

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

**Media Invitation to attend  
Halls Head Primary School  
21 Oleander Place, Halls Head  
<http://www.hallsheadps.wa.edu.au/>  
12noon Wednesday 9 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

Halls Head Primary School in Western Australia will be the focus of World Kidney Day today when WA Health Minister Kim Hames and Managing Director of Kidney Health Australia Anne Wilson join students for learning about the importance of developing a healthy lifestyle in childhood.

Kidney Health Australia has released ***Kidney Disease and Children, Better Knowledge, Better Care*** national schools’ resources to every school in Australia from 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 schools such as Halls Head Primary School would play an increasing 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](http://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.

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