



WKD 2023 Report

Name: Carolina Peralta Aros

Organization name: Hospital Regional Leonardo Guzman Antofagasta

Country: Chile

Number of events organized/collected in your country: 1

Activities of note (please give a brief description of the activity with links to online sources that mentioned it):

To promote kidney health and prevent childhood obesity, those who enter the Hospital during the week of March 6 to 10 will be encouraged to drink water instead of other beverages to induce urination. In the city of Antofagasta, there is a high rate of childhood obesity, and many children remain constipated for long periods, partly due to the high intake of processed flour and sugars.

There is very little encouragement for physical activity among children and most of them spend many hours glued to computer screens or cell phones, which increases sedentary lifestyles and favors obesity. It is for this reason that we intended to promote physical activity and water, fiber, and vegetable intake to facilitate intestinal transit and prevent the urinary retention habit and constipation. Many children develop voiding dysfunctions due to the inappropriate way in which they urinate. Our general objective was to promote kidney health education on World Kidney Day.

Specific objectives:

1. Show the main functions of the kidneys through a video made with a patient of the pediatric nephrology consult and previous the mother's authorization.
2. Educate children about proper intake of water instead of fizzy drinks
3. Encourage the intake of hydrosoluble fiber to promote intestinal transit
4. Encourage movement to avoid a sedentary lifestyle
5. Promote education on kidney health

We hung figures of kidneys in a copper tree located at the entrance of the Hospital, to draw attention to the existence of one of the most important organs in the human body: the kidneys.

In addition, we placed a table with brochures, and the nutritionists offered support by promoting the importance of healthy eating in renal matters. They provided information and guidance on what proteins are, what foods provide fiber, and how to stay hydrated, especially during the summer. Likewise, as this land is rich in minerals and there is a high frequency of renal lithiasis, we intended to warn all the participants about the abuse of energetic and carbonated drinks, given the high incidence of hypercalciuria and hypocitraturia detected in the children of the pediatric nephrology unit of the local hospital.



Children learn by example, and the best example they have is from their parents. And also, prevention is the key to success in kidney health.

List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources:

LA ESTRELLA ANTOFAGASTA (local newspaper)

Una de cada 10 personas podrían sufrir enfermedades renales crónicas

https://impresa.soy-chile.cl/EstrellaAntofagasta/090323/LaEstrelladelNorte/09_03_23_pag_07-1440-9d36c4.jpg

RADIO UA (this is the news from the Antofagasta University)

Día Mundial del Riñón: 1 de cada 10 personas puede padecer enfermedad renal crónica

<https://www.radioua.cl/dia-mundial-del-rinon-1-de-cada-10-personas-puede-padecer-enfermedad-renal-cronica/>

If you have created a World Kidney Day local website, Facebook page or Instagram account, please provide analytics such as: number of followers/number of site visits in March/ content most requested/ page views/ posts most liked/ hashtag reach, etc....

<ps://twitter.com/HospitalAntof/status/1634242771648167943?s=20>

<https://play.stitcher.com/episode/300106736>

<https://twitter.com/SethMacFarlane/status/1633866785740165120?t=bLp3DXRvJI9FgdVFOaq8fw&s=08>