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Risk Factors for Chronic Kidney Disease: World Kidney Day survey 2010 – 2015 Compared

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Background:

The aim of World Kidney Day (WKD) is to highlight the importance of kidney function for morbidity and mortality and to reduce the impact of chronic kidney disease (CKD) on global health. The epidemiology CKD and associated risk factors is rapidly changing and a significant proportion of the population is unaware.

Methodology:

On WKD 2010 and 2015 we organized an anonymous screening in accidental passer-by's in the lobby of our hospital. People were invited to have arterial blood pressure measurement (BP) and blood glucose determination under standardized conditions. We also gathered information on personal and family history. We compared the results.

Results:

In total we screened almost 700 subjects. 56% were women. Overweight was significantly more prevalent in men. 54% had hypertension. Women had significant lower systolic BP. 6.5% reported DM. Blood glucose suggested diabetes mellitus in five persons previously unaware. Mean BMI was 25.5 kg/m2, in line with mean BMI of 25.3 kg/m2 in Belgium in 2008. Remarkably, 22% reported no overweight while their BMI was markedly elevated.

Conclusions:

Screening in 2010 and 2015 revealed that risk factors for CKD like HT, BMI, DM and smoking were highly prevalent. A significant proportion was previously unaware of this. We will repeat our survey in the future to identify more persons at risk. We compared the 2 surveys and found data on the evolving epidemiology and will promote live-style changes to citizens and authorities.

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