

MEDIA RELEASE

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New report reveals Australia's Kidney Disease Hot Spots

Kidney Health Australia's annual *'State of the Nation'* report, released today, has revealed the top 20 kidney disease hot spots around the country.

The 2016 *'State of the Nation: Chronic Kidney Disease Hot Spots'* report, which has been released to coincide with Kidney Health Week, 22 – 28 May, has also highlighted:

- Kidney disease is costing Australia over four billion dollars annually
- The 'spiraling' number of Australians on kidney dialysis, or living with a kidney transplant
- That kidney dialysis is the most common reason for admission to hospital with over 1.3 million admissions in 2014/15
- Indigenous Australians are still at far greater risk of developing kidney disease than non-indigenous Australians

Kidney Health Australia's CEO, Anne Wilson, said the kidney disease hot spots outlined in the report provided a preliminary insight into the areas of greatest need for chronic kidney disease (CKD) education, awareness and health services. She said the data would also be used alongside other chronic disease maps to create a comprehensive picture of the most commonly experienced chronic diseases in Australia, and to look at interaction with socio-economic influences.

"Over 1.7 million Australian adults (10%) are currently living with indicators of chronic kidney disease. The significant hot spot areas with an above average proportion of adults with signs of chronic kidney disease are the Illawarra and Shoalhaven areas in southern NSW (19.5%) Inner West Sydney (16.7%) and the West Moreton-Oxley (16.4%) area west of Brisbane in Queensland," she said, "Whilst the areas with the highest estimated number of adults with signs of chronic kidney disease, are in the south metropolitan area of Brisbane (96,200 people), the Hunter area north of Sydney (74,500 people), and the inner east area of Melbourne (63,200 people)."

Ms Wilson said every day, 60 Australians died with kidney-related disease and that it was critical for those at increased risk of developing the disease to have an annual kidney check.

"If kidney disease is detected early, it can either be halted or progression to end stage kidney disease can be slowed by as much as 50%", said Ms Wilson, "That is why Kidney Health Australia is calling on an incoming federal government to fund an Integrated Health Check for our GPs, invest in appropriate education for our health professionals, and expand the role Community Pharmacy can play in risk assessment."

Investment in early detection of chronic kidney disease not only helps address the increasing costs to the health system, but delay the need for dialysis, thereby improving patient's quality of life.

The *'State of the Nation: Chronic Kidney Disease Hot Spots'* report also highlights that the number one reason for hospital admissions in 2014/15 was for kidney dialysis treatments, and that the gap in Indigenous kidney health remains a critical issue, with Aboriginal and Torres Strait Islander people more than twice as likely as non-Indigenous people to have indicators of CKD.

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For more information on Kidney Health Week and to read the full 'State of the Nation: Chronic Kidney Disease Hot Spots' report, 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.

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