World Kidney Day @ Hong Kong 2016 - Sunday 6 March 2016
World Kidney Day @ Hong Kong 2016  Sunday  6 March 2016
Attended by 800 renal patients (adults and kids) and healthcare professionals

Guest of Honor: Dr. Ko Wing-man, BBS, JP  Secretary for Food & Health, Food & Health Bureau, HKSAR

Welcome by
Dr. Lui Siu-fai, MH, JP
Chairman, Hong Kong Kidney Foundation
Dr. Choi Koon Shing
Chairman, Hong Kong Society of Nephrology
Dr. Cheung Wai-lun, JP
D(CS), Hospital Authority
Dr. Ng Kwok Po
Centre for Health Protection, Department of Health, HKSAR

Address by
Dr. Leong Che-hung, GBM, JP
President, Hong Kong Kidney Foundation
Prof. Richard Yu, SBS,
Patron, HKKF
Prof. John Leong, SBS, JP
Chairman, Hospital Authority
Dr Constance Chan, JP
Director, Department of Health, HKSAR
Prof. Philip Li
Council member, ISN

Deliver health message
Mr. Royan LAM
Chairman, Children’s Kidney Fund
Dr. Nico Tse
Consultant, Princess Margaret Hospital
Dr. Lai Wai Ming
Chairman, Hong Kong Paediatric Nephrology Society
Dr. Chiu Man Chun
Founder and Council member of Children’s Kidney Fund
“YOU RAISED ME UP”
Singing by the kids from Renal Unit, Princess Margaret Hospital

https://youtu.be/AQBEpfWosiU

https://youtu.be/oz5IFuhBnes
150 Kids and healthcare professionals dance to “MOVE YOUR FEET”

https://youtu.be/lx1CYaQayPA

https://youtu.be/cL801OzgQXw
All attendees exercise to the music
“MOVE YOUR FEET”
with Dr. KO Wing Man, Secretary for Food and Health, Food and Health Bureau
and Dr. Constance Chan, Director, Department of Health

https://youtu.be/1G1n2-Q6UqQ
Break dance by a kid with kidney transplantation

https://youtu.be/6KwqYLN28pA

Dance Conga

https://youtu.be/t12RF0SP18M
Singing “Based on love 凭著愛”
We are the children of the world
https://www.youtube.com/watch?v=Yj3MaWpRVvQ

You raised me up
https://www.youtube.com/watch?v=4SigpMdA0Pk

You raised me up
https://www.youtube.com/watch?v=4SigpMdA0Pk
Poster for hospital renal units

Poster for housing estates

Via Department of Health
Common kidney disease in children
Urine tract infection
Nephrotic syndrome
Nephritis

Prevention of kidney disease
Less salt, sugar
Less fat
More exercise
Drink more water
Do not self-medication

8 rules on prevention of kidney disease
Frequent exercise / keep fit
Control blood sugar
Monitor blood pressure
Healthy diet / normal body weight
Adequate fluid intake
Stop smoking
No over-counter drugs
High risk people should have health check
Message:
The 11th World Kidney Day is jointly organized by Hong Kong Society of Nephrology, Hong Kong Kidney Foundation, Hospital Authority and Department of Health, HKSAR, with the support of Hong Kong Paediatric Nephrology Society, Children’s Kidney Fund and Hong Kong Association of Renal Nurses. This year the theme is “KIDNEY DISEASE AND CHILDREN, ACT EARLY TO PREVENT IT”.

With 10% of the population worldwide having some form of kidney damage, there is a long road ahead to raise awareness about the dangers of kidney disease. The latest numbers show that Chronic Kidney Disease (CKD) is predicted to increase by 17% over the next decade and is now recognized by WHO and other organizations as a global public health issue. Kidney diseases affect millions of people worldwide, including many children. Some children are born with kidney disease and others develop it when still very young. Additionally, kidney disease that becomes evident in adulthood may occur more often in persons with risk factors that can be detected in childhood.

It is therefore crucial that we encourage and facilitate education, early detection and a healthy life style in children, starting at birth and continuing through to old age, to combat the increase of preventable kidney damage including Acute Kidney Injury (AKI) and CKD and to treat children with inborn and acquired disorders of the kidney.

On World Kidney Day, move your feet! – Keeping fit reduces high blood pressure and obesity, two of the leading causes of kidney disease.
Promotion of World Kidney Day on television and radio
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World Kidney Day 2016 @ HK on Roadshow (Media show on public bus)

A 90 seconds video clip of the highlights of the World Kidney Day @ HK 2016 will be shown on Roadshow (a video media on public bus) to promote the kidney health message.

World Kidney Day Website English Version
http://www.worldkidneyday.org/

World Kidney Day Website Chinese Version hosted by HKSN, HKKF
http://zh-hant.worldkidneyday.org/

Simple Chinese character Version
http://zh-hans.worldkidneyday.org