar, the IBN WHP program includes a range of initiatives and activities to enhance the lifestyles and health of its staff, and provide a supportive working environment.

Besides regular health check-ups, such as the annual health screening, flu vaccination and dental check-ups, as well as educational talks to raise awareness of common health issues, IBN's WHP Committee also organized a new initiative in 2010, the IBN Charity Month, to foster employee well-being and team spirit through volunteerism.

Ms AbuBakar said that, "I would like to thank the human resources department, headed by Ms Amanda Wong, for their tireless efforts in organizing a variety of health-related activities for our staff. While we are delighted to win the Platinum HEALTH Award this year, we are even more encouraged by the visible impact that our WHP program has made on our staff's lives. The positive lifestyle change has been reflected in improved health indicators for IBN staff."

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