

## **World Kidney Day in Samoa 2019**

Inspired after an international meeting that saw the International Society of Nephrology (ISN), the Asia Pacific Society of nephrology (ASPN), the Australian and New Zealand Society of Nephrology (ANZSN) in Samoa meeting with the National Kidney Foundation of Samoa (NKFS) and the local Ministry of Health in June 2018, the NKFS were determined to demonstrate its commitment to improving renal health in Samoa and saw the March 2019 World Kidney Day (WKD) event as an opportune time to do this.

The NKFS have been commemorating WKD since its inception in 2005. This has been by way of offering free screening for chronic kidney disease within its facilities initially to expanding to screening opportunities within the urban community and health promotion talks. After June 2018 discussions with international agencies, NKFS decided to upscale its WKD activities that saw the planning of a month-long event with various health promotion activities.

The NKFS were able to secure sponsorship and support from Digicel, one of two mobile phone networks in Samoa. This saw Digicel funding short video clips about NKFS, WKD and various renal health issues that Digicel then released widely on their social media platform. Local radio and television support was also sought and saw 2 television networks and 3 radio stations hosting several spots throughout the month long campaign to raise renal health awareness. The coverage was also covered by all the newspaper outlets in Samoa. NKFS campaign for WKD 2019 included Chronic Kidney Disease (CKD) screening over two weeks from the 14<sup>th</sup> march with health promotion from the beginning of March for the whole month using all media listed.

The start of the CKD screening campaign in Samoa was via a grand opening at the NKFS premises on Upolu announcing the WKD campaign to tackle “Health Kidneys for All Samoans”. All media was in attendance and the event was televised. It was well attended with government dignitaries including the Minister of Health, health professionals, diplomatic representatives of New Zealand, Australia and China, the WHO representative, the Ministry of Health plus members of the community. The NKFS team then travelled that same day to the island of Savaii to one of the most remote villages from the National Hospital where free CKD screening took place with health promotion activities. The team spent 3 days on the island of Savaii in various rural villages providing free CKD and NCD screening looking specifically for Diabetes, Hypertension and Obesity. They were also able to visit a couple of rural schools to talk about renal health and healthy eating. They then travelled back to the main island of Upolu for a church service on Sunday 17<sup>th</sup> March which saw government and health officials again attend commemorating WKD continuing to raise awareness of renal health. Samoa is a country with a strong Christian foundation and so this was a significant event. The following week saw several more screening and health promotion days within the town of Apia, Samoa’s main town centre and at the NKFS facility.

NKFs will be publishing results from this week long screening that saw 1162 people screened with 51% from rural communities between the ages of 15years and 90 years. In summary, a prevalence of 24.9% CKD and 30.5% Diabetes was detected with 10% diabetes being

diagnosed for the first time. 67.5% of those screened were obese and 71.7% with a blood pressure  $\geq 130$  for systolic and  $\geq 80$  diastolic.

The results provide a snapshot picture of the assumed burden of CKD and its associated risk factors and provide further evidence strengthening the call to address End stage renal failure by investing in prevention programmes with aggressive primary care management of CKD and its associated risk factors. This coupled with palliative care services has been shown to be cost effective internationally particularly for Low and middle income countries like Samoa.

Links to English version of NKFS clips:

<https://www.youtube.com/watch?v=3SEYE5rHUmc>

<https://www.youtube.com/watch?v=L5b9gIPWwSk>

[https://www.youtube.com/watch?v=gB3I2\\_wPX2I](https://www.youtube.com/watch?v=gB3I2_wPX2I)

Photo: People attending the Opening of World Kidney Day in Upolu



WKD 2019 Banner Samoa



Pictures of Neiafu, one of the most remote villages in Samoa on the Island of Savai



Screening in Savaii during WKD campaign



NKFS in Savaii visiting a school in Savaii during WKD campaign to talk about renal health and healthy eating

