

Media Release

Healthy Lifestyle Focus for Students on World Kidney Day Kidney Disease and Children Better Knowledge. Better Care.

**Media Invitation to attend
Albert Park Primary School
Bridport Street, Albert Park
9.30am Thursday 10 March 2016**

‘Obesity and high blood pressure are major risks for the development of many health complications in adulthood including kidney disease, but often have their origins in childhood.’ Dr Joshua Kausman, Chairman
Australian and New Zealand Paediatric Nephrology Association

The students of Albert Park Primary School in Melbourne today will have a special visitor - “Billy the Kidney” as part of World Kidney Day activities when Kidney Health Australia will be teaching students about the importance of developing a healthy lifestyle in childhood.

National schools’ resources ***Kidney Disease and Children, Better Knowledge, Better Care*** have been made available to every school in Australia on the Kidney Health Australia’s website, [HERE](#).

Choosing water over sugary drinks, healthy food options and daily physical activity are all fundamentals in reducing the risks of preventable kidney damage later in life and are key messages promoted in the Kidney Health Australia national schools’ resources which are suitable for children from 4 to 16 years.

In a joint national communique for World Kidney Day 10 March 2016, Chairman of the Australian and New Zealand Paediatric Nephrology Association Dr Joshua Kausman and Managing Director of Kidney Health Australia Anne Wilson said there is a need to improve kidney health knowledge, patient care and also to reduce risk factors.

Dr Kausman said, ‘Obesity and high blood pressure are major risks for the development of many health complications in adulthood including kidney disease, but often have their origins in childhood.’

‘It is a priority to enable children to develop sustainable health promoting lifestyles early in life to help prevent chronic disease later in life.’

Anne Wilson said the Australian community and the Australian health system is facing major challenges given that around **90% of the 1.7 million Australians who have indicators of chronic kidney disease may be unaware they have a potentially life threatening disease.**

‘Educating children and their parents about kidney health and chronic kidney disease prevention is vital because if kidney disease can be detected early and managed

appropriately, **then the otherwise inevitable deterioration in kidney function can be reduced by as much as 50% and may even be reversible', she said.**

One in three adult Australians is at an increased risk of developing chronic kidney disease. You are at risk if you have diabetes, high blood pressure, established heart problems (heart failure or heart attack) and/or have had a stroke, a family history of kidney failure, are obese, smoke, are aged 60 years or older, are of Aboriginal or Torres Strait Islander origin, or have a history of acute kidney injury.

Ms Wilson said she is thrilled that schools such as Albert Park Primary School are playing such an important role in the public health of Australia through their programs of excellence in establishing healthy lifestyles from a young age in their students.

For more information on World Kidney Day in Australia visit kidney.org.au.

Kidney Health Australia, formerly the Australian Kidney Foundation, is a national health care charity with a vision 'to save and improve the lives of Australians affected by kidney disease'. As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

Media Enquiries: Ron Smith, Kidney Health Australia 0417 329 201