



QKidney[®] Understanding Your Results

QKidney[®] risk score

The QKidney[®] risk score provides an estimate of the risk of someone developing moderate or severe kidney disease over the next five years.

If someone has a QKidney[®] risk score year score of 10%- then in a crowd of 100 people like them, on average 10 people would develop moderate or severe kidney disease over the next five years. Or put another way, they have a 'one in ten' chance of getting moderate or severe kidney disease over the next five years.

Blood pressure

Blood pressure is recorded as two numbers, e.g. 120/80mmHg. The higher number (systolic blood pressure) indicates the pressure in the arteries as the heart squeezes out blood during each beat. The lower number (diastolic blood pressure) indicates the pressure as the heart relaxes before the next beat. There are no fixed rules about what defines high blood pressure. If you have chronic kidney disease, it is recommended that your blood pressure is consistently below 140/90mmHg. If you have diabetes or albumin in your urine (albuminuria), it is recommended that your blood pressure stays below 130/80mmHg.

Body Mass Index (BMI)

BMI is used as a measure of body fat. BMI is calculated from your weight in kilograms divided by the square of your height in meters. Being either underweight or overweight can be associated with health problems. For most people, a normal BMI is between 18.5 and 25 kg/m².

For Australians over the age of 74 years, general health may be more important than being mildly overweight. Some researchers have suggested that a BMI range of 22-26 is acceptable for older Australians.

You should also be aware of your waist measurement- taken below the ribs (usually at the level of the navel, and while standing).

Males of Asian or Aboriginal or Torres Strait Islander descent should aim for a waist circumference of less than 90 cm. All other males should aim for less than 102 cm.

Females of Asian or Aboriginal or Torres Strait Islander descent should aim for a waist circumference of less than 80 cm, all other females should aim for less than 88 cm.

