

# 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.

14<sup>th</sup>

# 世界腎臟日在香港

全城參與 維護腎康



日期: 2019年3月10日(星期日)  
時間: 典禮 - 上午十時至十一時  
活動 - 上午十一時十五分至中午十二時  
地點: 九龍灣國際展覽中心 三樓展覽廳 2  
嘉賓: 食物及衛生局局長 陳肇始教授  
查詢: 2716 5773



## World Kidney Day @ Hong Kong 2019 Sunday 10 March 2019 Attended by 900 people - patients and healthcare professionals

### 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**

	<b>Jan-Feb 2019 Health check for 1000 middle age/elderly citizens at 9 public housing estates</b>		<b>2014-2015 Hong Kong wide Population Health Survey (did not know before hand)</b>
<b>BMI <math>\geq 23</math></b>	<b>57%</b>	<b>52% not aware being overweight</b>	<b>50%</b>
<b>Blood pressure Systolic &gt;140 Diastolic &gt; 90</b>	<b>51%</b>	<b>48% did not know has hypertension</b>	<b>28% (48%)</b>
<b>Random blood glucose &gt; 9 mmol/L &gt; 11 mmol/L</b>	<b>23% 11%</b>	<b>61% did not know 44% did not know</b>	<b>Diabetes 8.4% (54%)</b>
<b>Total Cholesterol &gt;5.2</b>	<b>38%</b>	<b>74% did not know</b>	<b>49.5% (70%)</b>





## 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





## “食醒啲 Eat Smart”

St. John's Band

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





Officiating guests joined the “Lazy Lion” dance to promote exercise





# 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







Astellas Pharma Hong Kong Co., Ltd.



Fresenius Medical Care Hong Kong Ltd



Novartis Pharmaceuticals (HK) Ltd.



Roche Hong Kong Ltd.



Sanofi-aventis Hong Kong Limited.

Pfizer Corporation  
Hong Kong Ltd

Kyowa Hakko Kirin  
(Hong Kong) Co. Ltd.



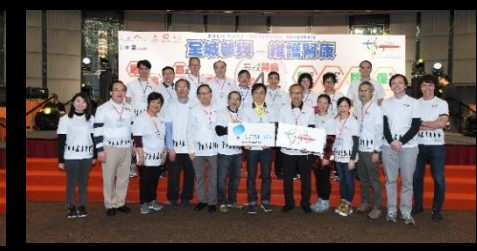
AstraZeneca



Baxter Healthcare Ltd.



Fresenius Kabi Hong Kong Ltd



Otsuka Pharmaceutical (H.K.) Ltd

Thank you to the sponsors of the event



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

## 第14屆世界腎臟日在香港

「尋找4高隱者」健康檢查簡報

今年「世界腎臟日」在香港主辦活動於今年1月22日（星期三）假九龍新界區公署（即九龍新界政府綜合大樓）舉行。活動吸引了超過1,000多名市民參加，包括：糖尿病、高血壓、高血脂及尿酸過高。此外，亦有超過1,000名市民參加了「尋找4高隱者」健康檢查。

**「尋找4高隱者」健康檢查簡報**

- 約1000人接受健康檢查，57%超標，其中85%不自知自己患糖尿病。
- 約1000人接受健康檢查，31%高血壓，其中44%不自知自己患高血壓。
- 約900人接受健康檢查，23%高膽固醇，其中40%不自知自己患高膽固醇。另外，11%尿酸水平過高，11mmol/L，而其中44%之前並不知道。
- 約850人接受健康檢查，38%高尿酸，而其中74%之前並不知道。

**保護你的腎臟8大方法**

- 保持健康體重
- 保持健康的水分攝取量
- 健康飲食，保持健康
- 不要吸煙
- 定期檢查血糖水平
- 不要經常服用非處方藥物
- 戒煙停止飲酒
- 避免使用含有毒性的藥物，請檢查自己的醫藥紀錄

http://www.hkhd.org.hk  
http://www.hksn.org

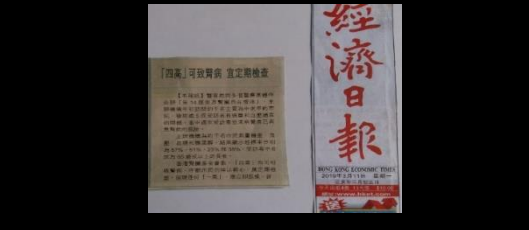


精靈一點  
2019世界腎臟日  
25/02/2019

2019世界腎臟日 (下)

1300-1400  
[世界腎臟日](2)  
主題：2019世界腎臟日(下)  
嘉賓：容震宇醫生(香港腎科學會義務司庫)、張兆輝醫生(香港腎科學會會董)

04/03/2019





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

