

**MEDIA RELEASE****For immediate release****April 27, 2021**

## **Supercars champion Lee Holdsworth rallies to support kids and youth living with kidney disease**

Kidney Health Australia is thrilled to announce that Supercar driver Lee Holdsworth will be getting behind the wheel to join this year's Kidney Kar Rally to help support kids and youth affected by kidney disease. Fifty-four cars and counting are taking part in a fun but gruelling route across country NSW and Victoria, kicking off in Mudgee on Saturday 14 August.

"It's exciting to be involved in the Kidney Kar Rally for 2021, it will be good fun being on the dirt tracks in outback Australia with some fellow car enthusiasts all while supporting a great cause! The Rally will raise much needed funds for kids and youth living with kidney disease, and I'm honoured to be a part of the event" says Lee.

Every year rally teams from across the country meet up in NSW with one ambition... to change the lives of children and young people affected by kidney disease. This year's fundraising goal is an astonishing \$500,000 and the Event Director John Paine is confident they will raise this.

"It's fantastic to see how passionate our fundraisers are, they have already raised an incredible \$129,000. With less than 4 months to go, I have no doubt we will reach our goal, all of which helps to change the lives of children and youth impacted by kidney disease" says Mr Paine.

Kidney Health Australia is sincerely grateful to individuals and organisations in the community and the event's sponsor Biante Model Cars.

In its 32nd year, the Rally will put rally enthusiasts to the test as they navigate a gruelling rally route from Mudgee to Young via Swan Hill from 14-21 August.

The rally drivers have been long term supporters of kids and youth living with kidney disease and raised over \$15m in total for Kidney Health Australia's annual Kidney Kids Camp and youth programs. Chief Executive of Kidney Health Australia, Chris Forbes, said it was great to have the Rally back on the road.

"With the pandemic halting much of our fundraising activity last year, it's great to have the Kidney Kar Rally back raising vital funds to help children and young people deal with the physical, emotional and psychological impacts of this life changing disease". Mr Forbes said.

"Many children living with kidney disease lead isolated lives because of their condition and treatment. Our kid's camp and youth programs have been designed to help young people make friendships with others in their situation and build confidence and self-esteem through peer-networking and development activities," Mr Forbes said.

"Alarmingly, over 30% of youth living with kidney disease lose their kidney transplant within three years of transitioning to adult care, so funding is vital to develop more programs of support so we can reduce this occurrence." Mr Forbes said.

Mr Forbes said the Rally was also a great opportunity to connect with local communities and provide more education around the importance of early detection of kidney disease.

“About 63 people die with kidney related diseases every day, and currently 1.5M Australians are unaware they have early signs of the disease, so, the rally is also a great platform to connect with and educate local communities about kidney disease and the importance of prevention, early detection and support,” Mr Forbes said.

The rally is not a race but a test of skills with drivers having to navigate the off-road terrain. However, the track is designed to allow the novice and the experienced to participate on a level playing field. Whilst there’s camaraderie between participants, the rally is competitive and organised by individuals who have rallied competitively for most of their lives.

For more details about supporting the Kidney Kar Rally or getting involved, visit the website [kidneykarrally.org.au](http://kidneykarrally.org.au)

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### **Interviews**

Chris Forbes, CEO, Kidney Health Australia  
Lee Holdsworth, Supercar Driver

### **About Kidney Health Australia**

Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit [www.kidney.org.au](http://www.kidney.org.au)

### **Kidney Health Facts**

- Kidneys are essential to a person’s health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health!
- Currently over 730 young people between 0-24 years of age in Australia live with end stage kidney disease (or kidney failure). Of those, 25% are on dialysis and 75% live with a kidney transplant.
- Over 30% of young kidney transplant recipients lose their transplant within 36 months after transferring to adult services,
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents
- Figures released by the Bureau of Statistics late last year revealed that about 63 people are dying with kidney-related disease every day
- Kidney disease sufferers can lose 90% of kidney function without experiencing any symptoms
- One in three people living in Australia is at risk of developing chronic kidney disease



- Of the staggering 1.7 million people affected by kidney disease, 1.5 million are not aware they have it
- One in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population
- Kidney-related disease is estimated to cost the Australian economy \$4.1 billion a year

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