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A kidney health study on Mornington Peninsula population

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A kidney health check for the public was organised on World Kidney Day in 2015 and 2016 at Beleura Hospital, a private hospital in Mornington, Melbourne. The 8 hour event was run by doctors, nurses and volunteers. Blood pressure, height and weight were taken from each participant. A Q risk questionnaire was filled up. 183 participants in 2015 and 188 participants in 2016 took part in the event. 23% were diabetic in 2015 and 20% were diabetics in 2016. Half the participants (51%) were hypertensive in 2015 whereas 44% were hypertensive in the 2016 group. Cardiovascular disease was noted in 28% in 2015 and 21% in 2016. Overweight and obesity was common in this population. 36% was overweight and 35% was obese (noted in 2015). In 2016 overweight was noted in 38% and obesity in 26%. Smokers was taking up a mere 8% in 2015 and 6% in 2016.

The risk of developing chronic kidney disease in the next 5 years was higher in the diabetic group. (Noted in 2015). This again hold truth in the study in 2016. The risk of developing dialysis or transplant in the next 5 years was noted to be marginally higher in the diabetic participants. (Noted in both years)

The risk of developing chronic kidney disease in the next 5 years was noted higher in the participants with cardiovascular disease. (Noted in 2015 and 2016) The risk of developing chronic kidney disease in the next 5 years was noted higher in the participants with hypertension. (noted in 2015 and 2016). The risk of developing chronic kidney disease in the next 5 years was higher in the overweight and obese group as compared to normal weight group. (noted in both 2015 and 2016) In 2016 study, there was a steep increase in the risk of developing chronic kidney disease in 5 years in the obese group as compared to the overweight participants.

In summary, the risk of developing chronic kidney disease in the next 5 years was high in the participants with diabetes mellitus, hypertension, history of cardiovascular disease, overweight or obesity.

Biography

Chiu Sze Fung is presently working as a faculty of Medicine at Frankston Hospital, Victoria, Peninsula Private Hospital. She has earlier worked as a senior lecturer /Associate Professor at University Putra Malaysia.

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