

# Taking steps towards healthier hearts

## Company and foundation aim to educate public through walking events and cholesterol checks

NESTLE Omega Plus and IJN Foundation are teaming up again this year to educate Malaysians on the alarming rise in high cholesterol and heart disease cases in the country.

This month, there will be cholesterol checks, an awareness programme on healthier diets and "Walk-a-Sunday", a series of complimentary walking events.

These are part of Nestle Omega Plus' approach to inspire Malaysians to take positive steps towards better heart health.

"Heart disease is a silent killer and it can strike anyone regardless of gender, age and weight.

"Nearly half of Malaysians aged under 40 have high cholesterol and this is a result of sedentary lifestyles.

"By partnering with IJN Foundation, we aim to get more Malaysians to take better care of their hearts," said Nestlé (M) Bhd business executive officer of milks Ng Su Yen.

A survey by the Health Ministry in 2015 revealed that one in two Malaysians suffer from high cholesterol, which contributes to heart disease – making it one of the major contributors to deaths among Malaysians.

In spite of that, many Malaysians still do not consider high cholesterol a threat to their health and believe that only a

certain group of individuals are affected.

Nestle Omega Plus wants to reach out to more Malaysians, urging them to adopt healthier lifestyle habits and start making heart health a priority from an early age.

"IJN Foundation constantly seeks to align ourselves with partners who share our values and philosophies.

"By collaborating and working with a brand like Nestle Omega Plus, which aims to drive home the importance of heart health, we hope to be able to reach out to more Malaysians in a relevant and more effective way, to raise awareness of high cholesterol and the importance of cardiovascular health," said IJN Foundation Social and Welfare chairman Raja Datin Seri Zuraida Raja Mansur.

The collaboration with IJN Foundation began in 2015, when Nestle Omega Plus supported patients through customised meal plans and check-out kits upon their discharge from IJN's Wellness Centre.

Last year, Nestle Omega Plus donated almost RM50,000 to IJN Foundation in support of its Patient Assistance Programme, which helps with the surgery and treatment costs for less fortunate IJN heart patients.

For details, visit [www.facebook.com/NestleOmegaPlus](http://www.facebook.com/NestleOmegaPlus).