

Day 1 – Healthy Environment, Healthy Community Symposium

Keynote Speakers

Professor Tan Chorh Chuan

(Welcome Note)

Prof Tan Chorh Chuan was appointed Permanent Secretary (National Research and Development), Permanent Secretary (Public Sector Science and Technology Policy and Plans Office), Prime Minister's Office and Chairman of the Agency for Science, Technology and Research (A*STAR) on 1st October 2023. He is concurrently the Chairman of the MOH Office for Healthcare Transformation (MOHT).

Prior to his current appointments, Prof Tan served as the inaugural Chief Health Scientist and Executive Director of the new Office for Healthcare Transformation in Singapore's Ministry of Health from 1st January 2018 to 30th September 2023. He was also the Chair of MOH's Healthier SG Implementation Office till 2024. He was the President of the National University of Singapore from 2008 to 2017. He held the positions of NUS Provost, then Senior Deputy President from 2004 to 2008. He was former Dean of the NUS Faculty of Medicine and served as the Director of Medical Services, Ministry of Health from 2000 to 2004, in which capacity he was responsible for leading the public health response to the 2003 SARS epidemic. He was also the Chairman of the Board of the National University Health System from 2011 to 2018.

Prof Tan is a key leader in Singapore's Biomedical Sciences Initiative since its inception in 2000, for which he was awarded the National Science and Technology Medal in 2008. He has also received the Public Service Star in 2003; the Public Administration Gold Medal in 2004; the Meritorious Service Medal in 2015; the Distinguished Service Order in 2022 and Public Service Star (COVID-19) in 2023. Prof Tan is the recipient of several international awards and is the first Singaporean to be elected as an international member of the US National Academy of Medicine.

A renal physician, he obtained his medical training at NUS, and research training at the Institute of Molecular Medicine, Oxford.



Professor Michael Nilsson (Panel 1 Keynote)

Professor Michael Nilsson, MD, PhD, FAFRM (RACP), is the Director of the Centre for Rehab Innovations (CRI) at the University of Newcastle, Australia. A recognised leader in health care, academic medicine, and research leadership, he has successfully guided major medical research institutes, university hospital divisions, and research centres of excellence. Internationally, he is regarded as a leading clinical academic in Rehabilitation Medicine and translational neuroscience.

Over his career, Professor Nilsson has made significant contributions to the understanding of health preservation and long-term recovery in neurological and musculoskeletal conditions. His research has demonstrated how key factors—such as psychological stress, physical activity and enriched surroundings—can meaningfully influence functional recovery. These insights have contributed to the development of modern preventive and restorative rehabilitation models that emphasise the interplay between the individual, their environment, and long term health trajectories.

Recently, he has led multidisciplinary programs developing and evaluating AI based clinical decision support tools that enable tailored rehabilitation programs across diverse care settings. This aligns with his broader commitment to integrating digital health solutions, personalised care pathways, and innovative technologies into contemporary rehabilitation and routine clinical practice.

Professor Nilsson has championed research exploring how enriched environments, green spaces, architectural design and multimodal stimulation influence recovery, resilience, and sustained wellbeing. In this work, he collaborates extensively with national and international partners across health systems, universities, and industry. These joint initiatives aim to deepen understanding of preventive health principles and translate research discoveries into scalable, practical, and sustainable models of care that support healthier and more resilient communities.



Associate Professor Emi Kiyota

(Panel 2 Keynote)

Associate Professor Emi Kiyota is an internationally recognized expert in environmental gerontology, participatory design, and inclusive urban development. With over two decades of experience, she is dedicated to creating age-inclusive, resilient communities that promote dignity and well-being across all stages of life.

As the founder and director of Ibasho, a nonprofit organization, Dr. Kiyota has led initiatives that empower older adults to co-create community spaces in culturally diverse settings—including Japan, Nepal, the Philippines, and the United States. These efforts not only support healthy aging but also foster intergenerational solidarity and social cohesion, key priorities in the context of global population aging.

Dr. Kiyota has advised leading international organizations such as the World Bank, the World Health Organization, and the Asian Development Bank on aging and inclusive urban design. Her academic work bridges research and practice at the intersection of social infrastructure, design innovation, and community empowerment.

Currently an Associate Professor at the National University of Singapore, Dr. Kiyota works closely with urban planners, architects, and policymakers to shape sustainable and equitable environments that meet the needs of rapidly changing populations. Her work offers valuable insight into how societies can adapt to demographic shifts through inclusive, community-driven solutions.



Day 1 – Healthy Environment, Healthy Community Symposium

Panel 1: How Can Our Built Environment
Support The Health Of Our Communities?

Ms Sophianne Araib

Sophianne is the Executive Director of the Jurong Lake Gardens (JLG), Horticulture and Community (H&C) Cluster at the National Parks Board (NParks). Sophianne is also Director General of Plant Health. In her Executive Director role, she is responsible for driving NParks' strategies and implementation of initiatives and programmes that foster active community stewardship of Singapore's City in Nature vision through various community, grassroots and youth-based programmes such as the Nature Kakis Network, OneMillionTrees, Community in Nature and Community in Bloom Movements, Youth Stewards for Nature etc.

She also oversees NParks efforts in the areas of Parks for Health, volunteer management, horticulture excellence, as well as research in nature and human well-being under NParks Science and Technology Masterplan. Sophianne is also responsible for the smooth running and management of Jurong Lake Gardens, Singapore's first national garden in the heartlands and HortPark.



Professor Cheong Koon Hean

Prof. Cheong Koon Hean is Practice Professor and concurrently Chairman of the Lee Kuan Yew Centre for Innovative Cities (SUTD), the Centre for Liveable Cities Advisory Panel (MND) and the Chairman of the Nominating Committee of the Lee Kuan Yew World City Prize. She is also Singapore's Non-Resident Ambassador to Finland, Rector of NUS College and a board director of Capitaland Group and Surbana Jurong.

Active in international discourse on urban matters, Prof Cheong had served actively on several local and international advisory panels including World Economic Forum, IFHP, Keppel Corp and the National Research Foundation.

Prof Cheong was formerly CEO of the Housing and Development Board and the Urban Redevelopment Authority; and was Deputy Secretary in the Ministry of National Development. She played a key role in the physical transformation of Singapore, including Marina Bay and major development areas and led the formulation of the Sino-Singapore Tianjin Eco-City master plan. She introduced a new generation of smart and sustainable public housing estates and oversaw the management of over one million flats.

Prof Cheong has been conferred multiple awards, including the Meritorious Service Medal for outstanding public service. She is also the first Asian to receive concurrently the 2016 Urban Land Institute's Prize for Urban Visionaries and the Council for Tall Buildings and Urban Habitat's Lynn S Beedle Lifetime Achievement Award.



Associate Professor Low Lian Leng

Assoc Prof. Low Lian Leng is currently Chairman and Senior Consultant, Population Health and Integrated Care in Singapore General Hospital, Director, SingHealth Centre for Population Health Research and Implementation. He is also faculty at Duke-NUS Medical School, Singapore University of Technology and Design, and Singapore University of Social Sciences.

As Chairman, Population health and Integrated Care in SGH, A/P. Low has spearheaded innovative models of care such as community nursing, hospital at home and integrated senior health and wellness hubs. He also has a deep interest in health services research, especially in the areas of population health, and is the principal investigator of the Community Ageing in Place Ecosystem project funded by the Ministry of Health Singapore, that integrates the physical built environment, technology and health-social care integration for ageing well in Singapore. A/P. Low is supervising post docs, PhD students, data analysts, research fellows and associates in their professional work.

To date, A/P. Low had secured competitive research funding as PI or Co-PI from grant agencies such as the National Medical Research Council Singapore, Artificial Intelligence Singapore, Novartis Foundation, National Health Innovation Centre Singapore and the Ministry of Health Singapore.



Advisor Yip Hon Weng

Yip Hon Weng is a second-term MP for Yio Chu Kang SMC, recognised for his ground-up leadership and cross-sector coordination in bridging national policy with community needs. Before politics, he spent 17 years in Singapore's Administrative Service, holding senior positions across the Ministries of Manpower, Defence, National Development, Health, and the Prime Minister's Office, where he led high-impact initiatives improving inter-agency coordination and citizen outcomes.

In 2014, he established the Municipal Services Office (MSO), a national body to drive service excellence in municipal operations. He later led the Silver Generation Office, engaging over 500,000 seniors through 3,500 ambassadors, and spearheaded the Ageing Planning Office in the Ministry of Health to develop Singapore's ageing strategy. These experiences shape his parliamentary focus on preventive care, elder support, and community health resilience.

Currently a Director at Temasek, he works on human capital strategies and workforce transformation across portfolio companies, and has worked on early-stage deep-tech investment. In Parliament, he champions closing last-mile service gaps and future-proofing Singapore's workforce. As Chair of the Government Committee for Defence and Foreign Affairs, he contributes to national geopolitical discourse.

Hon Weng holds advanced degrees from MIT, Harvard, NTU and NUS, and is a Sloan Fellow. He is married with five children and is an avid long-distance runner.



Asst Prof Bryan Tan Yijia

(Moderator)

Assistant Professor Bryan Tan is a Consultant Surgeon-Scientist in Orthopaedic Surgery, Woodlands Hospital.

He has experience practicing both locally and overseas having done several fellowships internationally in the United States and New Zealand. He is very active in the research scene and has completed his PhD post specialist training with a focus on health service research, implementation science and health economics in musculoskeletal health.

In 2022, he underwent an international research fellowship at the Harvard TH Chan School of Public Health. He has been awarded several National Medical Research Council (NMRC) talent awards including the Research Training Fellowship (RTF) in 2019 and HPHSR Clinician Scientist Award (HCSA) in 2025.

He has over 40 publications and several major grants totalling more than \$9 million as the PI, and has been recognized for his research achievements through awards such as the Singapore Young Investigator Award, Health Services Research (Gold) in 2019, INEX-OSCAR by the College of Clinician-Scientist in 2022, Public Sector Transformation Exemplary Innovator Award in 2023 and the NHG Young Achiever Award in 2024.

He is currently an Assistant Professor at LKCMedicine and Deputy Director at the Rehabilitation Research Institute of Singapore (RRIS) spearheading the Musculoskeletal Pillar.

He is passionate about using his training as a surgeon-scientist, together with his interest in health policy and system innovation, to apply a public health lens to musculoskeletal care. He currently sits on several hospital and national workgroups to deliver new models of care for musculoskeletal health.



Day 1 – Healthy Environment, Healthy Community Symposium

Panel 2: How Can We Empower Communities To Take Charge Of Their Health?

Professor Jonty Heaversedge

Prof Jonty Heaversedge is Clinical Director and Chief Clinical Informatics Officer in the Population Health Office at the NHG Health, Singapore. He also serves as Director of the Digital Innovation Office at the Centre for Healthcare Innovation and Adjunct Professor for Clinical Studies at the Lee Kong Chian School of Medicine.

In his current role Jonty is tasked with establishing data driven Population Health Management approaches to drive innovation, optimise population health outcomes, and enhance equity of access to services for local residents through more integrated, data-driven, and person-centred care. As Director of the Digital Innovation Office, he also leads HEAL—NHG Health's platform for responsible AI deployment and adoption across the health system.

Prior to moving to Singapore, Jonty was Chief Medical Officer for the South East London Integrated Care Board and Clinical Director at Imperial College Health Partners. He has held regional leadership roles within NHS England (London), including Medical Director for Primary Care and Digital Transformation and Chief Clinical Information Officer for the NHS in London.

A practising family physician and Fellow of the Royal College of General Practitioners, Jonty is also a qualified executive coach, author, and former media doctor.



Asst Prof Zoe Jane-Lara Hildon

Dr. Zoe Jane-Lara Hildon is an Assistant Professor at the Saw Swee Hock School of Public Health, National University of Singapore, and Co-Director for Health Intervention and Policy Evaluation Research (HIPER). In these roles, she provides academic and strategic leadership in the development, implementation, and evaluation of complex health and social interventions, specialising in formative, theory-informed approaches, community-engaged research, and innovative evaluation methods to generate policy-relevant evidence.

She has over a decade of experience in Singapore advancing health promotion and community development through evidence-based programme design, implementation, and evaluation, beginning with community-based work on successful ageing through the Community for Successful Ageing (COMSA) project with the Tsao Foundation. This early work included community development initiatives and community care management for older adults, supporting wellbeing, social participation, and coordinated care at the neighbourhood level.

Since 2015, Dr. Hildon has worked closely with government agencies and community partners to inform policy and programme development, including leading the evaluation of the Movements for Health (M4H) programme in collaboration with the Ministry of Health Office for Healthcare Transformation (MOHT). Her work supports evidence-informed decision-making by translating community insights and real-world data into practical recommendations for population health improvement and service delivery.

She also leads the Seniors Action for Greater Empowerment (SAGE) project at NUS, a community development initiative that empowers older adults through place-based engagement, social connection, and collaborative partnerships.

Across her work, Dr. Hildon focuses on strengthening institutional and community capacity, fostering cross-sector collaboration, and ensuring that health policies and programmes are grounded in community needs and lived experience.



Ms Yong Yoek Ling

Yong Yoek Ling is a curator working at the intersection of leadership, community action and systems change. She focuses on strengthening people's leadership and the capacity of communities to come together, work together purposefully, and to thrive.

With a background in the public service, Yoek Ling has worked in multiple ministries, contributing to policy and strategic development in areas from health, trade and industry, to finance. She is also a volunteer and leader at Beautiful People, a volunteer-led movement that deepened her understanding of complex systems and the importance of engaging people beyond formal structures to create lasting change.

As the founding Director of Bold At Work, she catalysed the establishment of an innovation studio lab in the heartlands of Jurong, bringing learning and social innovation to the heart of the community. A key project was Movements for Health, an initiative under the MOH Office for Healthcare Transformation. As a community coach, she supports community leaders and organisations to cultivate movement capacities, that enable them to mobilise collective action around community health and well-being.

In addition, Yoek Ling contributes as a curator and facilitator for leadership milestone programmes with institutions such as the Healthcare Leadership College and the Civil Service College, developing the next generation of leaders.



Dr Tan Weng Mooi

Tan Weng Mooi (Pharm D, EMBA) is Director/Lead (Integrated Health Promotion) at the MOH Office for Healthcare Transformation (MOHT). A pharmacist by training with over 30 years of experience, Weng Mooi currently leads in the development of healthy precinct and digital solutions to build up healthy living and mental well-being in the community. Development of healthy precincts involves co-creating tools and initiatives through movement for health with stakeholders including government agencies, business and community leaders and volunteers. She also co-chairs and drives Digital Mental Health Strategy with National Mental Health Office/MOH.

Before then, she was the Chief of Caregiving and Community Mental Health in a government agency. She led a team in the development and implementation of the national plan on caregiving and community mental health. The national masterplan aims to maximise the potential of individuals and support aging in place in the community. It achieved this through developing the capacity and capability of providers, building integrated networks to enhance care coordination across health and social care. For over 20 years, she served in a variety of leadership roles from Director of Allied Health to Chief Operating Officer in Singapore's leading mental health institution and group Chief Operating Officer in a private organisation.

Weng Mooi is passionate and determined to push for the transformation of care (including mental health/dementia care) to be person centric, holistic, and empowering while integrating care with the natural environment.



Day 1 – Healthy Environment, Healthy Community Symposium

Afternoon track: Population Health

Dr Calvin Chua

Calvin Chua is an urbanist and educator working at the intersection of design, planning and advocacy. He leads Spatial Anatomy, a research-led practice focused on rethinking adaptation paradigms and designing productive peripheries. His portfolio spans pavilions, public infrastructure, urban masterplans, festival curation and publications across Asia. Complementing his practice, Calvin is an Associate Professor of Practice at the Singapore University of Technology and Design (SUTD), where he heads the Spatial Policy Lab – a research platform bridging policy and spatial strategies. His work consistently integrates professional practice with academic inquiry to address complex urban challenges.



Asst Prof Ng Yee Sien

Dr. Ng has dedicated more than two decades to rehabilitation medicine within the public service, passionately championing and advocating for individuals with disabilities. In his clinical roles at SGH, SKH and KKWCH, he comprehensively manages patients of diverse ages and with various neurological and musculoskeletal conditions.

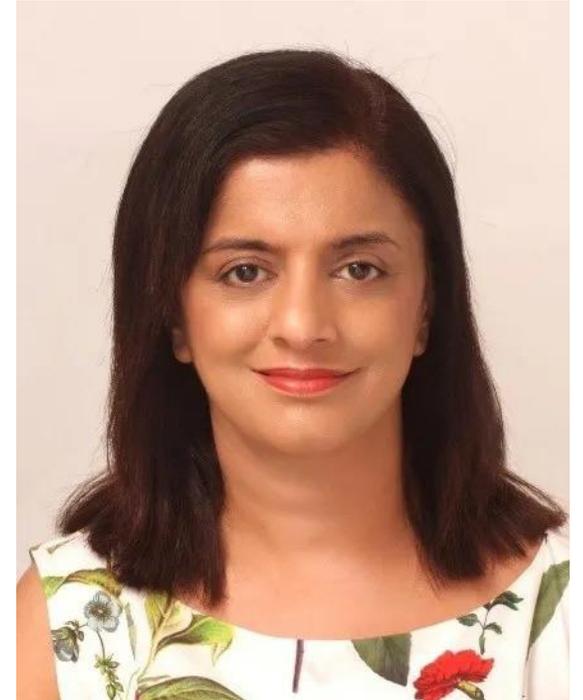
In education and research, Dr. Ng is an associate professor and associate dean for student affairs at Duke-NUS Medical School. He has published extensively and received national grants for research on rehabilitation, disability, mobility and population health. He is also lead scientist at GERI and senior research scientist at CPHRI, where he leads research teams focused on enhancing community mobility for the elderly, collaborating with national agencies like HPB, SportSG, and SG Enable.

Finally, Dr Ng translates his work at MOH in co-leading the national one-rehab strategy, and to advocate for disability with leading roles at SPD and the Singapore Cancer Society.



A/Prof Reshma Merchant

A/Prof Reshma Merchant is the Founding and Immediate Past Head of the Division of Geriatric Medicine at the National University Hospital, Singapore, with nearly two decades of leadership within the National University Health System. She is internationally recognised for her work in healthy ageing, frailty, sarcopenia, and intrinsic capacity, with a strong focus on translating research into population and community care. She spearheads and advises on implementation of the WHO Integrated Care for Older People (ICOPE) framework in Singapore and collaborates with low- and middle-income countries to advance global ICOPE adoption and research. She also co-leads Singapore's national RIE2030 Physical Function research theme. Among her many professional portfolios, she serves on the Ministry of Health Singapore Frailty Implementation Workgroup, the WHO Global Network on Long-term Care, and the WHO Clinical Consortium on Healthy Ageing. She has received multiple national awards and is widely published in geriatrics and healthy ageing.



Day 2 – Scientific Congress

Keynote Speaker

Professor David Hunter

Professor David Hunter is a clinician-scientist who has helped reshape how osteoarthritis is understood, studied, and managed. As the Florance and Cope Chair of Rheumatology at the University of Sydney, Professor Hunter brings together frontline clinical care, rigorous epidemiology, advanced imaging, and health policy to address one of the major unmet needs in modern medicine.

Internationally recognised as a leading authority in osteoarthritis, Professor Hunter has played a central role in moving the field beyond a narrow, end-stage surgical paradigm towards earlier intervention, better models of care, and evidence-based prevention. His research has directly influenced international clinical guidelines, national health strategies, and large-scale service delivery programmes, translating high-quality science into real-world impact for tens of thousands of people living with osteoarthritis. Through leadership roles spanning academia, clinical practice, publishing, and global consortia, he has helped align research, policy, and practice in a field long characterised by fragmentation.

Equally important has been his commitment to communication and collaboration, bridging disciplines, engaging consumers, mentoring the next generation of researchers, and fostering global partnerships. Whether through landmark clinical trials, international consensus work, or public-facing platforms such as guideline development and educational outreach, Professor Hunter's work exemplifies how sustained, translational research can change both clinical care and health systems at scale. His career offers a clear demonstration of how thoughtful leadership and evidence-driven innovation can deliver lasting improvements in population health



Day 2 – Scientific Congress

Judge

Professor Michael Nilsson

Professor Michael Nilsson, MD, PhD, FAFRM (RACP), is the Director of the Centre for Rehab Innovations (CRI) at the University of Newcastle, Australia. A recognised leader in health care, academic medicine, and research leadership, he has successfully guided major medical research institutes, university hospital divisions, and research centres of excellence. Internationally, he is regarded as a leading clinical academic in Rehabilitation Medicine and translational neuroscience.

Over his career, Professor Nilsson has made significant contributions to the understanding of health preservation and long-term recovery in neurological and musculoskeletal conditions. His research has demonstrated how key factors—such as psychological stress, physical activity and enriched surroundings—can meaningfully influence functional recovery. These insights have contributed to the development of modern preventive and restorative rehabilitation models that emphasise the interplay between the individual, their environment, and long term health trajectories.

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Professor Nilsson has championed research exploring how enriched environments, green spaces, architectural design and multimodal stimulation influence recovery, resilience, and sustained wellbeing. In this work, he collaborates extensively with national and international partners across health systems, universities, and industry. These joint initiatives aim to deepen understanding of preventive health principles and translate research discoveries into scalable, practical, and sustainable models of care that support healthier and more resilient communities.



Asst Prof Pua Yong Hao

Dr Pua Yong Hao is a Physiotherapist at the Singapore General Hospital (SGH), Singapore. He has served as a research mentor to several students and allied health professionals. He is an Assistant Professor at Duke-NUS Graduate Medical School, an Associate Editor for the Proceedings of Singapore Healthcare, and Research Lead at the SGH Allied Health Division. His research focuses on using technology and analytics to assess, predict, and improve physical function – particularly in patients with knee osteoarthritis.

He has over 130 peer-reviewed publications (H-index, 36) and he is a recipient of the NMRC (i) Transition Award in 2018, (ii) NHIC I2D grant in 2022, and (iii) HPHSR Clinician Scientist Award in 2024.



Day 2 – Scientific Congress

Panelist

Professor Chong Yap Seng

Professor Chong Yap Seng is the Dean of NUS Medicine, one of the leading medical schools in Asia. Since he assumed the role of Dean in 2019, NUS Medicine has risen to rank 13th on the 2026 Times Higher Education World University rankings and 18th on the 2025 QS World University Rankings for Medicine.

Professor Chong has co-authored more than 630 research publications in top journals to date and received the National Outstanding Clinician Scientist Award from Singapore's Ministry of Health in 2017 as well as the Public Administration Medal (Sliver) at the 2022 Singapore National Day Awards for his research efforts. For the past few years, his energies have been focused on helping develop national strategies to advance child and maternal health and well-being, promoting healthy living for families, and improving health resources equity in Singapore.

He oversees clinical programmes that seek to promote health and human capacity in Singapore and the world as the Chief Clinical Officer at the Institute for Human Development and Potential, Agency for Science, Technology and Research (A*STAR), including longitudinal studies Growing Up in Singapore Towards healthy Outcomes (GUSTO) and the Singapore Preconception Study of long-Term maternal and child Outcomes (S-PRESTO).

As NUHS' Deputy Chief Executive (Education and Research), Professor Chong advances NUHS' academic mission through his oversight of the academic and research development at all NUHS institutions. He continues to care for mothers and babies as a Senior Consultant in the Department of Obstetrics & Gynaecology at the National University Hospital (NUH).



Dr Gerald Koh

Professor (Dr) Gerald Koh is Head and Clinical Director of the Future Primary Care programme in Singapore's Ministry of Health (MOH) Office of Healthcare Transformation (MOHT) where his area of focus is primary care transformation using tele-health, novel technologies and new models of care. He works with stakeholders including public polyclinics and private general practitioners to ensure that solutions which empower patients and providers to improve quality of care can be rapidly prototyped, evaluated, scaled and mainstreamed (e.g. Primary Technology Enhanced Care and Healthier SG).

He is also Professor at the Saw Swee Hock School of Public Health (SSHSPH) and Joint Professor, Dean's Office and Department of Medicine, Yong Loo Lin School of Medicine, National University of Singapore (NUS); and Honorary Senior Consultant, Department of Medicine, National University Hospital.

A family physician, he obtained his Masters in Medicine (Family Medicine) (NUS) in 2000, Fellowship in Family Medicine (College of Family Physicians Singapore) in 2003, Masters in Gerontology from University of Malta under a United Nations International Institute of Ageing (UN INIA) Fellowship in 2008, and PhD in Family Medicine from Western University (Canada) under both a Schulich Graduate Scholarship and a National Medical Research Council (NMRC) Research Fellowship in 2012.

Prior to joining MOHT in 2018, he was Head of the Health Systems and Behavioural Sciences Domain in SSHSPH and received the NUS Outstanding Educator Award in 2016. His research interests include tele-health, primary care, post-stroke rehabilitation, community geriatrics, health services research and medical education through service. In 2025, he was recognised as among the Top 2% of Scientists Worldwide as published by Elsevier. He is currently Principal Investigator of the NMRC-funded National University Health System (NUHS) Research Centre Grant's Telehealth Core.



Professor Benjamin Seet

Ben Seet manages research and innovation at NHG Health. He drives strategic planning, oversees key research programmes and enablers, as well as academic partnership with Lee Kong Chian School of Medicine and Nanyang Technological University.

Ben takes on multiple roles in Singapore's biomedical ecosystem. He serves on national committees for medical research, clinical trials, cohorts and research enablers; chairs the national platform for drug discovery and development; and helped found research centres and programmes for skin, rehabilitation medicine, ageing, vaccines, artificial intelligence and health behaviour. He sits on the Governing Board for LKC Medicine. Ben further works closely with a number of local biotech and medtech start-up companies.

Prior to joining NHG Health, Ben held senior leadership appointments in A*STAR (as Executive Director of the Biomedical Research Council), in the Singapore Armed Forces, and at the United Nations Department of Peacekeeping Operations. He holds an MPH from Johns Hopkins University, Master of Medicine in Ophthalmology from NUS, and a Fellowship from the Royal College of Surgeons in Edinburgh.



Mr Marcus Tan

Mr Marcus Tan, Chief Sport Development Group for Sport Singapore, steers programming as a strategy to strengthen Singapore's sport ecosystem and encourage active living amongst of community. As a former national basketball player, he appreciates how he has benefitted in his overall development as a person and leader, as well as the value in which Sport brings to his health and well-being. It is with this clarity of the value in which Sport brings that he builds on the sporting culture of Singapore and ensure that all Singaporeans have access to Sport.

His portfolio covers five broad areas:

- Sport Development amongst children and youth for all priority sports to ensure a steady pipeline of high-performance athletes for Singapore.
- Development of Health and Wellness programmes as preventive health measure in support of Singapore's efforts in building a strong and healthier nation.
- Support the development of sport industry partners to increase sport programmes for the community.
- Catalyse a culture of care by using sport as an instrument of social good to serve the vulnerable community.
- Special projects in the long-term development of Football and Basketball in Singapore.



Day 2 – Scientific Congress: Breakout Session

Track 1: Manage Knee Health

Dr Hamid Razak

Dr Hamid Razak is a Consultant Orthopaedic Surgeon with over 15 years of clinical experience and an Adjunct Associate Professor at Duke-NUS Medical School. Prior to entering private practice, he led the Sports & Joint Preserving Osteotomy Services at Sengkang General Hospital and served as Site Chief of the SingHealth Sports & Exercise Medicine Centre.

He has a strong focus on advancing joint preservation and orthopaedic innovation. Dr Hamid completed research and clinical fellowships at Imperial College London and the London Knee Osteotomy Centre, and was awarded the College Travelling Fellowship by the Royal College of Physicians & Surgeons of Glasgow. This enabled advanced training at the Nuffield Orthopaedic Centre, including expertise in the Oxford Partial Knee implant. In 2023, he was also awarded the prestigious International Cartilage Regeneration & Joint Preservation Society (ICRS) Clinical Travelling Fellowship, where he trained with leading surgeons across Europe on state-of-the-art joint preserving techniques.

Dr Hamid has authored over 100 peer reviewed publications and secured significant research grant funding, reflecting his strong commitment to clinical research and innovation. His work consistently focuses on improving patient outcomes and advancing orthopaedic standards of care.

Beyond medicine, Dr Hamid serves as the Member of Parliament for West Coast-Jurong West GRC, where he looks after Jurong Spring-Gek Poh, bringing his commitment to service and care into the community.



Ms Irene Toh

Irene has over 20 years of experience as a physiotherapist across both acute hospital and community settings. Her early career saw her specialise intensely in musculoskeletal (MSK) physiotherapy. This specialisation allowed her to hone advanced clinical skillsets, which she then leveraged to enhance her team's capability in delivering musculoskeletal services within the community sector.

Her transition to the community sector have broadened her professional scope considerably, transforming her into a versatile generalist physiotherapist. She is deeply involved in optimising rehabilitation care across a much wider spectrum of conditions and supporting seniors to successfully "age well in place". This continued work is achieved through strong collaborations and partnerships with hospitals and healthcare agencies, ensuring an integrated care continuum.

In her leadership role, Irene is driven by several key passions and strategic objectives. Primarily, she is committed to developing and implementing holistic, person-centered care programmes to empower seniors to lead healthier lives and enjoy more years of quality living. Secondly, she focuses on actively bridging the gap between acute and community services by establishing well-coordinated care pathways which is vital to eliminate care gaps and improve accessibility to care closer to home. Finally, Irene is a strong advocate for future-proofing the community healthcare workforce. This involves a sustained commitment to building the capabilities and increasing the capacity of her team—comprising therapists, support staff, and other care partners, ensuring they are highly skilled and prepared for the evolving demands of healthcare, as well as enjoying the work and impact they bring to the lives of many in the community.



Dr Rasminder Kaur

Dr Kaur practises in Tan Tock Seng Hospital's Endocrinology Department as a Family Physician with a special interest in obesity and metabolic disease. She sees patients in the obesity clinic which specialises in comprehensive obesity treatment, offering an integrated approach that combines both medical and surgical interventions.

Her practise is dedicated to helping patients navigate the complexities of living with obesity and managing it as a chronic medical condition.



Mr Christopher Huang

Christopher Huang is an Active Health Coach with Sport Singapore. With a Bachelor of Science (Honours) in Sport Science and Management from Nanyang Technological University of Singapore, his passion lies in empowering individuals of all ages and abilities to lead healthier, more active lifestyles, through evidence-based programme design.

Christopher is also Exercise is Medicine Singapore (EIMS) accredited and a certified Health and Wellness Coach with a level 1 in Fundamental Movement Screening (FMS).



Mr Muhammad Jazimin Bin Haron

Mr Jazimin Haron is a Principal Physiotherapist at Khoo Teck Puat Hospital. He has a special interest in chronic disease management and leads a team of rehab staff in providing clinical exercise services. Jazimin works with many multi-disciplinary teams in KTPH and was part of the government's War on Diabetes initiative. He is a certified clinical exercise physiologist by the American College of Sports Medicine (ACSM) and has recently completed his MSc in Public Health.

Outside of work, Jaz was the Vice President of the Singapore Physiotherapy Association and is currently the Chairperson of the Physical Activity and Clinical Exercise Special Interest Group. He is also currently seconded to the Chief Allied Health Officer's Office at MOH, supporting the advancement of Allied Health in Singapore. He keeps himself sane by hitting the gym, running outdoors and kayaking.



Mr Tan Ren Hao Linus

Linus Tan Ren Hao is a Senior Principal Physiotherapist with extensive experience in musculoskeletal physiotherapy. He is actively involved in shaping the future of physiotherapy, leading efforts to strengthen clinical autonomy and support physiotherapists in practising at the top of their license.

Alongside his clinical responsibilities, Linus is currently pursuing his PhD, examining the role of psychosocial factors in knee osteoarthritis. His research explores how psychological and social determinants influence patient outcomes, with the goal of informing more holistic and effective approaches to managing knee OA.

Driven by a passion for lifelong learning and evidence informed practice, Linus strives to integrate clinical expertise, education, and research to enhance patient care and support the professional growth of emerging clinicians.



Day 2 – Scientific Congress: Breakout Session

Track 2: Osteoporosis, Falls and Sarcopenia

The Frailty Triad

Dr Caroline Hoong

Dr Caroline Hoong is consultant endocrinologist at Woodlands Hospital. She was awarded the Health Manpower Development Program in 2022 and completed her fellowship in bone and calcium metabolism at Mayo Clinic in the USA.

Dr Hoong is also a Certified Clinical Densitometrist as certified by the International Society for Clinical Densitometry. She is actively involved in teaching and research.



Assoc Prof Lim Wee Shiong

A/Prof Wee-Shiong Lim is Director of the Institute of Geriatrics and Active Ageing and Senior Consultant at the Department of Geriatric Medicine, Tan Tock Seng Hospital, Singapore. He holds academic appointments as Associate Professor at the Lee Kong Chian School of Medicine, Nanyang Technological University, and Adjunct Associate Professor at the Yong Loo Lin School of Medicine, National University of Singapore. He is a Fellow of the American Geriatrics Society and Associate Fellow of the Association for Medical Education in Europe.

An internationally recognized expert in frailty and sarcopenia, A/Prof Lim contributes to several global and regional initiatives, including the Asian Working Group for Sarcopenia (AWGS) steering committee, Asian Working Group for Cachexia (AWGC), Global Leadership Initiative in Sarcopenia (GLIS), and the WHO Sarcopenia Package Peer Review Group. His leadership has shaped international consensus frameworks that inform clinical practice and research across the Asia-Pacific.

With over 250 peer-reviewed publications and recognition among the top 2% most cited researchers globally (Web of Science 2023–2025), his research spans frailty, intrinsic capacity, dementia, sarcopenia, and evidence-based geriatric medicine. Guided by a Pasteur Quadrant philosophy, he advances research that bridges scientific discovery and real-world care through innovative models, frailty assessment tools, and digital interventions.

A dedicated educator and mentor, A/Prof Lim champions interprofessional education and collaborative practice, fostering a future-ready healthcare workforce equipped to meet the challenges of population ageing.



Dr Ng Wei Liang David

David is currently Family Physician, Senior Consultant and Deputy Director, Clinical Services in National Healthcare Group Polyclinics (NHGP). He graduated from the National University of Singapore in 2004 and completed his Master of Medicine (Family Medicine) in 2011. He was awarded the College of Family Physicians Gold Medal for distinction performance in the examinations that year. He was conferred Fellow of the College of Family Physicians Singapore in 2014.

David is passionate about improving the care of the older patient in polyclinics. He currently oversees implementation and evaluation of frailty interventions in NHGP, and is the clinical program director for the memory clinic service in NHGP. He is a member of the National Frailty Implementation Workgroup and co-chairs the NHG Frailty Steering Committee. He also oversees NHGP's clinical performance and provides professional input on various initiatives with support from NHGP's specialty advisory groups



Dr Mya Thway Tint

Mya Thway Tint is a Principal Investigator at Institute for Human Development and Potential (IHDP), Agency for Science, Technology and Research (A*STAR) and an adjunct assistant professor at Human Potential Translational Research Program, NUS Yong Loo Lin School of Medicine, Singapore.

Her expertise is in advanced body-composition assessment using criterion methods such as air displacement plethysmography, magnetic resonance imaging (MRI), and quantitative magnetic resonance technology.

Her research adopts a life-course approach to understanding body composition, spanning early development to adult phenotypes. Her work examines how developmental factors shape offspring's obesity and metabolic risk leveraging Singapore's major longitudinal birth cohorts; GUSTO and S-PRESTO.

A key focus of her research is musculoskeletal health across the life course, with a particular emphasis on identifying early, silent phenotypes that predispose individuals to later musculoskeletal disorders. Her research aims to transform musculoskeletal healthcare from its current reactive model into a proactive, preventive life course approach.

In 2021, she received the NMRC Young Individual Research Grant to study the impact of adiposity, low muscle mass and metabolic health on bone health in young women.

Her aspiration is to prevent sarcopenia, frailty, and related comorbidities through early risk profiling, systematic screening, and tailored intervention strategies.



Adjunct Professor Benedikt Helgason

Dr. Benedikt Helgason is an Adjunct Professor in the Department of Health Sciences and Technology at ETH Zurich. His research spans biomechanics, artificial intelligence, health technology assessment, and healthcare economics, with a particular focus on bone fragility fractures. His group specialises in high-throughput generation of finite-element models (FEMs) to assess fracture risk across large clinical cohorts. Through biofidelic simulations of falls, his team is developing novel biomechanical markers for deep phenotyping of hip fracture risk, with the overarching aim of transforming clinical risk management.

As a principal investigator, Dr. Helgason leads several projects targeting improved screening and preventive treatment strategies for individuals at elevated fracture risk, including the Future Health Technologies (CREATE) programme funded by the NRF, in which he serves as Co-Director.



Dr Anitha D. Praveen

Dr Anitha D. Praveen is a Senior Postdoctoral Researcher at the Singapore-ETH Centre (SEC) under the Future Health Technologies programme. Her research focuses on population-based musculoskeletal ageing, using imaging-derived biomechanical markers and longitudinal cohort data to study fracture risk and functional decline in multi-ethnic cohorts of older adults.

She works closely with clinical collaborators and contributes to national cohort studies, with a particular interest in how cohort evidence can inform screening, prevention, and early detection strategies in real-world healthcare settings.



Day 2 – Scientific Congress: Breakout Session

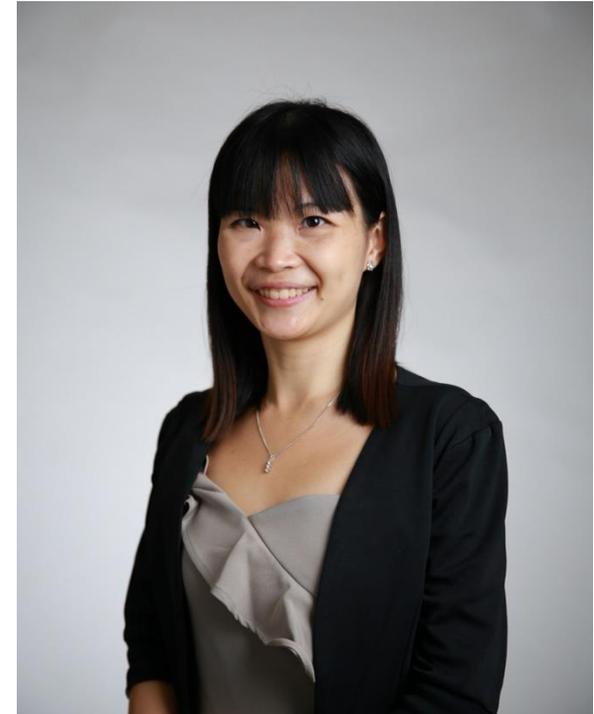
Track 3: Low Back Pain

Ms Ngo Xueting (Facilitator)

Xueting is a Principal Physiotherapist specialising in musculoskeletal care and ergonomics at Tan Tock Seng Hospital. She has been a driving force in transforming musculoskeletal healthcare delivery, where she spearheaded the development of Singapore's first Advanced Practice Physiotherapy service in the Emergency Department, revolutionising patient care by enabling direct access to highly skilled physiotherapists who assess, order X-rays, and deliver immediate treatment—bypassing the need for doctor referrals. This innovation significantly enhances efficiency and patient outcomes in emergency musculoskeletal care.

Beyond the hospital, Xueting co-leads the National Healthcare Group's Allied Health Musculoskeletal Workgroup, uniting physiotherapists across tertiary, primary, and community care to elevate musculoskeletal services in Singapore's Central-North region. Under her leadership, the group has developed comprehensive training programmes that empower community physiotherapists to deliver expert care closer to patients' homes, improving accessibility and continuity of care.

As a key member of the Ministry of Health's Musculoskeletal Workgroup, Xueting contributes to national initiatives that develop patient education resources and advanced training for primary care physiotherapists triaging musculoskeletal cases. She is instrumental in shaping a groundbreaking national framework to expand physiotherapists' scope of practice to include X-ray ordering and restricted prescribing, poised to redefine musculoskeletal care and strengthen Singapore's healthcare system.



Adjunct Asst Prof Cheong Kwok Chee Philip (Panellist)

Adjunct Assistant Professor Philip Cheong is a Senior Principal Physiotherapist (Clinical) at Singapore General Hospital, where his work spans musculoskeletal physiotherapy, pain management, clinical research and innovation. He integrates clinical practice with applied translational science, focusing on AI-enabled physiotherapy, smart wearables, digital rehabilitation and sustainable models of care.

He is involved in developing and evaluating emerging technologies, integrating data-informed approaches into clinical decision-making and exploring future-ready pathways that enhance access, efficiency and long-term outcomes. He has secured competitive funding to drive physiotherapy innovation and contributes to national efforts in advanced practice and rehabilitation transformation.

His practice philosophy centers on delivering person-centered, evidence-informed and technology-enabled physiotherapy that supports resilience and long-term functional recovery.



Mr Tyrik Lee Zhen Yuan (Panellist)

Tyrik Lee is a Principal Physiotherapist at Woodlands Hospital (WH) with a Master's in Musculoskeletal Physiotherapy and over 14 years of experience in the field. He currently practices in WH's outpatient musculoskeletal (MSK) clinic and also leads initiatives like the advance practice physiotherapy service that makes care more accessible and timely.

Passionate about empowering patients, Tyrik focuses on practical, evidence-based solutions that improve quality of life and independence, guiding individuals through their rehabilitation journey with confidence and care.



Ms Amanda Ng Li'En

(Panellist)

Amanda is a senior musculoskeletal physiotherapist from Ng Teng Fong General Hospital. She sees a variety of conditions from office-related neck and back pain to hip and knee pain in active individuals.

She believes in a patient-centric approach to rehabilitation and focuses on empowering patients with necessary skills and knowledge to achieve their desired goals.



Dr Yang Su-Yin

Dr Yang heads the Department of Psychology Service at Woodlands Health. She completed her PhD in Academic Studies (Health Psychology) at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London in 2016.

Dr Yang's main clinical and research areas focus on improving the lives of people with chronic pain and chronic disease through interdisciplinary collaborative models of care. She holds an adjunct faculty position at Lee Kong Chian School of Medicine in her specialist area of Pain Psychology and a visiting Research Scientist position at the Rehabilitation Institute of Singapore (RRIS).

Dr Yang has published articles in both health magazines and international journals and has peer reviewed articles for journal publication. She has a special interest in preventive health and healthcare innovations and a patent application for a Brain Computer Interface (BCI) to identify and extract Electroencephalogram signals.

As a leader, Dr Yang leads on the principle of, "Alone we can do so little; together we can do so much."

In person, she is a self-professed Foodie, counts Caffeine as a legal addiction with "shots" of single origin needed to kick start her day. She loves all things handmade and semblances of the British weather perks her mood!



Asst Prof Mark Anthony Chan Wen Kein

Dr Mark Chan (PhD) is a physiotherapist and Assistant Professor in the Health and Social Sciences cluster at the Singapore Institute of Technology, where he teaches within the Physiotherapy programme. His work focuses on psychologically informed practice and behaviour change in MSK care, with particular emphasis on how everyday clinical conversations shape movement, engagement, and adherence. He teaches across the physiotherapy curriculum and explores how frameworks such as COM-B and Motivational Interviewing can be translated into practical, usable approaches for routine practice.

His current interests include the use of AI-supported and game-based learning to strengthen clinical communication and behaviour change skills



Clin Assoc Prof Fong Weng Seng Warren

A/Prof Fong is a Senior Consultant in the Department of Rheumatology and Immunology at Singapore General Hospital (SGH). In 2014, he was awarded the prestigious SingHealth Manpower Development Plan Fellowship, enabling advanced training in therapeutics for inflammatory arthritis and the integration of translational research through early-phase clinical trials at both the Department of Rheumatology, University Hospital Southampton NHS Foundation Trust, and the NIHR Wellcome Trust Clinical Research Facility.

He is the principal investigator for multiple randomized controlled trials evaluating the efficacy of advanced therapeutics, complementary medicine, and acupuncture for axial spondyloarthritis and psoriatic arthritis. His research incorporates artificial intelligence and machine learning to integrate patient-reported outcomes into patient-led care and to enhance the accuracy of diagnostic imaging. He is an active member of the Assessment of SpondyloArthritis International Society (ASAS). In addition, he also has a special interest in ocular inflammatory diseases and is a visiting consultant at the Singapore National Eye Centre, and partners the National Cancer Centre in the management of immune-related adverse events in patients treated with immune checkpoint inhibitors.



Mr Tan Howe Yong

Howe Yong is a Senior Physiotherapist at Khoo Teck Puat Hospital (KTPH), dedicated to supporting individuals living with musculoskeletal and chronic pain conditions. He values a person centred approach, combining empathetic communication, education, and structured, strength based rehabilitation to help patients rebuild trust in their bodies and return to meaningful activity.

He completed his Master of Clinical Physiotherapy at Curtin University in 2022, strengthening his expertise in evidence informed assessment and treatment for complex musculoskeletal presentations. This advanced training reinforces his commitment to providing thoughtful, research guided care.

Previously an NSCA Certified Strength and Conditioning Specialist, Howe Yong integrates principles of progressive loading and functional strength training into his practice. His approach emphasises long term physical capacity – empowering patients not just to recover, but to move with confidence and resilience.

Beyond clinical work, he serves as an adjunct faculty member at the Singapore Institute of Technology (SIT), where he enjoys guiding students to link clinical reasoning with practical, movement based care. He is passionate about nurturing future physiotherapists and advancing thoughtful, evidence informed practice within the profession.



Day 2 – Scientific Congress: Breakout Session

Track 4: Research and Innovation

Assoc Professor Ross Clark

Dr Clark has a passion for developing physical capacity assessment tools for better assessing clinical impairments and outcomes. He appears on both the current and career Stanford/Elsevier Top 2% scientific impact list, and was the most read and third most cited researcher globally from 2010–2019 in the journal field “Rehabilitation”. He has published 228 peer-reviewed articles and two book chapters, including 87 with Singaporean co-authors, across diverse clinical populations including paediatrics, cancer, acquired brain injury, and musculoskeletal injuries and surgeries. His freely available assessment technologies are used worldwide, with over 26,000 site visits annually.

He holds a patent-pending frailty and sarcopenia screening device co-designed with Singapore General Hospital and is developing physical capacity assessment systems with, amongst others, SGH, Sengkang, Woodlands, and NTU’s Rehabilitation Research Institute of Singapore. He is also a highly respected mentor, having supervised and guided numerous research and PhD trainees who have gone on to secure competitive fellowships, assume national leadership roles, and become internationally recognised leaders in their fields.



Dr Michelle Pereira

Michelle has a PhD in applied health economics. She is also a qualified physiotherapist, with postgraduate training (sports physiotherapy) and clinical experience in a variety of settings in both Singapore and Australia.

Her current portfolio at Health Services and Outcomes Research, NHG Health is focused on economic evaluations of health interventions for a variety of patient populations in Singapore.



Dr Liu Ling

Dr. Liu Ling received her Ph.D. degree from the National University of Singapore in 2020. Her doctoral research focused on enhancing spinal fusion for treating intervertebral disc degeneration diseases, where she developed controlled release carriers for growth factors and established novel preclinical models. She further advanced these technologies by extending the shelf-life of protein carriers for off-the-shelf use. She joined the SingHealth Duke-NUS Muscle Health Programme in 2023 as a Programme Coordinator. Her research interests include developing novel therapeutics for musculoskeletal diseases and evaluating the effectiveness of prehabilitation clinical programs.



Mr Aaron Chen Angus

Aaron Chen Angus is a Senior Specialist (Artificial Intelligence) at Republic Polytechnic (RP). He holds postgraduate qualifications in Paediatric Immunology and brings over a decade of research experience from his previous institute, where his work focused on immune mechanisms underlying childhood asthma. During this period, he published extensively on the application of bioinformatics to B- and T-cell epitope mapping, immune pathway modelling, and the elucidation of molecular signaling mechanisms involved in asthma pathogenesis. His research contributed to a deeper understanding of immune regulation and provided translational insights supporting diagnostics and therapeutic development.

After joining RP, Aaron spent more than ten years leading and coordinating large-scale system development and integration initiatives. In these roles, he served as a key technical and strategic liaison between multidisciplinary project teams spanning educational institutions, research organisations, and industry partners. His work encompassed end-to-end solution architecture, stakeholder coordination, and the translation of complex technical requirements into robust, deployable systems within institutional and enterprise environments.

Following his transfer to the School of Sports and Health (SSH), Aaron's research focus has shifted toward applied artificial intelligence and deep learning for sport and healthcare. His current work includes AI-driven performance optimisation, team and talent management in sport, and the development of diagnostic and prophylactic technologies using computer vision, multimodal sensing, and machine learning. Ongoing projects extend into acute stroke detection using vision-based movement analysis, agentic AI systems for personalised intervention planning, and data driven approaches to mental health. This includes investigating the effects of music therapy on mental wellbeing and trauma coping through quantitative analytics, behavioural signals, and adaptive AI models to support scalable, evidence-based digital health solutions.

