

SLOW CKD Study - Summary of Findings

The slowing kidney disease with weight loss feasibility study

BACKGROUND: Excess weight increases the risk of developing and worsening chronic kidney disease. This study explored whether low energy diets, with diet and exercise support are a safe, feasible, and effective way to help people with kidney disease lose weight and improve their health.

49 adults with kidney disease and excess weight randomly assigned to a group



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Low Energy Diet (LED)

3-month LED (800-1000 kcal/day) with dietitian support, followed by 3-month exercise & nutrition program

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Usual Care (UC)

Offered standard weight loss support with clinic dietitian

MAIN RESULTS

IS IT SAFE?

✓ The **low energy diet** is safe in CKD under medical supervision

✓ 46% of people asked, agreed to participate (our target was $\geq 25\%$)

IS IT FEASIBLE?

✗ 67% of the LED group and 88% in usual care completed the study, (our target was $\geq 75\%$ completion in the LED group)

✓ Nearly half (46%) of the LED group lost 10kg or more in 3 months (our target was $\geq 30\%$)

OTHER RESULTS

After 3 months

The LED group lost 10kg on average, the usual care group lost 0.7kg

After 6 months

- The LED group lost 9kg on average, the usual care group had no weight change
- The LED group lost 10cm around their waist, the usual care group lost 3cm
- The LED group showed improvements in blood pressure and the 6-minute walk test, which measures fitness
- **No changes** to kidney function measures or handgrip strength in either group

Key findings from interviews

25 people (14 from the LED group and 11 from usual care) participated in discussions at the end of the study



After overcoming initial challenges, most people following the low energy diet were happy with their weight loss and commitment, with many also seeing improvements in eating habits, diet quality, physical function, and sleep. However, some found the diet challenging.

Some people in the usual care group were disappointed to be placed in that group.

Quotes from low energy diet group participants

"Before I started this whole exercise, my kidney function was 42 and now its 55. That to me, is a brilliant outcome"

"It was challenging just the experience of being on a diet like that"

"It's hardest in the first couple of weeks. I'd say once you get past the first couple of weeks, it gets easier"

"I've been eating way more veggies and fruit than what I was before the study"

Where to next

The next steps will be to test if LEDs can slow kidney disease progression. The results gained from this study will help others with kidney disease to use LEDs safely to improve their health.

Thank you

Thank you for your participation in this study - we are grateful for the time you took to support this research.

Please contact Margie Conley with any queries.
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