

KIDNEY HEALTH FOR EVERYONE EVERYWHERE

World Kidney Day @ Hong Kong 2019

Sunday 10 March 2019



The theme of the 14th World Kidney Day is “Kidney Health for Everyone, Everywhere”.

In Hong Kong, we have focused on one of the aims - to encourage and adopt healthy lifestyles. Many types of kidney diseases can be prevented, delayed and/ or kept under control when appropriate prevention measures are in place.

Every year about 1500 Hong Kong people reached end-stage kidney failure, requiring dialysis or transplant to maintain their life. With accumulation, there are over 10,000 patients on renal replacement therapy in Hong Kong.

The leading causes of end-stage kidney failure are diabetes (52%) and hypertension/ vascular disease (12%).

Hence it is most important to control diabetes and hypertension well to prevent/ delay renal complication.

Furthermore, it would be better to focus further upstream – to reduce the incidence of diabetes and hypertension in the general population.

Unfortunately, many people do not know they have diabetes, hypertension, high cholesterol or aware of overweight. This year we mounted a campaign to identify people with any of the “4 hidden risks” – overweight, high blood pressure, glucose and cholesterol level.

We conducted a free health check for 1000 middle age/ elderly citizens at nine public housing estates.

**We found many people with one or more of these four conditions.
Even more concerning is that over 50% of them did not realize they have the conditions.**

Diabetes is associated with overweight, from inadequate exercise and non-healthy eating habit.

The best way to prevent diabetes is to maintain healthy body weight, by raising awareness, promote healthy diet and exercise. By doing so, we hope to reduce hypertension and diabetes in the general population, and thus protect the kidneys.

**Move, Move, Move (exercise), Eat Smart,
Remove the ‘4 High-risk factors’,
Keep Kidneys Healthy**

郁多啲 食醒啲 除4高 保腎康



Free health check
(BMI, blood pressure, blood glucose and cholesterol level)
was conducted at nine housing estates for 1000 middle age/elderly
citizens from January to Feb 2019.

To find individuals with any of the “**4 hidden risks**”

- high blood glucose (>9mmol/l)
- cholesterol
- blood pressure
- overweight.

14th 世界腎臟日在香港

全城參與 維護腎康



日期: 2019年3月10日(星期日)
時間: 典禮 - 上午十時至十一時
活動 - 上午十一時十五分至中午十二時
地點: 九龍灣國際展覽中心 三樓展覽廳2
嘉賓: 食物及衛生局局長 陳肇始教授
查詢: 2716 5773



World Kidney Day @ Hong Kong 2019 Sunday 10 March 2019 Attended by 900 people - patients and healthcare professionals

Welcome Address

Dr. Lui Siu Fai, BBS, MH JP, Chairman, Hong Kong Kidney Foundation
Dr. Cheng Yuk Lun, Chairman, Hong Kong Society of Nephrology
Dr. Tony Ko, Director (CS), Hospital Authority
Dr. Anne Fung, Assistant Director (Health Promotion) Department of Health
Ms. Maggie Lee, Vice-Chairman, Hong Kong Association of Renal Nurse

Speech by Guest of Honor:

Prof Sophia Chan, JP, Secretary for Food and Health Bureau, HKSAR
Healthcare Drama

by Healthcare professionals

Announcement of healthcare check conducted at housing estates

Dr. CS Li & Dr. Mathew Tong, Hong Kong Kidney Foundation
Dr. Yung Chun Yu & Dr. Terrence Yip, Hong Kong Society of Nephrology

Guest sharing messages on kidney health

Dr. CH Leong & Prof Richard Yu, Hong Kong Kidney Foundation
Dr. Constance Chan, Director, Department of Health, HKSAR.

Eat Smart – St. John's Band (Low Sugar)

Move for Health – Exercise Dance (Lazy Lion dance)

Singing with the St. John's Band
Skiping and cycling competition.





Address by officiating
guest

Prof Sophia Chan, JP,
Secretary for Food and
Health Bureau, HKSAR



Welcome

Dr. Lui Siu-fai, BBS, MH, JP
Chairman, Hong Kong Kidney Foundation

Dr. Cheng Yuk Lun
Chairman, Hong Kong Society of Nephrology

Dr. Tony Ko
Director (CS), Hospital Authority

Dr. Anne Fung
Assistant Director (Health
Promotion) Department of Health

Ms. Maggie Lee
Vice-Chairman, Hong Kong Association of
Renal Nurses



**Announcing the result of the health check
Guests sharing on prevention of kidney disease**

Dr. CS Li Hong Kong Kidney Foundation
Dr. Mathew Tong Hong Kong Kidney Foundation ,
Dr. Yung Chun Yu Hong Kong Society of Nephrology
Dr. Terrence Yip Hong Kong Society of Nephrology

Prof. Richard Yu, SBS, Patron, HKKF
Dr. Leong Che-hung, GBM, JP, President, HKKF

Dr Constance Chan, JP
Director, Department of Health, HKSAR

	Jan-Feb 2019 Health check for 1000 middle age/elderly citizens at 9 public housing estates		2014-2015 Hong Kong wide Population Health Survey (did not know before hand)
BMI ≥ 23	57%	52% not aware being overweight	50%
Blood pressure Systolic >140 Diastolic > 90	51%	48% did not know has hypertension	28% (48%)
Random blood glucose > 9 mmol/L > 11 mmol/L	23% 11%	61% did not know 44% did not know	Diabetes 8.4% (54%)
Total Cholesterol >5.2	38%	74% did not know	49.5% (70%)



Drama

A story on kidney disease

By Healthcare professionals

Dr. YL Cheng, Dr. Sunny Wong, Dr. Anthony Hou,
Dr. Terence Yip, Ms. Sandy Hui, Ms. Maggie Lee
Singing by Prof Sydney Tang
Script and Director: Dr. TH Kwan





“食醒啲 Eat Smart”

St. John's Band

A group of doctors sang
a song adapted with lyric to promote low sugar diet

<https://youtu.be/3k8wU9je6W8>



郁一郁 Move, Move, Move

100 attendees performed the “Lazy Lion” dance to promote exercise



https://youtu.be/6s6k_RTv8Cg



Officiating guests joined the “Lazy Lion” dance to promote exercise



<https://youtu.be/Oi8tDm5OJUg>



Cycling and skipping competition for attendees





Organisers

Hong Kong Kidney Foundation
 Hong Kong Society of Nephrology
 Hospital Authority
 Department of Health
 Hong Kong Association of Renal Nurses





Health program and news on Radio/TV channel

Newspapers reports



精靈一點

2019世界腎臟日(上)
25/02/2019

2019世界腎臟日(下)

1300-1400

[世界腎臟日](2)

主題：2019世界腎臟日(下)
嘉賓：容震宇醫生(香港腎科學會義務司庫)、張兆輝醫生(香港腎科學會會董)

04/03/2019

收看

Full page articles on 6 newspapers on 14 March 2019

Circulation of 2,000,000

第14屆世界腎臟日在香港

「尋找4高隱者」健康檢查簡報

今年「世界腎臟日」在香港，主題是「尋找4高隱者」。4高是指：高血壓、高血糖、高尿酸及高血脂。這四種疾病是導致腎臟病的四大元兇。如果及早發現，及早治療，可以減低患上腎臟病的風險。

「尋找4高隱者」健康檢查簡報，是為市民提供一個了解自己的健康狀況的機會。檢查項目包括：血壓、血糖、尿酸、血脂、腎功能指數（GFR）等。如果檢查結果顯示有4高，醫生會建議市民採取適當的治療和生活方式的改變，以減低患上腎臟病的風險。

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A 60-seconds video
 was shown at the MTR
 (underground) stations
 106 Trackside TV
 33 Concourse TV
 for 7 days
 38 times/day





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Fresenius Medical Care Hong Kong Ltd



Novartis Pharmaceuticals (HK) Ltd.



Roche Hong Kong Ltd.



Sanofi-aventis Hong Kong Limited.

Pfizer Corporation
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Kyowa Hakko Kirin
(Hong Kong) Co. Ltd.



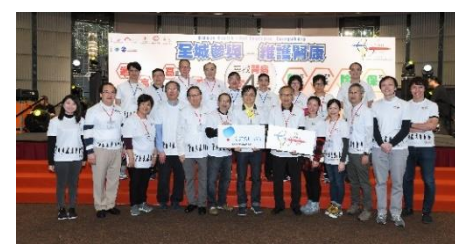
AstraZeneca



Baxter Healthcare Ltd.



Fresenius Kabi Hong Kong Ltd



Otsuka Pharmaceutical (H.K.) Ltd

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