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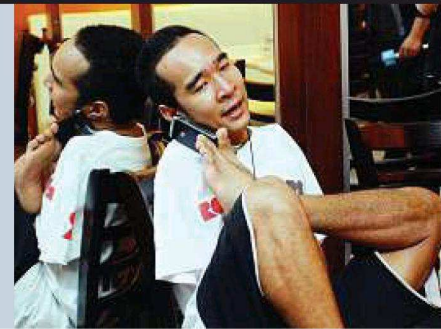
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# Star

## TRULY AN ICON FOR YOUTH

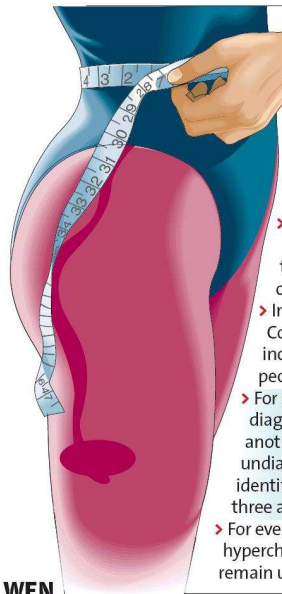
Mohd Zhariff Afandi is a chatty 31-year-old who has his own firm and several other initiatives. He was also born without arms. >8



# Healthy rewards

It pays to stay fit and healthy. The Health Ministry is promoting incentive-based schemes to encourage Malaysians to lead healthy lifestyles. As a start, Health Minister Datuk Seri Liow Tiong Lai has proposed that employers reward workers who do not take sick leave with bonuses or other such inducements.

>See Page 4 for reports by **AUDREY EDWARDS** and **LIM WEY WEN**



### Why we should be worried

- > About 5.8 million Malaysians suffer from hypertension compared to 4.2 million six years ago.
- > The number of obese adult Malaysians has swollen to about 2.6 million.
- > 6.2 million have hypercholesterolaemia (high levels of cholesterol), up from 2.7 million in 2006.
- > Eating habits of Malaysians remain unhealthy with 92.5% or about 16.4 million adults consuming less than the recommended five servings of fruits and/or vegetables daily.
- > Incidence of Non-Communicable Diseases is increasing among younger people.
- > For each Malaysian diagnosed with diabetes, another one remains undiagnosed. For every two identified with hypertension, three are not diagnosed.
- > For every patient detected with hypercholesterolaemia, three remain undiagnosed.

