

# LLOYD'S REGISTER FOUNDATION INSTITUTE FOR THE PUBLIC UNDERSTANDING OF RISK



Lloyd's Register Foundation  
Institute for the Public  
Understanding of Risk



## MIND OVER DIABETES

Learn More About  
Type 2 Diabetes Risk to improve  
care and Management!



**2ND NOVEMBER 2024, SATURDAY, 9.30AM-12PM,  
LIFE LONG LEARNING CENTRE PAYA LEBAR, L2, LECTURE THEATRE**

Did you know? By adopting a growth mindset, and believing in the power of learning and change, you can lower your HbA1C levels and reduce the risk of diabetes and improve overall health! ★

Join us for an exciting event brought to you by the Institute for the Public Understanding of Risk at NUS and Diabetes Singapore, where you'll get expert health advice, hear from an amazing panel of speakers, and gain valuable insights on managing or preventing diabetes.

Don't miss this chance to discover new health-related techniques and tips, and gain fresh perspectives on how to make your health journey a fulfilling one!



**Prof. Leonard Lee**  
Director, Institute for  
the Public  
Understanding of Risk



**Dr. Yew Tong Wei**  
Senior Consultant,  
National University  
Hospital



**Dr. Steven Ang**  
Chief Strategy  
Officer, Senior Vice  
President, EyRIS



**Dr. Lei Hsien Hsien**  
CEO, AmCham  
Singapore | Adj. Assoc  
Prof, NUS SSH School of  
Public Health



Refreshments provided  
before the event



Exclusive goodie bag given  
after the event



**REGISTER FREE HERE**

## [Facing up to diabetes risk with a growth mindset](#)

We are partnering with [Diabetes Singapore](#) to enhance public awareness and understanding of diabetes care and management. The initiative, titled “Mind Over Diabetes”, aims to engage healthcare providers, policymakers, individuals with diabetes and the wider community in dialogue on improving diabetes management by exposing fixed mindsets and fostering growth mindsets.

The collaboration will involve health screenings and data collection to develop a sense-making report that highlights perceptions towards diabetes management. The findings will be presented at a public event on 2 November 2024 at the Lifelong Learning Institute in Paya Lebar, ahead of World Diabetes Day on 14 November 2024. [Register here](#).



## [The carbon intensity of food items: What you need to know](#)

Did you know that eating 1 kg of beef produces 30 kg of CO<sub>2</sub>e emissions – equivalent to driving over 100 km in a petrol car? This was just one of many eye-opening facts shared by [Assoc Prof Alberto Salvo](#) at IPUR’s “Carbon Crunch: Reducing our emissions one plate

at a time" event, held in conjunction with NUS Sustainability [CONNECT](#).

The event on 17 September featured an insightful talk by Assoc Prof Salvo and a "tour" of Singapore's food history by [Dr Olivia Jensen](#), examining how Singapore's shift from producing its own food in the 1970s to importing over 90% of it today, has resulted in a dramatic rise in emissions from intensive agricultural production methods and food transport. Participants also played an interactive game where they found out about the carbon intensity of common grocery items and learned about alternatives to lower their emissions. The take-home message was how individual action can collectively signal to governments and firms that people want change and are willing to do their part. [Read more](#).

**NEW CONTENT!**

A 6-WEEK ONLINE COURSE ON EDX

**UNDERSTANDING AND COMMUNICATING RISK**

COURSE AVAILABLE AT **SELF-PACED** | **FREE TO ENROL** (ADD A VERIFIED CERTIFICATE FOR US\$149)

**NUS** National University of Singapore | Lloyd's Register Foundation Institute for the Public Understanding of Risk

[New content on IPUR's course around uncertainty, instincts, and benefits and harms](#)

Brought to you by our collaborators over at [Risk know-how](#), [Maricarmen Climent](#), Research and Editorial Officer at [Sense About Science](#), and [Alfie Hoar](#), Project and Engagement Officer at Risk know-how, introduce and discuss three concepts:

1. Uncertainty
2. Benefits and Harms
3. Instincts

The new modules will give learners a more complete overview in processing risk information for better decision making and provide basic guidance on how to communicate information in a balanced way. [Enrol now](#).



## Memoirs of an intern

New perspectives on how public understanding of environmental impacts is shaped

Anna Fritz, a student at the University of Iowa majoring in Environmental Policy and Planning with a minor in Urban Studies, spent seven weeks interning with IPUR where she delved into risk communication within the environmental sector. Hear about her experience and the work she was involved in - including writing her first case study on the South Korean Sewol Ferry tragedy of 2014. [Read more](#).

**RISK KNOW-HOW**

### [Greater access to risk know-how for global communities](#)

The [Risk know-how](#) (RKH) framework is now available in Spanish, French, and Mandarin. The framework outlines key concepts in understanding risk information illustrated with relatable examples. It is available on the RKH platform alongside an array of multi-media resources and case studies to help people navigate complex risk information. The platform also offers risk communicators the opportunity to request tailored help. [Find out more.](#)

Risk know-how was the focus of a [session](#) at the International Conference on Resilient Systems on 29 August. Led by [Dr Olivia Jensen](#), [Prof Leonard Lee](#), and Risk know-how initiative lead [Dr Leonor Sierra](#), the session explored the meaning of “risk know-how” as the capacity of individuals and communities to use risk information to make trade-offs and take decisions under uncertainty. The session showcased the support offered to communities through the initiative to groups dealing with diverse challenges from tackling cyber-security in schools in Kenya, to the multiple risks to livelihoods facing fishing communities in the Philippines. Attendees also learned about using the RKH platform as a way to amplify the impact of their work. [Discover how.](#)

