

Dr Shyamala Thilagaratnam
MBBS (NUS)
MMed (Public Health) (NUS)
MSc (Health Care Management) (University of Wales)

Director
Healthy Ageing Division
Health Promotion Board (HPB)
Singapore

Dr Shyamala Thilagaratnam is Director of the newly-set up Healthy Ageing Division at HPB. She is responsible for chronic disease management initiatives, especially those related to patient education and empowerment, as well as programmes promoting healthy ageing and those related to the prevention and management of obesity. Several new national initiatives have been rolled out in the past year, including the Integrated Screening Programme and the Nurse Educator Programme, and most recently, the Pre-diabetes Intervention Programme. Shyamala also has oversight of the development of a National Health Portal which will include tailored modules for web-based self-management of diabetes, weight and smoking cessation. The Healthy Ageing Division is also responsible for the promotion and quality assurance aspects of the national breast and cervical cancer screening programmes.

Prior to joining the Health Promotion Board, Shyamala served at the paediatric and neonatology departments at the Kangar Kerbau Hospital and the Singapore General Hospital. Subsequently, at the HPB's School Health Service Division she has held portfolios in the Health Education Unit and the Health Screening and Immunisation Department. She also headed the National Myopia Prevention Programme from 2001 to 2005 – a new department that was set up to address the rising prevalence of myopia amongst Singapore school children.