



Advocating for Change

Walking hand in hand
with our kidney community
to change the status quo
of kidney disease
in Australia

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Front page image: Kidney hero Amon with mum Melinda, WA
Right image: Amir, Fadi and Sara, NSW

Acknowledgement of Country

Kidney Health Australia acknowledges the Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional owners of the lands on which our organisation is located and where we conduct our business.

We pay our respects to Ancestors and Elders, past, present and emerging. Kidney Health Australia is deeply committed to honouring First Nations peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

We will continue to maintain and strengthen our relationships and partnerships with First Nations communities to help drive earlier diagnosis of kidney disease, and improve the treatment and management of those affected by the disease.



"Looking good on the outside, actually dying on the inside. It's so frustrating because people look at you and think you're fine." - Suanne

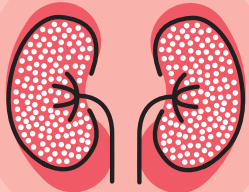
Changing the status quo

Tragically, of the **two million** Australians affected by CKD, most won't know they have the disease until it is too late.

It is a silent killer with no cure.

Treatment for kidney failure is invasive and life-altering and the costs and burden on the individuals, their families, the health system and economy are significant.

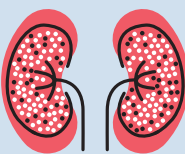
There is no cure for kidney disease but if detected early, the progression to kidney failure can be slowed or even stopped. Investment in targeted screening, and earlier diagnosis and treatment has both health and economic benefits – with the potential to save the health system **\$45 for every dollar invested in early detection**, saving up to **38,000 Australians** from premature death over the next 20 years.



2023 saw increased focus on kidney disease and greater awareness from across the political landscape.

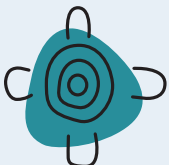
Now is the time for the kidney community, clinical, corporate and government stakeholders to support and invest in efforts to change the paradigm of kidney disease.

With increasing public knowledge of the disease, a continued focus on addressing gaps in support, better therapeutic options for early-stage kidney disease and greater focus on research, the foundations are in place to bring real change to kidney health in Australia.



1.8 million

2 million Australians are affected by CKD, including **1.8 million** who are unaware they are living with the condition.



First Nations Australians are almost **4X** more likely to die from CKD.



1 in 6

1 in 6 hospitalisations in Australia are kidney related.



12%

12% of deaths in Australia are kidney related - that's around **20,000** people per year.



50%

Up to **50%** of those on dialysis will experience depression.

Message from the Chair

2023 was a very productive year for Kidney Health Australia. The Board and I witnessed wide ranging engagement with stakeholders across both the kidney community and other chronic diseases.

Deloitte's Access Economics Report 'Changing the chronic kidney disease landscape: The economic benefits of early detection and treatment', launched at Parliament House on World Kidney Day. This report details the devastating burden and costs of kidney disease to individuals and families, the health system and the economy. However, with early detection and implementation of lifestyle measures and new therapies shown to preserve kidney function, there is now hope that the relentless increase in the rates of kidney failure can be stabilised and substantially reversed.

The launch at Parliament House was highly successful. We performed kidney health checks on many Parliamentarians, as we know **1 in 10 Australians have kidney disease** with the majority unaware due to its 'silent' nature. Followed by the launch of the Parliamentary Friends of Kidney Health, we're now well placed to lead important changes in the kidney health space.

Given the significant intersections between chronic disease we are strengthening our relationships with our colleagues involved in heart disease, diabetes, stroke care and research. Our involvement in developing the CVD Guidelines and Calculator will help reduce mortality and increase diagnosis of CKD.

We welcomed new Board members to Kidney Health Australia, including Professor Brendan Murphy AC after retiring from his position as Secretary of the Department of Health and Aged Care, and Professor Vlado Perkovic, a world-renowned researcher specialising in preventing kidney disease progression. There's never been such an optimal time to join the fight against kidney disease. They will play a pivotal role in guiding strategy and transforming the kidney health landscape.



Our vision is a future where every Australian has the opportunity to enjoy good kidney health. This will be coordinated through kidney support program development, ambitious fundraising, community support and government investment.

Finally, thanks to my fellow Board members for their continuing commitment and to our CEO Chris Forbes and his team for making significant waves in the kidney health space. We are in exciting times where we have the tools to reduce kidney disease and with support are well positioned to do so.

Here's to Kidney Health in 2024.

Professor Carol Pollock AO
Chair MB, BS, PhD, FRACP, FAAHMS

Shifting the paradigm of kidney failure to kidney health

Chronic kidney disease is a debilitating condition for individuals and families. With endless appointments, medications, invasive operations, related health complications and an insurmountable drain on finances and time, kidney disease affects a person's quality of life indefinitely.



In 2023 our focus has been alleviating some of those pain points for our community, providing the framework for increased peer-to-peer support, while walking hand in hand with our advocates to be a voice to Parliament and make strides in changing kidney disease as we know it.

Our launch of the Deloitte Economics Report at Parliament House, testing Parliamentarians for kidney disease, and launching the Parliamentary Friends of Kidney Health has given us the tools and relationships to shift the paradigm of this insidious disease.

The other large research program launched in 2023 was **Kidney Health 4 Life**. This pilot, which continues, will help us deliver a verified support program to people living with kidney disease, at all stages of the disease. It will empower individuals to live their best life, giving them the tools needed to optimise their diagnosis and outcomes. It will serve as a parallel program for healthcare professionals to refer their patients into, creating a lifestyle management pathway that is so critical to kidney disease.

It brings great pride to see the kidney community engaging so meaningfully with one another at in-person events and online, including our 24th Kidney Kar Rally, Red Socks Run challenge and Kidney Kids Es-capers events. The National Kids Camp brought together over 80 people from across the country and helped build support networks for life.

Our third Big Red Kidney Bus was launched in Queensland and brings more opportunities for dream holidays not possible due to unavailability of casual dialysis services. We thank our donors, supporters and clinical partners for making this service possible.

On a global scale, Kidney Health Australia is a founding member of a Global Patient Alliance for Kidney Health now comprised of **more than 30 patient organisations**. Together we're working to make kidney disease a global health priority and prevent its current trajectory of becoming **the world's 5th leading killer by 2040**. We did all this and much more in 2023, thanks to the continued support of the kidney community, our industry partners and generous donors.

We have ambitious plans to change the way kidney disease is diagnosed and managed in Australia. I am deeply grateful for the Kidney Health Australia team who I'm privileged to lead, as well as our Chair, Prof Carol Pollock for her guidance, and all the Directors for their unwavering support and contributions.

Finally, I urge those most at risk, people living with diabetes, high blood pressure and heart disease, to **get a Kidney Health Check. It could save your life.**

Chris Forbes
Chief Executive Officer

It's all about the people

Kidney Health Australia walk hand in hand with our community of unsung heroes – those who are impacted daily by kidney disease, to make their lives that little bit better.

We work hard to build a vital support network around them through highly trained healthcare professionals and a peer to peer network, through volunteers, donors and industry partners who make it possible to provide critical services and care.

All together, as a strong connected Kidney Community, we work hard to advocate for change locally and nationally and to ensure that those unaware they live with CKD are diagnosed and treated earlier, before reaching kidney failure.

Our Kidney Community



533 volunteers supported the kidney cause, and we are SO grateful.



Mum Alison, kidney champion
Mia and sibling
Lennox, NSW

We're driven by our kind and courageous community

Winning gold all-round: A new kidney and becoming a Kidney Buddy

Mark was diagnosed with kidney disease in 2007 after a routine medical check noticed elevated protein in his urine. He had no family history of kidney disease. In 2021 his kidneys suddenly failed, and he had to begin life-saving dialysis for hours every day. Mark describes the call to say he had a potential kidney donor as surreal, exciting and beautiful.

"I received two missed phone calls from an unidentified caller at almost midnight and while on dialysis, before picking up the third call and being connected with a transplant surgeon. It was a very surreal experience. I was both nervous and thrilled. Now that the kidney transplant is complete and appears to be successful, I have a great sense of responsibility to care for it well and an encompassing feeling of having been given a second chance. It is unreal to think that dialysis is a thing of the past!"

Following his kidney transplant in July 2022, Mark participated in the World Transplant Games and won **3 gold medals** in soccer, men's doubles tennis and javelin. He even set a new World Record for javelin in the 50-59 age group!

Now Mark is giving back by volunteering as a Kidney Buddy, helping others with kidney disease to live their best lives.



"The Games were an amazing experience, and I couldn't have done it without my donor family. It was an emotional week for me to play the sports I loved." - Mark



My precious gift

In his 70's, Des was diagnosed with high blood pressure. At first, it didn't stop him living the life he loved. He was an avid table tennis player, having won several Australian Championships. As a nurse, Andrea understood the impacts of her father's diagnosis. With time, Des' kidney function declined until he went into kidney failure. He then began a journey that lasted 20 years, with his family and nephrologist by his side. After six months of dialysis, Des went into palliative care. Andrea plans to leave a gift in her Will to Kidney Health Australia to honour her father's legacy.

"My father was so precious to me. He was so extraordinary for his age, coaching table tennis into his 90's. We were so grateful for the care and guidance received from his health team, and the resources and support from Kidney Health Australia."

Gifts in Wills are so gratefully received and are such a special commitment to future generations. Legacy gifts, no matter the size, have a lasting impact on the kidney community.

Top 5 impacts in 2023

As a non-profit organisation we focused on strategic initiatives that deliver the greatest impact. Here's our **top 5**:

1. Championed **Early Detection** with 3 core audiences.
2. Advocated for **Systemic Change**.
3. Launched **KidneyHealth4Life** pilot program and research study.
4. Enhanced **Peer-to-Peer Support** opportunities and a new Bus for Queensland.
5. Supported and educated **Community and Healthcare Professionals** on-demand.



Top image: Luca, Vanessa, Georgia and Chelsea, NSW Kidney Youth Champions
Right: Kidney Warriors Dan and Jodie, NSW



1.

Driving Awareness and Early Detection of kidney disease with Community, Healthcare and Government

We continue to drive a paradigm change from kidney failure to kidney preservation through a multi-audience approach.

- Everyday Australians saw a **16% increase** in media exposure and extensive online outreach. Early detection was the focus of **Kidney Health Week** in 2023, with **over 14,000 people** completing the Kidney Risk Test within just a week thanks to our community, who held stalls and shared content online. The message embraced a misconception that early signs of kidney disease are 'wee' related. The reality is that **90% of kidney function can be lost with NO symptoms**. It's more than a wee problem. The play on words also revealed that **kidney disease is a BIG problem**, more so than people assume. In fact, **1 in 6 hospitalisations are kidney disease related**. With a clever slogan and some hard-hitting facts, the campaign broke old tropes and brought new light on the extent of kidney disease. During the campaign **over 85% of visitors** to the website were new, increasing awareness of kidney disease to a wider audience.
- Within the healthcare sector, a second highly successful in-practice CKD detection program and **clinical audit** was run in **15 primary care practices** and with **256 healthcare professionals**. It resulted in **over 960 people being diagnosed with CKD** over the audit period.
- The Deloitte Access Economics report '*Changing the chronic kidney disease landscape: The economic benefits of early detection and treatment*' was launched by Kidney Health Australia on World Kidney Day 2023. The ground-breaking report outlines the need for early detection to reduce the economic, social and human impact of late-stage treatment. It was found that for **every \$1 invested in early detection, \$45 can be saved**. This is a serious incentive for investing in early detection and treatment of kidney disease now, and Kidney Health Australia will be actively advocating for these changes in the years to come.

There was also excellent engagement and recognition of Kidney Health Week from key stakeholders, including the Health Department sharing the risk test. Backed up by a monthly #NoFilter digital campaign, **over 45,000 Kidney Risk Tests were completed online in 2023**, with around **90%** of those results indicating high risk or increased risk.

"I've taken the kidney health test to see my risk – thanks for having it so readily available!"

The Hon Pat Conroy MP getting a blood test as part of a Kidney Health Check at Parliament House, Canberra



To download the full or summary report visit: kidney.org.au/deloittereport

2.

A powerful voice for systemic change

A new 2023 organisational pillar, advocacy efforts have already born fruits, helping to drive systemic change and solve the big issues in kidney care in Australia through our Kidney Warrior advocates and champion Parliamentarians. In just one year Kidney Health Australia launched the Deloitte Access Economics report in Parliament House, Canberra, **tested 32 Parliamentarians** for kidney disease, and launched the new Parliamentary Friends of Kidney Health with co-chairs Senator Marielle Smith and the Hon Warren Entsch MP. Kidney Health Australia now hold bi-monthly meetings with the Department of Health and Ageing.

"Creating a united front to fight kidney disease and improve healthcare for all Australians is extremely close to my heart. I had five years of deteriorating health and lost opportunities before I was diagnosed with end-stage kidney failure. If there is anything good that can come from my experience, it is making sure other Australians get help sooner. We have the tools, the knowledge, and the experts to screen for and prevent kidney failure, and with these we can reshape the way we approach chronic disease that will benefit everyone."

- Luke, Kidney Warrior

- The **first kidney testing at Parliament House** on World Kidney Day 9 March brought Kidney Health Australia into the advocacy space. A major step toward becoming a trusted partner to the Government on kidney health and building critical relationships with decision makers. The Deloitte Access Economic Report was also officially launched on World Kidney Day, showing the significant economic and human impacts of early detection. The Kidney Health Australia community was acknowledged during Question Time by Speaker of the House, the Hon Milton Dick MP, and there was unprecedented online activity from Parliamentarians.
- The launch of the Parliamentary Friends of Kidney Health (PFKH) in November was highlighted by heartfelt speeches from our Kidney Warrior advocates, and introduced the honourable co-chairs Senator Marielle Smith and The Hon Warren Entsch MP. There are now **22 members** of the PFKH group.



Mr Rob Mitchell MP
with kidney warriors
Xander, Peter and Lesley



Watch the event speeches here: kidney.org.au/change



Left image: The Hon Warren Entsch MP
and Senator Marielle Smith,
with kidney warriors Luke, Madeleine,
Billy the Kidney and Amanda

3.

Kidney Health 4 Life research pilot takes off

In 2023, Kidney Health Australia developed the Kidney Health 4 Life pilot program and commenced a research study to determine the effectiveness of it. The program is designed to help people at different stages of kidney disease self-manage their condition. This program achieved significant engagement with **over 800 enquiries** to take part. The research study was granted ethics approval through Wollongong University and listed on the Australian Clinical Trials register. It will conclude in 2024 and provide learnings for future program development. The program development and research study has been a collaborative effort between our Marketing, Community, Clinical and Research teams.



John and Vicky, Lions Club of Robina, with the Hon Meaghan Scanlon MP



"The Bus is a fantastic opportunity to get out of the cocoon that becomes your life when on dialysis. Just a relief to see the outside world again. Recommend it to everyone." - Lyn

4.

Delivering services and support to families and communities

We continued to drive support and improved care for those living with kidney disease, with three major activities that saw a focus on peer-to-peer support and a new Big Red Kidney Bus for Queensland.

Welcoming Marj, our third Big Red Kidney Bus bringing freedom and family time

Our Big Red Kidney Bus program expanded into QLD with the launch of the Gold Coast Big Red Kidney Bus, 'Marj'. The Bus program gives people on dialysis an opportunity to travel once again, reconnect with the simple pleasures of life and spend quality time with friends and family outside the four walls of the hospital ward. Thanks to generous sponsors, Bus users can book unlimited dialysis sessions that are completely free and feel reassured that experienced dialysis nurses are taking care of their medical needs.

With three Buses now in operation, together with our clinical partners Monash Health, Royal North Shore Hospital and Gold Coast Hospital, Kidney Health Australia were able to host **307 visitors** and deliver **1260 dialysis sessions**.

97% likely or extremely likely to recommend to a friend.



"What a professional experience. The Bus itself and its operations just blew me away." - Bus user

Read more about the Big Red Kidney Bus program at: kidney.org.au/bus

Medical care provided thanks to:





Kidney Health 4 Youth program nurturing meaningful connections

Supporting kids and their families through local and national events was a key achievement in 2023, having delivered a total of **12 events**, including the comeback of the National Kidney Kids Camp, bringing together **135 families**. We also onboarded around **100 new families** into the Kidney Health 4 Youth program, providing the personalised care they need to thrive.



Local family support

Our Kidney Es-Capers events connect families with others who understand them at special days out. Here's a beautiful quote we received from Paul, Marni and Harper after the event in Perth:

"On behalf of my family I want to thank you and your generous sponsors for putting on such a wonderful event. Our daughter is seven and up until this event I had only ever spoken to one other mother of a child with kidney disease. To be there with 80 other people whose lives are impacted by kidney health was something special. Being able to meet 'Your Community' makes you feel less alone. I didn't know how much we needed this day; our hearts feel a little lighter and the future seems a little brighter."

Kidney kids across Australia have been enjoying their Kidney Health 4 Youth Welcome Packs



"Depression, anxiety and complete feeling of hopelessness. Knowing that you are a burden to those around you is unwavering." - Kitty

"Dialysis is very confronting. Your whole life changes not just for you but for your spouse too. You are literally on life support." - Suezi

Peer-to-peer support groups flourish

With **25% of people with CKD and 50% of people on dialysis experiencing depression**, the support network is key to helping individuals and families through their darkest periods.

The launch of the private online peer-to-peer support group KidneySpeak proved immensely effective with **over 320 users** engaging daily. This closed forum reduces isolation, depression and loneliness so common in people living with kidney disease.

The Kidney Buddies program also grew to provide one-on-one mentoring between people with lived experience. In 2023 there were **120 active Kidney Buddies** and **105 requests** for assistance, with a **90% satisfaction rating** of the service.



Camp builds memories for a lifetime

Kidney Kids Camp brought kids together from across the nation. A successful 4-day Camp after a 3 year hiatus with excellent feedback and **40+ kids** participating from across the country. Kidney Kar Rally launched via live cross for Weekend Sunrise, with Channel 9 and Channel 7 also reporting on it.

5.

On-demand support and education for Community and Healthcare Professionals

Kindness, resources and support are only a call away

Our expert team fielded **over 5000 enquiries** to the Kidney Helpline in 2023. A free advisory service to direct community to validated quality information, helping people navigate everything from a new diagnosis to how to find a renal dietician.

"Would like to mention how lovely it was to talk to David and Amanda. They were so polite and extremely helpful. It was a delight to talk to them. Thank you for your kind service." - Helpline user

"I have always found the Kidney Helpline to be extremely helpful, informative, assisting and courteous. Thank you for having a Helpline Service like this in Australia for people diagnosed with kidney disease at different stages and levels."

- Bertha, Helpline user

"Thank you for everything you do, in supplying information to patients and future patients. I found it very helpful having that information available." - Ian

Kidney Health 4 Life

It support program to help people diagnosed with kidney disease manage their condition and improve their quality of life. The program focuses on:
People diagnosed with Stage 1-4 CKD in the last 12 months,
People who have commenced dialysis in the last 12 months.
Find out more at kidney.org.au/KH4L

Lead with Holistic Knowledge

Lead with the right resources and latest information up your sleeve. Become a Nurse Ambassador today to connect your patients to the latest programs and services to improve their quality of life. Register at kidney.org.au/nurseambassador

Helping Kids be Kids

We're connecting kids and families across Australia through our Kidney Kids and Youth Program. Through our Camp and Kidney Es-Capers events, and vital resources, families can be part of a fun, life-affirming and supportive community. Any new families joining the Kids and Youth Program receive a free welcome pack full of goodies and useful information. Sign up at kidney.org.au/kids-and-youth

Kidney Health Australia

Unique Support Services for Kidney Warriors and Carers

Free Helpline providing support at every stage of kidney disease
Kidney Buddies for 1:1 peer support
3x
Dialysis units on wheels giving your patients a much-needed change of scenery. Free unlimited dialysis sessions!
Camp and local Es-Capers events for kids and their families.
Online and printed resources, fact sheets and books.
3x
Free accommodation for renal transplant patients.
Closed Facebook groups for community discussions.

"The resources on the Hub are great, I am introducing the local GP practice managers to them. Thanks for all you do each day."

- CKD Nurse

Claire and Rachael helping support primary care nurses at the RSA conference

Delivering on-demand HCP education through the HP Hub, live events and webinars

Getting our primary care workforce and other healthcare professionals up to date with the latest CKD information is critical. Delivering it in an easy to digest, accessible and readily available way proved to be successful, not only in education, but in creating actionable change in healthcare.

"Kidney Health Australia provide some of the best education available - regular, clinically relevant, evidence-based, expert presenters that manage to keep things at an understandable level." - Pharmacist

"Really good webinar. This was a very practical education session." - GP

99% would recommend the education to their colleagues.

25% increase in self-reported knowledge.

78% of the 4209 healthcare professionals trained will implement change in their practice.

And all the other (not-so-small) things we achieved



Leifur with mum Srisutha, NSW

Kidney Health Australia's continuity of care through our programs, services and outreach initiatives means we remain the trusted and reliable lifeline for the thousands of Australians dealing with the blow of a diagnosis, navigating the complexities of their treatment, and wanting to improve their quality of life. The number of Australians with moderate to severe kidney disease has nearly doubled over the last 20 years. As such, demand for services is growing and Kidney Health Australia is adapting to support this need.

Transplant House

Transplant House accommodated **33 people over 602 nights**. An incredible **100% satisfaction** rating shows the deep value of the service.

"It's been beyond helpful. Perfect is closer to the right word. It was so easy to organise meals prior to the surgery, get to and from the hospital and rest and recuperate. Most importantly to us it has prevented a huge amount of financial stress."

- Transplant House user, April 2023

Awarding excellence in kidney research

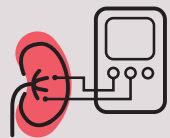
In 2023, we awarded a number of prizes to Australian researchers for excellence in their field. Professor Matthew Jose and Dr Laura Cuthbertson were awarded the Kidney Health Australia Clinical Science award for the best clinical science presentation at the annual scientific meeting of the Australian and New Zealand Society of Nephrology, and Dr Sophy Fan was awarded the Environmental Research award. In the kidney transplantation space, Dr Michael Collins and Dr Sanda Stankovic were both awarded prizes by Kidney Health Australia for their contributions to kidney transplantation research.



Top left image (left): S Stankovic, Kidney Health Australia Lab Winner
 Top right image (second from left): M Collins, Kidney Health Australia Clinical Winner
 Far left image: Sophie Fan, Environmental Research Award Winner
 Left image: Mathew accepting the Award on behalf of himself and Laura



FREE online tools making life easier for people living with chronic kidney disease



10K

ONLINE SEARCHES FOR DIALYSIS UNITS.



475K

TIMES eGFR (KIDNEY HEALTH SCORE) CALCULATED ONLINE.



84K

RESOURCES DOWNLOADED, PROVIDING KNOWLEDGE AND SUPPORT.



Other clinical and research achievements

Our Clinical and Research Team continue to publish and present to industry and clinical stakeholders to promote improved outcomes and innovation in kidney care in Australia. Collaborating both within Australia and internationally with partner organisations, publishing works, participating in global steering committees and providing research grants are vital in moving the industry forward.

- **\$160K awarded** to Australian Kidney Researchers to advance treatments in kidney disease, including a research grant for the project 'Northern Territory Kidney Support Workers' that aims to improve outcomes for people with kidney disease, and in particular First Nations peoples in the Northern Territory.
- High level presentations and collaborations at key clinical conferences such as APNA, ANZSN and RSA scientific meetings.
- Chronic Kidney Disease (CKD) and Cardiovascular Disease (CVD) are closely linked, sharing common risk factors, and each worsening the outcomes of the other. Far more people die prematurely of a cardiovascular event than progress to kidney failure. The new **Cardiovascular Risk Guidelines** and calculator, which will help GPs more accurately assess the risk of a cardiovascular event including in people living with kidney disease, was developed with important input from our General Manager of Clinical & Research. The calculator also shines a light on kidney disease by ensuring GPs consider someone's kidney health before completing the cardiovascular assessment.

Find out more at:
kidney.org.au/cvdcaculator

- Collaborated with the team from the University of Sydney on the study 'Impact of a pharmacy-led screening and intervention in people at risk of or living with chronic kidney disease in a primary care setting: a cluster randomised trial' to enhance the detection and management of CKD within an Australian pharmacy and primary care setting. This study involves **122 pharmacies** across QLD, NSW, VIC and ACT and will continue across 2024.



It's all possible thanks to our donors and fundraisers

Each year we are overwhelmed with the support and donations we receive. This year was no exception. While 2023 was financial challenging for us and for many Australians, it was so heart-warming to witness the generosity of wonderful donors and supporters who stayed by our side and showed support and compassion for those impacted by kidney disease - like sisters Isabelle and Charlotte. Their family attended free events as part of the KidneyHealth4Youth program funded by donors.

Life changed overnight for mum, Renee and dad, Shane when their six-week-old baby girl, Isabelle, was diagnosed with a rare kidney disease. Just over two years later, when they were expecting their fourth child, they had every test available, their baby girl tested clear for kidney disease. But instead they received heart-breaking news.

"To have one baby diagnosed with kidney disease was a huge shock. But to discover our other little girl also had kidney disease was beyond devastating.

When the girls were younger, we missed out on life with our kids; we were so scared of them getting sick, overwhelmed with everything going on. We now make the most of the time together when they are well."

A better quality of life is coming soon for Isabelle (14) and Charlotte (12) but at a price. Renee and Shane know that both girls will need a transplant, which is just one step towards better health - but it is not a cure. Both girls will need ongoing medication and support for the rest of their lives.



It is only through the generosity of supporters and donors that we can fund much-needed programs and services for those impacted by kidney disease.

A record year for Gifts in Wills

Gifts in Wills ensure that our life saving programs and services are available to more people facing a kidney disease diagnosis. This year income from **bequests reached \$3.77M** - the best result since the program began. We administered **60 Estates** from generous supporters who had left a gift in their Will to Kidney Health Australia. In 2023, we increased the **bequest pipeline by 25%** and had success with our new digital campaigns, seeing a number of leads converting to Confirmed Bequestors.



To find out more about how you can take the kind decision to leave a gift in your Will to Kidney Health Australia, visit: www.kidney.org.au/bequests

Kaitlyn's Giving for a Lifetime

Kaitlyn, a former nurse, first became aware of her own kidney disease when she was diagnosed with deteriorating kidney function in her 20's.

Kaitlyn began dialysis in 2008, aged 38 and continued home dialysis for nearly 15 years. During that time, she had her first kidney transplant. However it was short-lived.

During Kaitlyn's kidney journey, she used the Big Red Kidney Bus many times in some of Victoria's well-known holiday spots, giving her the opportunity to visit places she had not previously explored. Kaitlyn was grateful for the Big Red Kidney Bus service in allowing her to continue to do what she loves most - travelling with her family.

"Using the Big Red Kidney Bus gave more freedom to go on holidays. The nurses are amazing on the Bus too. I love travelling, so having the freedom to pack up, your sessions booked in, and you know you're going to get to your dialysis was incredible."

In December 2022, Kaitlyn received the long-awaited phone call from her Nephrologist - a matched kidney was available for transplant, through the paired kidney exchange program. The transplant has given Kaitlyn a new lease on life, including lots of energy. Most of all, she can engage in life's simple pleasures again, including her much-loved road trips, and socialising with her friends, without the restraint of dialysis. Kaitlyn has generously decided to leave a gift in her Will to Kidney Health Australia, as she recognises the impact that vital services like the Big Red Kidney Bus can have on people living with kidney disease.

"I still feel I have so many reasons to be grateful. My gift in Will ensures that so many of Kidney Health Australia's life-saving services are available for people like me."



Running like a life depends on it

The Red Socks Run challenged participants to run, walk or ride 60km during October to raise funds for delivering all services to the kidney community. In 2023, **1,286 dedicated runners**, walkers and cyclists hit the pavement to help create a brighter future for those living with kidney disease. Supported by more than **5566 donors**, they **raised over \$389,000** for kidney health. Thank you to everyone who took on the challenge and raised vital funds, including our fantastic Ambassadors, actress Michala Banas and comedian Stephen Curry. Michala and Stephen have a personal connection to kidney disease, and it is a cause close to their hearts.

It was great to witness our community coming together in large numbers throughout the month, sporting their socks and the newly introduced t-shirts. One of the events was organised by ANZSN, where they walked around the Tan in Melbourne to raise awareness and funds for the Red Socks Run.



Michala, Tamaryn and Stephen, VIC



Leaving Kidney Disease in the dust

The Kidney Kar Rally this year launched with a bang with Harry Bates, Rally Car Champion and Kidney Health Ambassador, visiting the **40+ teens** enjoying their first National Kidney Kids Camp in four years.

In its 34th year raising funds for the KidneyHealth4Youth Program, a field of **39 rally cars** driven and designed by long-time supporters, took on the dirt track across regional New South Wales. Starting in Mudgee and finishing up in Narrandera, completing **over 3,000km** and **raising over \$395,000**.



Deb and Peter, NSW



A new generation of fundraisers leading the charge

No matter what age, supporting a cause is transformational for the organiser, the giver and the recipients. Here's three of our wonderful young supporters' stories.



Emma's Big Red BBQ

Emma is 15 years old and suffers from chronic kidney disease (CKD). She was diagnosed only 10 months ago and says it did seem like a lot when she first found out, but she thinks there are always a lot of others who have been through the same thing. While the journey can be rough, she reminds herself that there is always someone out there who has felt the same way she is.

For her birthday, she decided to hold a "Big Red BBQ" to raise funds for Kidney Health Australia and she managed to **raise over \$12,000!** This was all possible thanks to her incredibly generous family and friends who attended, as well as the David & Fee Hancock Foundation who doubled the donations received.

Nadia and Anna raise over \$18K for kidney disease

Nadia and Anna Votino held a ball in South Australia to raise money for kidney disease and celebrate their special bond.

Almost 16 years ago, Nadia was diagnosed with FSGS, an autoimmune disease that causes scarring on your kidneys and in turn causes a protein leak. She was extremely ill and on dialysis for two years. Nadia was told by her Nephrologist that she could be on the donor list for up to 7 years awaiting a kidney transplant.



Meet AJ, an inspirational young man who is cruising for a cause

AJ was born with a kidney issue and spent much of his childhood staying in hospital and having regular scans. He's been hassling his Nephrologist every year to give him permission to play cricket with his mates, and last year was finally given the official nod. He was so excited to be able to join in a proper game that he began reflecting on how lucky he was and how there were so many other kids who had much more serious kidney problems than he did.

This inspired him, his friend Beau, and Beau's dad, Dwayne, to complete a bike ride from Mount Barker WA to Albany WA (over 52km!) to raise funds and awareness for kidney disease in Australia. During their ride they had supportive toots and waves from cars going past that helped the boys complete their goal. Congratulations to the team on an amazing effort in completing your challenge and **raising over \$5,100!**

Summary of financial health

In 2023, we continued to invest in provision of community services whilst at the same time working to transform kidney health across Australia.

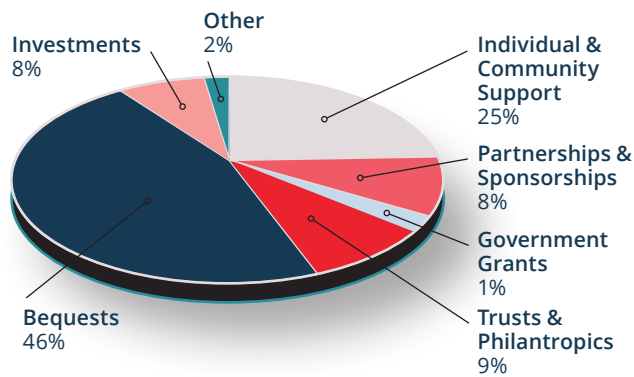
Building on the insight and experience from 2022, we developed and commenced a research program aiming to improve outcomes for people diagnosed with kidney disease. The trial will run to mid-2024 and will form the basis of a new kidney care program supporting the kidney community at every stage of this incurable disease.

We also made a significant investment in advocacy. We established the first ever Parliamentary Friends of Kidney Health – a bipartisan group of parliamentary representatives to assist Kidney Health Australia in elevating kidney disease as an urgent health priority nationally. Underpinning this was the formation of the Kidney Warriors – a team of people with lived experience of kidney disease who will represent the community in advocacy. This group will continue to grow and develop in 2024.

With the introduction of new medicinal therapies in 2023, health practitioners now have more tools to fight the progression of kidney disease. We invested in awareness and early detection, specifically targeting the 1.8 million Australians who are unaware they have early markers of kidney disease. This transformational opportunity in kidney health will remain a core initiative for years to come.

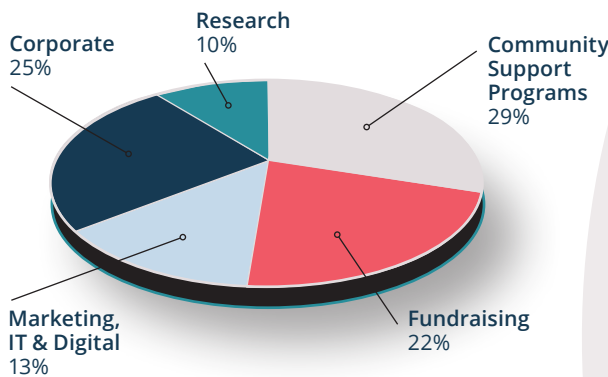
2023 Revenue

Individual & Community Support	\$ 2,105,914
Partnerships & Sponsorships	\$ 683,616
Government Grants	\$ 108,267
Trusts & Philantropics	\$ 762,596
Bequests	\$ 3,786,924
Investments	\$ 651,875
Other	\$ 175,256
Total	\$ 8,274,448



2023 Expenses

Community Support Programs	\$ 2,042,475
Fundraising	\$ 1,547,772
Marketing, IT & Digital	\$ 898,955
Corporate	\$ 1,765,863
Research	\$ 723,530
Total	\$ 6,978,595



Financial Position - For more information, you can view our complete financial statements on our website: kidney.org.au/about-us/annual-reports

Thank you x2 million Australians

Our giving community changes lives. Your support enables Kidney Health Australia to reach the 2 million people who have markers of kidney disease to live life to the fullest, and potentially save the 1.8 million who don't know they have it.

Major Donors

Nicholas Aitken	Ahsan Zafar
Rita Andre	FM Global
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Barbara Cimetta	The Apex Club of Ulverstone
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The Isabel & John Gilbertson Charitable Trust
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The Trustee for Harry Cohny Charitable Foundation
Viridian Foundation

Estates Realised

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Estate of Alan John Payne	Estate of Richard Michael Dickinson
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Boehringer Ingelheim
Eli Lilly
GSK
Baxter Healthcare

Thank you to all our very special supporters, donors and regular givers. Your gifts help fund much needed support and services and help change lives.

We're small but mighty

With 37 employees across 4 states we are (very) nimble. Our passion and drive is palpable in all we do. The people behind Kidney Health Australia share a common ambition: to help those with kidney disease to live their best possible life.

We're deeply humbled by the courageous community, passionate professionals and partners, and kind donors who make the every day drive for change possible and so worthwhile. We are honoured to be part of the wider kidney community and always aim to lead with integrity and collaboration.

All the achievements in 2023 serve to remind us of an important truth: when skilled and passionate experts work towards the same goals, great things can emerge and grow.

Recognised as **'A Great Place to Work'** for the second year in a row, we'll keep growing, challenging the status quo, and building for a brighter future.



Our Board

Chair: Prof Carol Pollock AO

Deputy Chair: Peter Haddad, AO

Monojit (Mono) Ray (outgoing)

Rhonda Renwick OAM

Dr Steve Francis

Lachy Haynes

Sandy Chakravarty (outgoing)

Professor Brendan Murphy AC (incoming)

Professor Vlado Perkovic (incoming)

Our Senior Leadership Team

Chief Executive Officer: Chris Forbes

GM, Marketing and Community: Maria O'Sullivan

GM, Clinical and Research: Breonny Robson

GM, Fundraising: Claire Baxter

Chief Operating Officer: Rohit Chand

Clinical Advisory Committee

Prof Karen Dwyer, Nephrologist (Chair)

A/Prof Shilpa Jesudason, Nephrologist

Prof Andrew Mallett, Nephrologist

Ms Debbie Pugh, Renal Nurse

Dr Kelly Lambert, Dietitian

Ms Carla Scuderi, Clinical Pharmacist

Mr Shyamsundar Muthuramalingam, consumer

Dr Veena Roberts, Nephrologist

Dr Anne Durkan, Nephrologist

Ms Breonny Robson (ex-officio)

Ms Katrin Buerkle (ex-officio)

Primary care Education Advisory committee for Kidney Health Australia (PEAK)

Professor David Johnson (chair), Nephrologist

Dr Chris Bollen, GP

Dr Leanne Brown, Renal Nurse Practitioner

Prof Karen Dwyer, Nephrologist

A/Prof Shilpa Jesudason, Nephrologist

A/Prof Ivor Katz, Nephrologist

Prof Robyn Langham, Nephrologist

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Dr Richard K S Phoon, Nephrologist

Prof Kevan Polkinghorne, Nephrologist

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Dr Caitlin Sum, GP

Professor Tim Usherwood, GP

Dr Sheena Wilmot, GP

Ms Miriam Lum On (guest), AIHW

Ms Breonny Robson (ex-officio), KHA

Mrs Claire Sheeky (ex-officio), KHA

We would like to once again thank our PEAK chair, Professor David Johnson, and all our committee members for their ongoing commitment and support of Kidney Health Australia. We also particularly thank outgoing members Prof Robyn Langham and Prof Tim Usherwood for their contributions to PEAK over the last 20 years.

Lend a hand, a dollar, or a kidney

We know where kidney disease lives and the challenges our community faces. Kidney Health Australia is building solutions and advocating for change that will shift the paradigm of kidney health for all Australians.

But we need you.

Together we can create better lives for people living with kidney disease and stop people from reaching kidney failure.

Whether you volunteer time or expertise, donate to the cause, lend your voice to help spread key messages, fundraise, or even donate a kidney, we value your contribution and so does our community. We're a small non-profit but mighty in ambition. Help us create meaningful change. We would love to have your support.

Volunteer your time

Call **1800 454 363** or email:
volunteering@kidney.org.au

Donate regularly

Choose how you give:
kidney.org.au/ways-to-give

Leave a Gift in your Will

Find out more:
kidney.org.au/bequests

Join a fundraising event

Sign up:
fundraise.kidney.org.au

Stay in the know

Sign up to the monthly eNews:
kidney.org.au/newsletter

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Register for the Health Professional
Hub: **kidney.org.au/hphub**

Connect with us:

Kidney Helpline 1800 454 363
careteam@kidney.org.au
kidney.org.au
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