KIDNEY DISEASE & OBESITY

KIDNEY DISEASE

10% of the population worldwide is affected by **Chronic Kidney Disease (CKD)**

CKD is the **3rd** most rapidly increasing **cause** of global **mortality**

$35 Billion
Yearly **cost** of **treating End Stage Kidney Disease (ESKD) patients under** the Medicare program in the US

5.4 Million people on dialysis by **2030**

(In 2010 **2.6 million** patients received dialysis treatment)

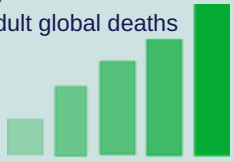
2,000,000
out of 3,500,000 **End Stage Kidney Disease** (ESKD) patients in low and middle income countries **die every year** from the disease

OBESITY

600 Million
people worldwide are affected by **obesity**

$2 Trillion
Yearly **cost** of the **obesity** epidemic worldwide

Overweight and **obesity** are the **5th** highest **risk factor** for adult global deaths



KIDNEY DISEASE & OBESITY

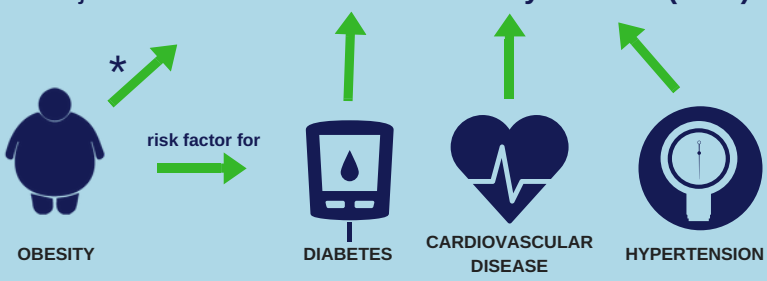
Individuals affected by **OBESITY** have
83%
increased **risk of CKD**

24,9%
of CKD in **WOMEN** is associated with overweight or obesity

13,8%
of CKD in **MEN** is associated with overweight or obesity

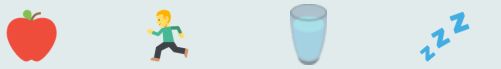
OBESITY in adolescence is associated with
4.5
fold increased **risk** of **KIDNEY FAILURE** later on in life

Major Risk Factors of **Chronic Kidney Disease (CKD)**:



*Obesity appears to have an additional independent impact on risk of CKD (likely due to associated inflammation, increased hormonal sensitivity to blood pressure and metabolic abnormalities)

Strategies to **reduce excess weight** and **prevent** the development of **diabetes** mellitus, **hypertension** and **cardiovascular disease** will **reduce** the risk of **kidney disease**



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A collaboration between:

World Kidney Day and World Obesity

Preventing obesity to lower rise of Kidney Disease: Population-based approaches to policy and strategy recommendations

Obesity increases the risk for a variety of chronic diseases and conditions but the important role it plays in the development and progression of kidney disease is rarely acknowledged. By adopting a healthy diet, increasing physical activity, ensuring healthy fluid intake and getting adequate sleep, individuals can prevent obesity and many other possible risk factors of CKD. The fight against obesity however cannot rely entirely on personal responsibility. Governments, healthcare professionals, the private sector, educators and community leaders must acknowledge the magnitude of the burden of obesity and kidney disease and implement the following population based policies and strategies to complement individual efforts:

Anti-Discrimination and Social Policy

- **Reduce the 'blame' narrative and fight against discrimination and stigma:** Individuals affected by obesity frequently struggle both with the health, physical, work and social consequences of their disease including kidney disease. No person should be discriminated against based on their size, weight or health condition.

Public Health Policy

- **Increase awareness of obesity as a key risk factor** for major chronic diseases**,** many of which lead to **kidney disease**, among people of all ages, especially the most vulnerable.
- **Increase prevention of and early screening** for kidney disease in obese patients affected by cardiovascular disease, diabetes mellitus, hypertension and Obstructive Sleep Apnea (OSA) in order to treat kidney disease as early as possible and slow down progression.
- **Integrate kidney disease in all NCD prevention and management strategies** in particular with regard to cardiovascular disease and diabetes.
- **Develop best practices and guidelines** for the prevention and care of kidney disease in individuals affected by obesity.

Consumer Health Policy

- **Make healthy choices affordable and available** for people from all socio-economic and cultural groups to prevent obesity, diabetes, heart disease and other conditions associated with CKD.
- **Discourage the promotion of foods and beverages contributing to unhealthy diets**, especially to children, and ban misleading marketing messages on food products.
- **Introduce stricter marketing regulation** for certain foods, as well as weight loss supplements, in order to avoid misleading information being provided to consumers.

Research and Innovation Policy

- **Increase funding for research on obesity as a possible risk factor of kidney disease** with a view to developing successful prevention and treatment strategies.

Education Policy

- **Increase and support training and sharing of expertise among healthcare professionals** working with chronic diseases in order to develop and disseminate best practice for the treatment of obesity as a possible risk factor for kidney disease.

Transport Policy

- **Encourage the development and use of active transport**, and the provision of safe, healthy areas in cities for active leisure.

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