

“Life style care for the Precious Pair – Healthy Kidneys”

proposed by Sudha Ekambaram

Aims of IPNA WKD:

Several modifiable lifestyle factors, including physical activity, diet, non alcoholic beverages, TV watching during dining, long hours of computer games and smoking are etiological factors associated for the development of obesity and obesity-related disease and development of CKD, potentially through obesity-related pathways. A growing body of evidence supports the role of both generalized and central obesity in the development of CKD and microalbuminuria. To sensitize the parents, children, pediatricians, educators, health care givers, administrators and the community that "Healthy kidneys mean Healthy life". Educate them the need for "healthy life style, and to educate the community to identify early signs of potential kidney damage.

Center:

Mehta Children's Hospital, Chennai City, India

Dates of duration:

Activity 1- June - August 2017

Activity 2- year 2017

Activity 3 & 4 – March/ April 2017

Project:

Specific objectives

Healthy lifestyle factors contribute to healthy kidneys and how to achieve them.

Planned activities

Action Plan: We have planned various activities on different days to meet our objectives.

Activity 1: Meet the young - address the risk factors Visit schools and target 500 children aged 10-15 years and their parents for an interactive session on the theme “Path to good kidneys with good living ” -Demonstrate with figures –the kidneys and its function -Junk food and its harm to the body. - How much salt we eat? How much is needed? How it affects the kidneys? - Hazards of over- weight and obesity. How it burdens the kidneys? - Physical exercise. What good does it do to the kidneys? - Harmful effects of TV and unrestricted hours of computer games -What is blood pressure? What if one of your family member has high blood pressure? -What are warning signals of kidney not functioning well? -What are the simple tests to know about kidney function? -How each child can educate his family on healthy living with good kidneys. Give them a small booklet on “ Amazing kidneys” Screen them for blood pressure, overweight and with urine dipstick.

Activity 2: Conduct CME for Pediatricians – Early diagnosis of kidney disease We would be conducting CME programs in the suburbs of Chennai targeting Pediatricians. The sessions would target AKI and obesity. 1) Interactive sessions with young paediatricians on the theme “Acute kidney injury: what is role of Paediatricians” How to prevent AKI in the community and hospital. “What is role of Paediatricians” 2) Over weight and obesity the fore runner of CKD in children. What can the pediatrician do? 3) Prevention of progression of CKD in children. 3) The Good, Bad and the Evil of BP. Policy of the CME would be: 1) Prevention 2) Early recognition and 3) Management At the end of session, we would distribute materials on “Healthy lifestyle for healthy kidneys”

Activity 3: PARENTAL CONCERN : OBESITY – WILL THIS AFFECT MY CHILDS FUTURE – Choose a village near Chennai and educate the community Interactive session with parents of normal children on the subject. How obesity will affect the health in the future. -Demonstration with power-point / multimedia projection in front of community gathering about kidney , its function and factors affecting renal function. -What is the parent’s role during pregnancy, infancy, childhood, adolescence until adulthood. -Junk food and its harm to the body. - How much salt we eat? How much is needed? How it affects the kidneys? - Harms of over-weight and obesity. How it

affects the kidneys? - Physical exercise. What good does it do to the kidneys? Blood pressure - What is blood pressure? What if one of your family has high blood pressure? -What are warning signals of kidney not functioning well? -What are the simple tests to know about kidney function? Educate on Kidney donation after demise. Screen them for blood pressure, overweight and with urine dipstick. Prepare small booklet about kidneys and future for the attendees and provide T shirts Conduct drawing competition for the young on the subject - "Healthy lifestyle for healthy kidneys"

Activity 4: A kidney walk to create 'AWARENESS ABOUT OUR AMAZING KIDNEYS' - WALKATHON Create awareness among public about our kidneys by conducting an awareness walk. To address the mass and for effective penetration, we will be inviting celebrity (radio jockey/ film artist) Distribute pamphlets to the public about "How to protect our young kidneys" & "Healthy lifestyle for healthy kidneys"