

World Kidney Day 2017 Report

“Healthy Lifestyle for Healthy Kidneys”

Organization Name : Indonesian Society of Nephrology (InaSN)

Country : Indonesia

Number of events : 14 Events

The activities were held in 12 different region of InaSN coordinator which spread all over Indonesia. We collect all the reports of the event and categorized them into 14 types of event.

Here are brief description of the events:

1. Event Information, Socialization, and Education (leaflet, brochure)

We shared leaflets and brochures about “Kidney Disease and Obesity” to educate society how obesity can impact kidney health. By the brochures, we also informed the schedule of the events for World Kidney Day 2017. They were distributed in the hospital and on the road directly to the pedestrians.

2. Public Education and Promotion of Kidney Health

These events were held in symposium and public lecture. Lecture was held in the waiting room of the clinic, for patients and their family.

3. Family Gathering of Hemodialysis Patient

Family gathering were attended by the patients and their family. It was more like sharing sessions. In between them, we also gave some short lecture and discussed about hemodialysis.

4. Symposium and Workshop for Nursing Care of Hemodialysis and CAPD Patients

The materials given in the symposium and workshop were about hemodialysis and CAPD, especially for the nursing care of the dialysis access.

5. Scientific Symposium about Kidney Disease and Obesity

Symposium was dedicated for health care providers, mainly general practitioners. Lectures and discussions were delivered and moderated by the internists specializing in kidney and hypertension.

6. InaSN Goes to Office

We held education on topic "Kidney Disease and Obesity" to employees in some different offices. It was attended by 60-90 employees in each office. We were also performing kidney health screening to the employees, i.e blood pressure measurement, waist circumference, creatinine.

7. InaSN Goes to School

We held education on topic "Kidney Disease and Obesity" to students and teachers at Junior High School and Senior High School. It was attended by 280 students and 20 teachers. We were also

performing kidney health screening to students and teachers, i.e blood pressure measurement, body weight, height, BMI, waist circumference, urinalysis.

8. Kidney Fun Walk

Kidney fun walk not only consisted by fun walking itself. There were also zumba dance, live music, fun coloring for kids, and kidney health screening. It was attended by director of non-communicable disease from Indonesian ministry of health, and 1000 people (dialysis and kidney transplant patients, health workers, medical students and residents). Kidney health screening for 1000 people, i.e blood pressure measurement, body weight, height, BMI, waist circumference, creatinine.

9. Physical Exercises, Medical Examination, Nutrition Consultation, and Blood Donor

Physical exercises, medical examination, nutrition consultation, and blood donor were intended for public. Medical examination and nutrition consultations were focusing on obesity. After that, participants were invited for doing physical exercise together.

10. Obesity Ambassador for Kidney Disease Prevention

“Obesity Ambassador” award was an event created to motivate obese people to reduce their weight in order to get healthier kidneys. Participants undergone several physical examinations in the beginning of the events, including body mass index (BMI), blood pressure measurement, etc. In couple weeks, they needed to do some physical activity programs for losing weight. In the end of the event, best participant with the fittest conditions and best possible body changes were chosen by the juries to become the “ambassador”.

11. WKD Press Conference

The main goal of the event was to inform the society about WKD 2017 events held in Indonesia. It was attended by head of division of non-communicable disease from Indonesian ministry of health, head of InaSN, nephrologist, renal dietitians, and 30 medias.

<http://m.suara.com/health/2017/03/08/145127/hati-hati-orang-obesitas-berisikopenyakit-ginjal-kronik>

12. Health Article about Kidney Disease in Newspaper

Some articles about Kidney Disease and Obesity were released in many newspapers such as *Media Indonesia, Kompas, Jakarta Pos, Tempo, Republika, Koran Sindo, Warta Kota, Mother & Baby, Wanita Indonesia, Tribun Timur, Fajar, GoCakrawala, Rakyat Sulsel, and Gala Media Bandung*. And also some online newspaper websites, like *Kompas.com, Suara.com, Beritasatu.com, Tribunnews.com, Viva.co.id, JawaPos.com, Okezone.com, Antaranews.com, and Health.detik.com*.

13. Live Talk Show on Radio

We did on air radio talk shows discussing kidney disease with the experts from various background. Some radios involved were: *Radio PR FM (97,8), Radio Oz Bandung, Radio Elshinta, RRI*, and many more.

14. Live Talk Show on Television

Like radio talk shows, there were also live television talk shows, in *CNN TV, Gatra, iNews TV Makassar, Celebes TV Makassar, Liputan 6 SCTV, and TVRI.*

List of Media that Published WKD Press Release

1. Media Indonesia
2. Kompas
3. Jakarta Pos
4. Tempo
5. Media Indonesia
6. Kompas.com
7. Beritasatu.com
8. Tribunnews.com
9. Republika
10. Koran Sindo
11. Viva.co.id
12. Suara.com
13. Jawapos.com
14. Warta Kota
15. Okezone.com
16. Antaranews.com
17. Tempo.com
18. Indopos
19. Koran Jakarta
20. Mother & Baby
21. Wanita Indonesia
22. Tabloid Nova
23. Tabloid Femina
24. Tabloid Bintang.com
25. Kapan Lagi Network
26. Majalah Ethical Digest
27. Majalah OTC Digest
28. Dokterdigital.com
29. Health.detik.com
30. Majalah farmacia
31. CNN TV
32. Gatra

Link to Online Source

1. <http://www.yankes.kemkes.go.id/carousel3.php?id=153>
2. <http://www.yankes.kemkes.go.id/kategori-48>
3. <https://m.facebook.com/wkd2017semarang/>

4. <https://www.google.com/amp/jateng.tribunnews.com/amp/2017/03/13/jumlahpenderita-pgk-terus-meningkat-begini-tips-menjaga-kesehatan-ginjal>
5. <https://www.getscope.com/id/koran/jawa-pos/11-mar-2017>
6. http://www.instagram.com/profile/world_kidney_day_semarang/4781811281
7. <https://youtu.be/4cnMknzHOX4>
8. <https://www.getscope.com/id/koran/jawa-pos/11-mar-2017>
9. <https://www.google.com/amp/jateng.tribunnews.com/amp/2017/03/13/jumlahpenderita-pgk-terus-meningkat-begini-tips-menjaga-kesehatan-ginjal>
10. <http://www.yankes.kemkes.go.id/kategori-48>
11. www.tvrijatim.com
12. www.stratofm.com
13. www.jawapos.com
14. <http://m.suara.com/health/2017/03/08/145127/hati-hati-orang-obesitas-berisiko-penyakit-ginjal-kronik>
15. <http://m.viva.co.id/life/kesehatan-intim/891753-obesitas-faktor-risiko-terbesar-penyebab-gagal-ginjal>
16. <http://www.infocarfreeday.net/2017/03/15/hari-ginjal-sedunia-diperingati-di-car-free-day/>
17. <http://gayahidup.republika.co.id/berita/gaya-hidup/infosehat/17/03/08/omhus9359-transplantasi-ginjal-di-indonesia-terkendala-teknologi>
18. <http://www.mediarakyat.co.id/cegah-gagal-ginjal-terapkan-pola-hidup-sehat/>
19. <https://koran.tempo.co/konten/2017/03/09/413849/RS-Sardjito-Uji-CobaCangkok-Ginjal>
20. <http://www.ihram.co.id/berita/gaya-hidup/tips/17/03/10/omldnt359-tiga-carauntuk-cegah-penyakit-ginjal>
21. <http://kabarmakassar.com/topic/kesehatan-ginjal/>
22. <http://fajaronline.com/2017/03/08/wkd2017-warga-makassar-harus-waspada-penyakit-obesitas>
23. <https://kabarmakassar.com/hari-inimasyarakat-peringati-hari-ginjal-sedunia/>
24. <https://kabarmakassar.com/taman-pakuidipadati-peserta-senam-ginjal-sehat/>
25. <http://kabarmakassar.com/topic/kesehatan-ginjal/>
26. <http://fajaronline.com/2017/03/08/wkd2017-warga-makassar-harus-waspada-penyakit-obesitas>
27. <https://kabarmakassar.com/hari-inimasyarakat-peringati-hari-ginjal-sedunia/>
28. <https://kabarmakassar.com/taman-pakuidipadati-peserta-senam-ginjal-sehat/>
29. <http://medan.tribunnews.com/2017/03/12/ini-pencegah-paling-manjur-untukpenyakit-ginjal?page=2>

Facebook : named "Hari Ginjal Sedunia"

Instagram : @HariGinjalSedunia, 573 followers

List of Celebrities involved : None

Description of Advocacy Activities : None

Representative Picture :

Share Leaflet and Brochure about Obesity and Kidney Disease



Public Education and Promotion of Kidney Health





Scientific Symposium about Kidney Disease and Obesity





InaSN Goes to School



InaSN Goes to Office



Kidney Fun Walk



Obesity Ambassador for Kidney Disease Prevention



Obesity Ambassador for Kidney Disease Prevention

