KIDNEY HEALTH FOR EVERYONE EVERYWHERE

World Kidney Day @ Hong Kong 2019

Sunday 10 March 2019
The theme of the 14th World Kidney Day is “Kidney Health for Everyone, Everywhere”.

In Hong Kong, we have focused on one of the aims - to encourage and adopt healthy lifestyles. Many types of kidney diseases can be prevented, delayed and/ or kept under control when appropriate prevention measures are in place.

Every year about 1500 Hong Kong people reached end-stage kidney failure, requiring dialysis or transplant to maintain their life. With accumulation, there are over 10,000 patients on renal replacement therapy in Hong Kong.

The leading causes of end-stage kidney failure are diabetes (52%) and hypertension/ vascular disease (12%).

Hence it is most important to control diabetes and hypertension well to prevent/ delay renal complication.

Furthermore, it would be better to focus further upstream – to reduce the incidence of diabetes and hypertension in the general population.
Unfortunately, many people do not know they have diabetes, hypertension, high cholesterol or aware of overweight. This year we mounted a campaign to identify people with any of the “4 hidden risks” – overweight, high blood pressure, glucose and cholesterol level. We conducted a free health check for 1000 middle age/elderly citizens at nine public housing estates.

We found many people with one or more of these four conditions. Even more concerning is that over 50% of them did not realize they have the conditions.

Diabetes is associated with overweight, from inadequate exercise and non-healthy eating habit. The best way to prevent diabetes is to maintain healthy body weight, by raising awareness, promote healthy diet and exercise. By doing so, we hope to reduce hypertension and diabetes in the general population, and thus protect the kidneys.

**Move, Move, Move (exercise), Eat Smart, Remove the ‘4 High-risk factors’, Keep Kidneys Healthy**

郁多啲 食醒啲 除4高 保腎康
Free health check (BMI, blood pressure, blood glucose and cholesterol level) was conducted at nine housing estates for 1000 middle age/elderly citizens from January to Feb 2019.

To find individuals with any of the “4 hidden risks”
- high blood glucose (>9mmol/l)
- cholesterol
- blood pressure
- overweight.
Welcome Address
Dr. Lui Siu Fai, BBS, MH JP, Chairman, Hong Kong Kidney Foundation
Dr. Cheng Yuk Lun, Chairman, Hong Kong Society of Nephrology
Dr. Tony Ko, Director (CS), Hospital Authority
Dr. Anne Fung, Assistant Director (Health Promotion)Department of Health
Ms. Maggie Lee, Vice-Chairman, Hong Kong Association of Renal Nurse

Speech by Guest of Honor:
Prof Sophia Chan, JP, Secretary for Food and Health Bureau, HKSAR

Healthcare Drama
by Healthcare professionals

Announcement of healthcare check conducted at housing estates
Dr. CS Li & Dr. Mathew Tong, Hong Kong Kidney Foundation
Dr. Yung Chun Yu & Dr. Terrence Yip, Hong Kong Society of Nephrology

Guest sharing messages on kidney health
Dr. CH Leong & Prof Richard Yu, Hong Kong Kidney Foundation
Dr. Constance Chan, Director, Department of Health, HKSAR.

Eat Smart – St. John’s Band (Low Sugar)

Move for Health – Exercise Dance (Lazy Lion dance)

Singing with the St. John’s Band
Skipping and cycling competition.
Address by officiating guest
Prof Sophia Chan, JP,
Secretary for Food and Health Bureau, HKSAR

Welcome
Dr. Lui Siu-fai, BBS, MH, JP
Chairman, Hong Kong Kidney Foundation

Dr. Cheng Yuk Lun
Chairman, Hong Kong Society of Nephrology

Dr. Tony Ko
Director (CS), Hospital Authority

Dr. Anne Fung
Assistant Director (Health Promotion)Department of Health

Ms. Maggie Lee
Vice-Chairman, Hong Kong Association of Renal Nurses
Announcing the result of the health check
Guests sharing on prevention of kidney disease

Dr. CS Li  Hong Kong Kidney Foundation
Dr. Mathew Tong  Hong Kong Kidney Foundation
Dr. Yung Chun Yu  Hong Kong Society of Nephrology
Dr. Terrence Yip  Hong Kong Society of Nephrology

Prof. Richard Yu, SBS, Patron, HKKF
Dr. Leong Che-hung, GBM, JP, President, HKKF

Dr Constance Chan, JP
Director, Department of Health, HKSAR
<table>
<thead>
<tr>
<th></th>
<th>Jan-Feb 2019 Health check for 1000 middle age/elderly citizens at 9 public housing estates</th>
<th>2014-2015 Hong Kong wide Population Health Survey (did not know before hand)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BMI ≥23</strong></td>
<td>57%</td>
<td>50%</td>
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<tr>
<td></td>
<td>52% not aware being overweight</td>
<td></td>
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<tr>
<td><strong>Blood pressure</strong></td>
<td>51%</td>
<td></td>
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<tr>
<td>Systolic &gt;140</td>
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<td></td>
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<tr>
<td>Diastolic &gt;90</td>
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<td></td>
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<tr>
<td></td>
<td>48% did not know has hypertension</td>
<td>28% (48%)</td>
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<tr>
<td><strong>Random blood glucose</strong></td>
<td>23%</td>
<td></td>
</tr>
<tr>
<td>&gt;9 mmol/L</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;11 mmol/L</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>61% did not know</td>
<td>44% did not know</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td></td>
<td>8.4% (54%)</td>
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<tr>
<td></td>
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<tr>
<td><strong>Total Cholesterol</strong></td>
<td>38%</td>
<td>49.5% (70%)</td>
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<tr>
<td>&gt;5.2</td>
<td></td>
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</tbody>
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Drama
A story on kidney disease

By Healthcare professionals
Dr. YL Cheng, Dr. Sunny Wong, Dr. Anthony Hou,
Dr. Terence Yip, Ms. Sandy Hui, Ms. Maggie Lee
Singing by Prof Sydney Tang
Script and Director: Dr. TH Kwan
A group of doctors sang a song adapted with lyric to promote low sugar diet

https://youtu.be/3k8wU9je6W8
郁一郁 Move, Move, Move

100 attendees performed the “Lazy Lion” dance to promote exercise

https://youtu.be/6s6k_RTv8Cg
Officiating guests joined the “Lazy Lion” dance to promote exercise

https://youtu.be/Oi8tDm5OJUg
Cycling and skipping competition for attendees
Organisers
Hong Kong Kidney Foundation
Hong Kong Society of Nephrology
Hospital Authority
Department of Health
Hong Kong Association of Renal Nurses
Thank you to the sponsors of the event

Astellas Pharma Hong Kong Co., Ltd.
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Otsuka Pharmaceutical (H.K.) Ltd
Full page articles on 6 newspapers on 14 March 2019
Circulation of 2,000,000

Health program and news on Radio/TV channel

Newspapers reports
A 60-seconds video will be shown at the MTR (underground) stations 106 Trackside TV 33 Concourse TV for 7 days 38 times/day