



MEDIA RELEASE
March 1, 2017

Encouraging Canadians to #move4kidneys, battle obesity this World Kidney Day

Montreal, Quebec – March 1, 2017 – One in 10 Canadians has kidney disease. Millions more are at risk, but many don't know the signs, symptoms or causes behind the disease. March is Kidney Health Month and The Kidney Foundation of Canada encourages Canadians to take this opportunity to consider ways to keep their kidneys in good health.

World Kidney Day is March 9, 2017. This year's theme "Kidney Disease and Obesity" promotes education on the harmful consequences of obesity and its association with kidney disease, advocating a healthy lifestyle and healthcare strategy recommendations that tackle the magnitude of the burden of obesity and kidney disease.

"Many causes may impact kidney health, including genetics, medical and family history, nutrition and other medical conditions," said Paul Kidston, National President of The Kidney Foundation of Canada. "It is not always in our power to avoid kidney disease, but we certainly can take actions that will help preserve our kidneys. Adopting a healthy lifestyle is one of the essential actions we can take."

As noted on the World Kidney Day website, obesity increases the threat of developing major risk factors of chronic kidney disease (CKD), like diabetes and hypertension, and it has a direct impact on the development of CKD and end stage renal disease. In individuals affected by obesity, the kidneys have to work harder, filtering more blood than normal to meet the metabolic demands of the increased body weight. The increase in function can damage the kidney and raise the risk of developing CKD in the long-term.

On March 9, 2017, The Kidney Foundation of Canada encourages everyone to get up and get moving to celebrate kidney health. Keep fit and active, and share your activity with The Kidney Foundation of Canada and World Kidney Day by posting photos on social media with the tags #move4kidneys and @kidneycanada. #move4kidneys is a symbolic gesture to remember that kidneys are vital organs which need care.

To help kidney patients with their dietary requirements, The Kidney Foundation of Canada offers support through KidneyCommunityKitchen.ca. The website offers renal friendly recipes and planning tools to help manage a complex renal diet.

"As a step in recognizing the link between obesity and kidney disease, The Kidney Foundation of Canada endorses the Stop Marketing to Kids Coalition and the Ottawa Principles," said Elizabeth Myles, National Executive Director.

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The goal of the Stop Marketing to Kids Coalition, made up of 11 non-governmental organizations and endorsed by dozens of additional organizations, is to restrict all food and beverage marketing to Canadian children age 16 and younger. Restrictions would include all forms of marketing with the exception of non-commercial marketing for public education.

“By endorsing the campaign, The Kidney Foundation supports initiatives to eliminate the commercial marketing of foods and/or beverages to children,” said Ms. Myles. “This is a step towards tackling obesity and thereby, helping to reverse or slow the progression of CKD, which is critical to The Foundation achieving our ultimate goal to reduce the burden of the disease.”

A breadth of community events and activities across the country this month raise awareness about kidney health, including educational breakfasts, gala events and community kidney health information sessions. The Foundation also appreciates the support of thousands of door-to-door canvassers who participate in the annual March Drive to help raise funds and awareness.

Chronic kidney disease is often considered uncommon. Furthermore, early stages symptoms may be difficult to identify and can easily be brushed off. However, chronic kidney disease is a serious, life-threatening disease: 10% of the population worldwide is impacted by some form of kidney damage.

Facing the Facts

(Includes highlights from the Canadian Organ Replacement Register (CORR)ⁱ)

- 36,251* people were being treated for kidney failure in 2015.
- Among these, 58.5%* are on dialysis and 41.5%* have a functioning transplant.
- Each day an average of 15 people are told that their kidneys have failed; that’s nearly 5,500* people each year.
- 44.8%* of patients on dialysis treatments survived at least 5 years.
- 47%* of new patients starting renal replacement therapy are under age 65.
- Diabetes is the main cause of kidney failure in nearly 38%* of new patients.
- The number of people being treated for kidney failure has grown 36%* since 2006.
- There were 1,513 kidney transplants performed in 2015.
- There were 3,471 Canadians on the waiting list for a kidney transplant at the end of 2015.
- 73* people died while waiting for a kidney transplant in 2015.

*Note: End-stage kidney disease statistics do not include Quebec as information was not available in the annual CORR report.

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About The Kidney Foundation: The Kidney Foundation of Canada is the national volunteer organization committed to improving outcomes of people with kidney disease. Since 1964 The Kidney Foundation of Canada has contributed over \$115 million to medical research projects to ensure that treatment options and patient results continuously improve.

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ⁱ CORR Annual Statistics 2017 and Statistics on Organ Replacement in Canada: Dialysis, Transplantation and Donation, 2006 to 2015, www.cihi.ca