



Healthy kidneys for all Australians

The path to transformation

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Acknowledgement of Country

Kidney Health Australia acknowledges the Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional owners of the lands on which our organisation is located and where we conduct our business. We pay our respects to Ancestors and Elders, past, present and emerging.

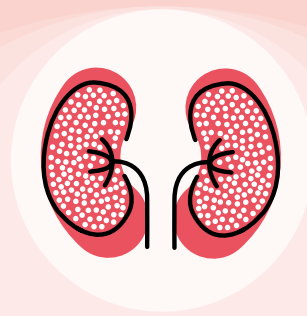
Kidney Health Australia is deeply committed to honouring First Nations peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

We will continue to maintain and strengthen our relationships and partnerships with First Nations communities to help drive earlier diagnosis of kidney disease, and improve the treatment and management of those affected by the disease.



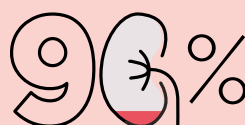
When you're on dialysis it's a day to day proposition, it's completely unpredictable. The impact on the broader family was quite tough socially, emotionally and financially. - Amanda

Transforming kidney health



Chronic kidney disease (CKD) affects **one in every 10** Australian adults.

Tragically, of the two million Australians affected by CKD, most won't know they have the disease until it is too late. It is a silent killer with no cure.

 **In fact, you can lose up to of kidney function before you experience symptoms.**

Treatment for kidney failure is invasive and life-altering and the costs and burden on the individuals, their families, the health system and economy are significant.

With the number of Australians treated for kidney failure doubling in the last two decades, there is a compelling case for greater focus on kidney preservation.

There is no cure for kidney disease but if detected early, the progression to kidney failure can be slowed or even stopped. Investment in targeted screening and earlier diagnosis has both health and economic benefits – with the potential to save the health system \$45 for every dollar invested in early detection, saving up to 38,000 Australians from premature death over the next 20 years.

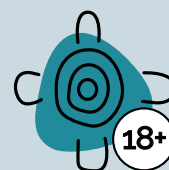
2022 saw the first new treatment added to the PBS in more than 20 years for Australians living with proteinuric chronic kidney disease, changing treatment and accessibility for so many.

Now is the time for the kidney community, clinical, corporate and government stakeholders to support and invest in efforts to change the paradigm of kidney disease.

With increasing public knowledge of the disease, a continued focus on addressing gaps in support, better therapeutic options for early stage kidney disease, and greater focus on research, the foundations are in place to transform kidney health in Australia.



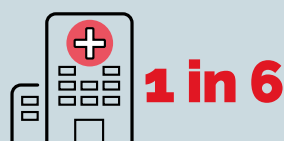
2 million Australians are affected by CKD, including **1.8 million** who are unaware they are living with the condition.



First Nations Australians are **twice** as likely to have signs of CKD.



Up to **25%** of people with CKD, and up to **50%** of those on dialysis, will experience depression.



1 in 6 hospitalisations in Australia are kidney related.



11% of deaths in Australia are kidney related - that's around **66** people a day.

Message from the Chair

2022 was a great year for Kidney Health Australia. COVID lockdowns became a thing of the past and the KHA team and patients have been extremely pleased to see the Big Red Kidney Holiday Dialyses Buses back on the road and community events reinstated.

2022 saw the commissioning of the report *'Deloitte's Access Economics, Changing the chronic kidney disease landscape: The economic benefits of early detection and treatment'*, launched at Parliament House on World Kidney Day in March 2023. This report details the devastating costs of kidney disease to the individual and to society. However, with early detection and implementation of lifestyle measures and therapies proven to preserve kidney function there is new hope that the relentless increase in the rates of dialysis can be stabilised and substantially reversed. The launch at Parliament House was highly successful. We tested many Parliamentarians for kidney disease, as we know 1 in 10 Australians have kidney disease and are unaware it is a 'silent' disease.

Given the significant intersections between chronic disease we are strengthening our relationships with our colleagues involved in heart disease, diabetes, stroke care and research. We recognise that a concerted 'patient focused' approach is clearly what the community is asking for.

We acknowledge that indigenous Australians have far greater rates of kidney failure than non-indigenous populations. This inequity cannot be tolerated and to that end we have developed the Indigenous Caring for Australians with Renal Impairment Guidelines. Although these guidelines focus on those with established kidney disease we aim to better focus on prevention of kidney disease.



The partnership with the Australian and New Zealand Society of Nephrology is strong. We are confident that a joint approach to education, research and patient care is the best strategy to improve outcomes for patients with kidney disease in the short and long term.

Sadly, we saw the passing of David Morgan, a Board member and former Chair of KHA, after a lifelong history of kidney disease and dedication to improving the lives of those with kidney disease through research, patient education and support, the latter most evident through his building of housing required for patients needing to relocate at the time of transplantation.

We have an exciting new development, with the Australian Centre for Kidney Health that will expand the operations of KHA to address patient and family needs. You will hear more about this initiative in 2023. Our vision is a future where every Australian has the ability to enjoy good kidney health. This will be coordinated through ambitious fundraising, community support and government investment.

Finally, thanks to my fellow Board members for their continuing commitment and to Chris Forbes and his team for supporting patients during COVID and now beyond. We are in exciting times where we have the tools to reduce kidney disease and with support are well positioned to do so.

Here's to Kidney Health in 2023.

Professor Carol Pollock AO

Chair MB, BS, PhD, FRACP, FAAHMS

Investing in kidney disease

Chronic kidney disease can have a profound impact on an individual and their family. Poor health, financial stress and health complications due to the disease can affect a person's quality of life, not only physically, but emotionally and psychologically as well.

In 2022, we delved deeper into the impact of kidney disease on individuals, their families and society as a whole. We commissioned two pieces of research to understand the economic impacts of kidney disease and the kidney disease journey for individuals and their families.

With kidney disease currently costing the Australian taxpayer \$9.9 billion per year, of which \$2.3 billion is direct health system costs, our Deloitte Access Economics report provides a compelling case for more funding in early detection and screening of kidney disease. In fact, for every dollar spent, \$45 can be saved.

Additionally, our qualitative research through Atlantis Healthcare found significant gaps in support for people as they move through their kidney disease journey and a desire for people to have more control over their health. Both reports have provided us with a strong case for greater investment in kidney disease and will direct our activities in 2023.

Our transformation aims also saw the establishment of a National Kidney Research Alliance in partnership with the Australian and New Zealand Society of Nephrology, and completion and launch of our CARI Guidelines for First Nations Australians. The guidelines aim to address the national emergency of kidney disease among First Nations Australians, and start the process to transform the management of kidney disease within Indigenous communities, and we take great pride in our community-first approach.

It was a big joy to reconnect with the kidney community and relaunch in-person events, including our popular Kidney Kar Rally, Red Socks Run challenge and Kidney Kids Es-capers events.

With our holiday dialysis Buses back on the road, it was exciting to launch our brand new state-of-the-art Big Red Kidney Bus for NSW, with the support of our sponsors AstraZeneca, the Toronto Lions Club and the Australian Lions Foundation.

We did all this and much more in 2022, thanks to the continued support of the kidney community, our industry partners and generous donors. As we look forward to 2023, we are optimistic about the possibilities ahead, and I am deeply grateful for the Kidney Health Australia team who I'm privileged to lead, as well as our Chair, Prof Carol Pollock for her guidance and all the Directors for their unwavering support and contributions.

Finally, I urge those most at risk, people living with diabetes, high blood pressure and heart disease to **get a Kidney Health Check, it could save your life.**

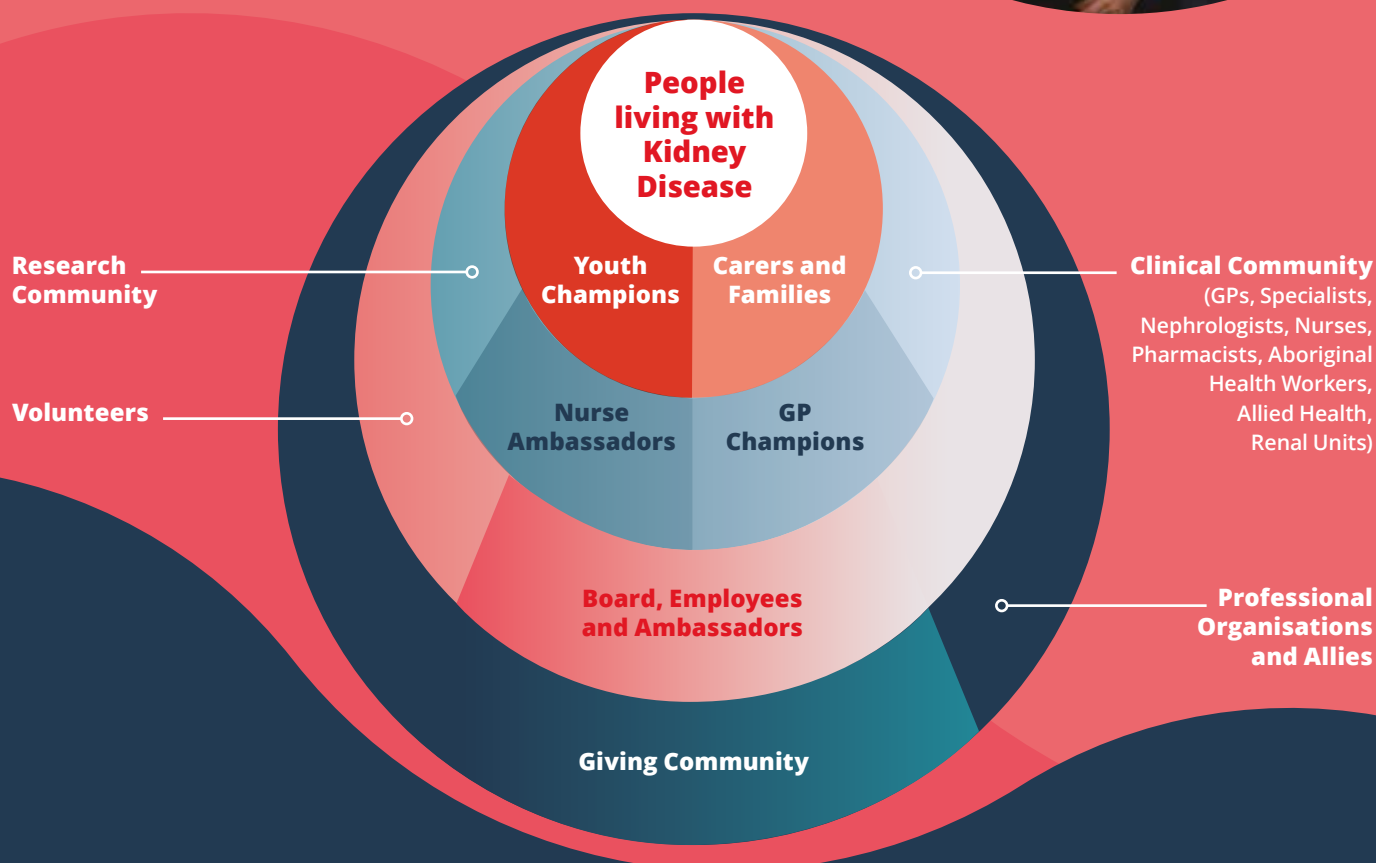
Chris Forbes Chief Executive Officer



It's all about the people

Kidney disease doesn't discriminate by age, ethnicity or gender. It is a life sentence, impacting those living with it, their families and carers. Treatment can be life-consuming, taking people away from their jobs and drastically limiting their activities.

Our strength is in connecting all the members of our Kidney Community to work together, support each other and advocate for better kidney health, nationwide.



Our Kidney Community

Our Nurse Ambassadors and GP Champions continue to grow

The Kidney Health Nurse Ambassador Program, a joint initiative between Kidney Health Australia and the Renal Society of Australasia (RSA), has **doubled to 100 nurses** in 2022. Our Nurse Ambassadors continue to connect people on dialysis with Kidney Health Australia.

Kidney Health GP Champions are a first of its kind group of GPs with an interest in Kidney Health in Australia. The group, launched in February 2022, has proved popular, with membership doubling in a short period of time. The GP Champions are advocates amongst their peers in driving early CKD detection and best practice care. They are provided with extra education and tools to lead this space.

Our passionate and involved Volunteers

We are indebted to the **527 volunteers who supported us** in 2022.

Many have lived with kidney disease, care for someone who has been affected by it, or have lost a loved one to it. Others simply have a willingness to assist with this compelling cause.

They helped our team deliver life-saving outreach programs. They raised awareness and assisted with fundraising efforts across the organisation. They were involved at every level and function of Kidney Health Australia.

Thank you for making the life-changing work we do possible.

Youth Champions inspiring our Kidney Kids

Our Kidney Youth Champions are a big part of developing the next generation of advocates. In 2022, they presented to Monash Children's Hospital, attended Es-Capers events to provide mentoring, and participated in the Kidney Kar Rally. They are active advocates, role models and mentors for all young people living with kidney disease and continue to inspire us and the Kids and Youth community.



Key impacts in 2022

As the leading voice for the kidney community, we focused on delivering tangible impact in 2022.

Awareness and early detection

We continue to drive a paradigm change from kidney failure to kidney preservation:

- With a focus on changing the chronic disease landscape, we commissioned Deloitte Economics to research the true cost of chronic disease on Australians and the health system – the report has provided a strong case for driving earlier detection of kidney disease to **avoid 38,000 premature deaths** and **\$9 billion** per year.
- Our awareness raising efforts to heart and diabetes audiences showed people taking positive action to speak to their GP about their kidney health and to get tested for kidney disease earlier.
- A Clinical Audit pilot was launched with 9 primary care practices with great success, resulting in **490 people being diagnosed with CKD** over the audit period.
- We became the go-to source for healthcare professionals, delivering an 'all things kidney' online community hub to help healthcare professionals access vital information quickly and easily. We also trained thousands of healthcare professionals, with **96% indicating they will implement changes** into their practices.

Delivering vital support to communities

We continued to drive support and improved care for those living with kidney disease:

- The launch of the CARI Guidelines was a key milestone in providing tangible and meaningful changes to the diagnosis and care of First Nations Australians, who are twice as likely to develop kidney disease than the general population.
- Our Big Red Kidney Bus program also came back on the road, giving people on dialysis an opportunity to travel once again, with NSW Bus users enjoying the comforts of a newly refurbished state-of-the-art Bus thanks to generous sponsors.
- Over **110 Kidney Buddy mentors** continued to provide quality peer-to-peer support, which reduces isolation, depression and loneliness so common in people living with kidney disease.





Research

In 2022, Kidney Health Australia invested \$358,000 in research projects and programs:

- We're building programs like Kidney Health 4 Life, based on in-depth qualitative research conducted in 2022. This research will drive the pilot program and ensure we deliver something valuable based on consumer feedback.
- The newly established Kidney Research Alliance has actively engaged hundreds of Australian researchers and people with lived experience to identify priority areas for kidney research.

More Australians are hearing our message and taking action to check their risk

One of our goals is to ensure every Australian understands the realities of kidney disease and has the information they need to check their kidney health. In 2022, our messages on kidney disease reached more people than ever before including a **41 million reach through social and mainstream media**.

The annual Brand Awareness Survey found that **69% of Australians** have a good idea of what kidneys do, and associate early signs of the disease mostly with pain + blood + urine. 59% however did not feel confident in their response and 81% had an appetite for more promotions in this space. Most importantly, of those who recalled our ads, most took positive steps regarding CKD: **1. Spoke to family/friends about it, 2. Went and got tested, 3. Visited our website.**



Focusing on the link to diabetes and heart disease

This year, we highlighted the key risks of chronic kidney disease through our 'Make the Link Campaign'. Using personal stories of those impacted by these common conditions, we highlighted that if you already live with diabetes, high blood pressure or heart disease, you are more likely to develop kidney disease.

The campaign aimed to assist those living with these key risks to have a more informed conversation with their GP about their risk of developing kidney disease and get a Kidney Health Check.

We also engaged with health professionals and provided resources to assist them to better engage with their patients and more proactively organise checks for those with these risks.

The campaign conducted in collaboration with Diabetes Australia, and with the Heart Foundation's support, garnered **more than 5 million impressions and hundreds of downloads of support material**, including a GP Referral Letter that helped the audience start the conversation with their GPs.

Importantly, we got the conversation started and people were grateful that we did:

So little is known about kidney disease by the general public. - Helen

Thanks for sharing. It helps to be aware. - Emilia

Wow, I never realised this. - Megan



Read more here:
kidney.org.au/kidneycheck

We're improving the lives of people living with kidney disease

Revolutionising kidney diagnosis and management for First Nations Australians

The burden and impact of kidney disease on First Nations Australians is a national emergency. Compared with the non-indigenous population, First Nations Australians are twice as likely to develop kidney disease and nearly four times more likely to die with it. That is why the launch of the *CARI Guidelines: Recommendations for Culturally Safe Kidney Care for First Nations Australians* on October 16, 2022, represents a pivotal shift in disease outcomes.

These recommendations are the culmination of a government-funded project which Kidney Health Australia coordinated with key partners. The focus was a people-first approach, founded on broad community consultation and collaboration.

The CARI Guidelines provide tangible and meaningful recommendations for improving culturally safe kidney care for First Nations Australians. Spanning over 80 pages, the guidelines are outcome-focused with practical suggestions for implementation across multiple levels of the health system, including **removing race as a risk factor, earlier screening starting at 18 years of age, and earlier referral to nephrologists.**

The launch of the guidelines, live streamed across Australia, included a smoking ceremony at the first Yarnings site in South Australia and a simultaneous event in Sydney as part of the Australian and New Zealand Society of Nephrology (ANZSN) Annual Scientific Meeting. The Honorable MP Linda Burney, Minister for Indigenous Australians provided a speech and Associate Professor Jacqui Hughes also featured on ABC's "The Drum" to discuss the importance of the launch.



The guidelines and more on First Nations Australians kidney health is available at: kidney.org.au/cariguideines



Gaining authentic insights into the kidney disease journey

During the year, Kidney Health Australia commissioned health behaviour change agency, Atlantis Healthcare to conduct qualitative research to better understand the experience of being diagnosed and treated for kidney disease.

With 86 participants across the spectrum of the disease and perspectives from patients, carers and health professionals, the research provided invaluable insights into the emotional impact of kidney disease across all stages of chronic kidney disease (CKD).

Our key findings highlighted that people living with kidney disease:

1. Feel overwhelmed and ill-equipped to manage their diagnosis,
2. Carers feel unsupported and ill-equipped, and
3. Clinicians are time-poor and under-resourced.

These collective experiences are driven by knowledge gaps, limited access to support, and physical and mental health impacts.

Providing the right tools to address these knowledge and access gaps is crucial to improving the overall experience of kidney disease for all involved.

As such, the insights from the research will be used to develop a pilot program, launching in 2023. The pilot will allow us to assess how well we can fix the existing knowledge gaps, helping participants navigate their disease journey better and ultimately optimise their quality of life.



Far left: (from left to right) NSW Minister for Health, Minister Brad Hazzard, Andrea Nevill (Bus visitor) Maila Hosteng (Bus visitor) and Chris Forbes, CEO Kidney Health Australia.

Hit the road Kate

The Big Red Kidney Bus allows people on dialysis the opportunity to explore, relax and unwind in beautiful parts of New South Wales and Victoria. It enables them to go beyond the four walls of a hospital ward and take a much-needed holiday – a freedom many of us take for granted. Dialysis sessions on the Bus are completely free and bookings are unlimited.

In 2022, thanks to the support of AstraZeneca and the Toronto Lions Club, a brand new state-of-the-art Bus was launched by the NSW Minister for Health, the Hon. Brad Hazzard, at Sydney's Parliament House to replace the ageing Bus servicing the Big Red Kidney Bus program in NSW.

With the expertise and dedication of our clinical partners, the Royal North Shore Hospital in NSW and Monash Health in Victoria, our Big Red Kidney Bus program expands the horizons of people confined to haemodialysis, enabling them to take holidays or visit loved ones in these states. The service continues to be a much loved and life-enhancing experience to all those who have used the service. The two Buses, 2Suzi and 2Kate, conducted **600 dialysis sessions for 178 people and achieved a 98% satisfaction rating.**



Catching up with old friends

“Thank you so much for the Bus, to the lovely people and caring staff who made it possible for my husband Arthur and I to experience an unforgettable trip to Mildura. We drove up from Murray Bridge in South Australia and were so glad we did.

As those needing dialysis know, if it wasn't for the BRKB it's only possible to do weekend or overnight trips. The Bus service allowed us to take this special trip to Mildura.

For my husband it was special as we caught up with a friend in Mildura that he hadn't seen for 11 years. Even better was that her father was there from Broken Hill for the weekend, they had been mates for over 40 years. Many a memory was relived, and it was good to see them together again. We had a great two weeks and will definitely be booking further trips.”

Read more about the Big Red Kidney Bus program at: kidney.org.au/bus



Improving mental health outcomes through Kidney Buddies

The Kidney Buddy Program connects the kidney community – those living with kidney disease, carers, parents, and life-giving donors – with a Buddy who has similar lived experience. The result is reduced isolation, depression, and loneliness. This is especially vital as quality of life scores decline with worsening kidney function. Depression affects 20-25% of adults with CKD and 25-50% of persons receiving dialysis.

Unsurprisingly 2022 saw exceptional growth of interest in the program and the number of Kidney Buddy mentors who are trained to provide peer support to others, grew **from 80 in 2021 to 110 in 2022, supporting 176 requests for support**. Kidney Buddies report immense satisfaction, with over **90% of participants reporting an overall positive experience being a Buddy**.



Mark Oksanen – originally a Kidney Buddy requester who became a Kidney Buddy following his transplant.

Such an amazing program and I am very proud to be part of it. Thank you for being brave enough to try something new and allow it to grow organically into something of true value to the kidney community.
- Carla, Kidney Buddy participant



Lisa Chaney – Kidney Buddy with her paired buddy, Helen (Kidney Buddy Requester)

It was very valuable to my mental health to talk to someone who has "been there and done that". I would highly recommend the program. - Nicole, Kidney Buddy participant

Find out more about the Kidney Buddy Program: kidney.org.au/kidney-buddies



You're never alone with peer support

Rebecca and Brett were excited parents-to-be when they went for their 20-week scan of their baby boy, Lachy. They then learned some devastating news that changed everything.

Lachy's kidneys appeared blocked and deflated. Two months after his birth, Lachy's kidneys failed. Terrified, Rebecca and Brett were plunged into a world they didn't understand. Their search for information would lead them to the Kidney Buddy Program.

"I'm lucky, I have a good support network, but even then it makes a huge difference to talk to someone who really understands because they've been there and they've experienced it for themselves."

For carers like Rebecca, speaking to a Kidney Buddy can make all the difference. "It can make you feel like you're not alone. That someone else has been there and they can share whatever they've learned."

Becoming the Go-To Hub for Health Professionals

With improved online tools and in-person sessions, we are educating and supporting health professionals transform the way CKD is uncovered and managed nationwide.

It's clear that health professionals want more information, education and involvement. The clinical e-news was introduced in 2022, going from zero subscribers to **4568 unique opens** to facilitate this.

'All-things-kidney' in one easy-to-access online community

Being time-poor, primary care professionals told us they needed a comprehensive digital space for them to engage with the latest content, to connect with us for support, and to network with like-minded peers. This is what we delivered, including webinar recordings, the latest CKD information and a referral portal that allows them to direct newly diagnosed people to us.


The HP Hub has now become a quick, easy and free way for busy health professionals to access vital resources and information.

Finding the undiagnosed through Clinical Audits

A Clinical Audit pilot was launched in 2022, which involved 9 primary care practices who were provided education, support and a structured framework to drive best practice detection, diagnosis and management of CKD in primary care.

Significantly, **490 people were diagnosed with CKD** over the audit reporting period. There was also a 20% improvement in achievement of treatment targets for managing CKD in the practices involved.

Read more about the Kidney Health Professional Hub: kidney.org.au/HPhub



Increasing confidence in diagnosis and kidney management

In 2022, we provided quality education to doctors, nurses, pharmacists and other healthcare professionals across Australia, building confidence in kidney disease diagnosis and management to busy healthcare professionals.

We delivered **11 webinars and 33 workshops to over 4100 health professionals.**

The topics covered the full spectrum of CKD, from early detection through to kidney failure and the feedback was sensational:

96% indicated they will implement changes into their practices.

99% would recommend our sessions to a colleague.

Our resources are in high demand with **20,983 handbook and excerpt downloads** and **3778 new CKD-Go! handbook app downloads** in 2022.

The webinars are an excellent opportunity for those of us in rural areas to access education and increase our knowledge. - CKD Nurse, WA

It was a very practical session which allowed me to better understand the implementation of KHA's CKD screening and management guidelines for the broader population. - Nurse Practitioner, QLD

The webinar has given me greater confidence and knowledge to be able to implement improvements in patient care and safety. Better knowledge on medications recommended in CKD management, their possible adverse effects, their indications, and contraindications for any given individual patient situation. - General Practitioner, NSW

More targeted research to find a cure

By nurturing close alliances and guiding industry-leading research, we can improve outcomes for those experiencing the disease.



By bringing together experts from diverse fields, the Kidney Research Alliance is set to break down barriers and create new opportunities for collaboration and discovery.



Kidney Research Alliance

Prevent. Treat. Cure. Together.

Strong alliances can change the course of kidney disease

This year, Kidney Health Australia led the launch of the Kidney Research Alliance, with partner ANZSN. The alliance is another effort to garner support and investment into kidney research.

So far, the Alliance has actively **engaged over 360 Australian researchers and people with lived experience** to identify priority areas for kidney research.

The alliance reached a solid consensus: We need to continue to improve early detection of kidney disease, develop new treatments for kidney disease, and identify strategies for preventing kidney disease in high-risk populations.



Connecting the community with the latest research

Across 2022, Kidney Health Australia has **supported over 20 research groups** with funding applications, participation in expert advisory groups, and assistance in recruiting people experiencing kidney disease for their research.

The launch of the Community Research Hub in 2022 will further support and grow these efforts. The Hub serves as a virtual meeting place for those with kidney disease, researchers, and healthcare professionals to find information on the latest research studies, clinical trials and treatment options for kidney disease. It is a one-stop-shop for those interested in contributing to the advancement of medical knowledge and enables them to find verified research that they can contribute to.

Investing in critical research

In 2022, Kidney Health Australia **invested \$358,000 in research projects and programs.**

This investment culminated in three key outcomes:

1. The Deloitte Access Economics Report, "Changing the CKD Landscape: The economic benefits of early detection and treatment",
2. Ongoing funding for the ANZDATA dialysis and transplantation registry, and
3. A patient experience study by Atlantis Healthcare to evaluate the needs and experiences of people across the CKD spectrum, which will lead to new tailored services delivered by Kidney Health Australia.

**And all the other
(not-so-small)
things we achieved**



Kidney Health Australia's continuity of care through our programs, services and outreach initiatives means we remain the trusted and reliable lifeline for the thousands of Australians dealing with the blow of a diagnosis, navigating the complexities of their treatment, and wanting to improve their quality of life. The number of Australians with moderate to severe CKD has nearly doubled over the last 20 years. As such, demand for services is growing and Kidney Health Australia is adapting to support this need.



Thank you so much for the information. It really helped a lot.

- Kidney Helpline caller

Thank you, Kidney Helpline, for providing this info – I greatly appreciate it.

- Kidney Helpline caller

A lifeline for so many

For decades, the Kidney Helpline has provided information, advice and support to those with kidney disease, their carers and families, and members of the health and research community.

This year, over **5300 enquiries were made to the Kidney Helpline**, including **3700 enquiries for health information** alone.

The Kidney Helpline connected callers to information when they needed it most:

Thank you for the comprehensive information. We will start to make arrangements for the trip!

- Kidney Helpline caller



Connecting kids who get each other

Kidney disease is isolating, especially for young people. We're here to change that.

In 2022, we extended the Kids and Youth program's reach by creating kid-focused welcome packs with a special Billy the Kidney soft toy. It has proven to be a meaningful addition that has helped kids deal with their ongoing appointments and warm the hearts of child and parent alike.

We also held **Six engaging in-person events at fun places like the zoo**, hosted educational webinars and **welcomed over 100 new families** into the Kids and Youth community.



Designed and distributed welcome packs to families featuring Little Billy!

Find out more about the Kids and Youth Program:
kidney.org.au/kids-and-youth



**Thank you for organising!
It was an amazing day!**
- NSW event participant

2022 Sea World event as part of Kidney Kar Rally events. Drivers were able to see firsthand the positive impact their efforts and donations have on young people and families.



Awarding excellence in kidney research

In 2022, we awarded a number of prizes to Australian researchers for excellence in their field. Professor Alan Cass was awarded the Kincaid-Smith Medal, our highest research accolade, for his lifetime contributions to improving the care of those with kidney disease, especially in the most disadvantaged communities in Australia.



Doubling down on donations

Double Donation Day is a chance for the public to have their donations doubled thanks to very generous matching funders. The proceeds go to supporting all Kidney Health Australia programs and services.

In 2022, Emmy shared her story. She was diagnosed with kidney failure at 36 years old. In that moment, her life changed in an instant.

“My kidneys functioned as one from the day I was born. When I was 36, I was diagnosed with kidney failure and started dialysis. I had two young babies and was now strapped to a machine for 5 hours a day, three times a week, just to stay alive.”

Emmy knows first-hand the importance of accessing trusted advice and support services, like the Kidney Helpline and online resources.

After two years on dialysis, she received another life-changing call – this time for the better. Emmy received a kidney transplant and is now back to her regular activities, including completing impressive marathons.

This year, the 24-hour fundraising campaign smashed the original \$180,000 target achieving **over \$201,000 in donations.**

Double Donation Day wouldn't be possible without our generous matched funders.



We are so grateful to Emmy who bravely shared her story of kidney disease to help raise awareness and encourage giving on Double Donation Day.

Giving for a lifetime

The Circle of Kidney Kindness is a vision of hope for the next generation.

Launched in 2022, the Circle brings together a special group of supporters who have all decided to leave a gift in their Will to Kidney Health Australia.

Inspired by the life of Associate Professor Tim Mathew, who served as Kidney Health Australia's Medical Director for 12 years, the Circle shows the impact that just one person can have.

Leading by example, he invited everyone to join him and 'make good things happen today'. One way you can make a profound impact is through the kind act of remembering our work in your Will.



Expressing gratitude

Rona and her son David have decades of experience living with kidney disease.

In his teens, David's visit to the GP would reveal a potentially lifelong health problem – his kidneys were not functioning. For 10 years David's kidneys and health were monitored through regular tests and a special diet. But it wasn't enough. David was diagnosed with polycystic kidney disease (PKD) when he was 22 years old, a condition that required dialysis.

Fortunately, only 12 months later, David had a kidney transplant which was donated by his cousin. He celebrated his 13-year kidneyversary in November 2022.

With the lingering presence of PKD still a factor, David and his partner reached out to Kidney Health Australia for support and information to help them make an informed decision about starting a family.

"The support and guidance that David received from Kidney Health Australia was invaluable. That's why I have made the decision to leave a gift in my Will – to give something back to others in a similar situation to my son," says Rona.

Leaving a gift in your Will to Kidney Health Australia will have a lasting impact on future generations and is the most significant contribution you can make to the kidney community.



Find out more about how to leave a gift in your Will to Kidney Health Australia: kidney.org.au/bequests

It's all possible thanks to our donors and fundraisers

Each year we are overwhelmed with the support and donations we receive. This year was no exception.

Community-led fundraising: Celebrating a much-loved brother

For many years Michael Kalimnios (MK) lived with kidney disease and underwent dialysis. Upon receiving a kidney transplant he had a new lease of life. Sadly, Michael unexpectedly passed away in 2022 due to complications from his kidney disease. He was only 57 years old.

In honour of her late brother, Renee organised and hosted the MK Gala Dinner. Attended by over 100 guests, it was a night to remember with live entertainment, an auction, raffles and more. Over \$93,000 was raised for three causes close to Michael's heart, including Kidney Health Australia.

Thank you to Renee and her family for their passion, commitment, and support in helping to make a significant difference in the kidney community.





Left: Ambassadors Michala Banas and Steve Curry joined forces to help spread awareness by creating skits for social media and taking part in media opportunities.

Running like a life depends on it

The Red Socks Run challenged participants to run, walk or ride 60km during October to raise funds for delivering all services to the kidney community. In 2022, **1335 dedicated runners**, walkers and cyclists hit the pavement to help create a brighter future for those living with kidney disease. Supported by more than **5500 donors**, they **raised over \$480,000 for kidney health.**

Thank you to everyone who took on the challenge and raised vital funds, including our fantastic Ambassadors, actress Michala Banas and comedian Stephen Curry. Michala and Steve have a personal connection to kidney disease, and it is a cause close to their hearts.

Return of the revs

After a few quiet years, the Kidney Kar Rally returned with a bang in 2022, raising vital funds for the Kids and Youth program.

Joined by the Big Red Kidney Bus, the Rally had a community focus, giving locals of towns the rally passed through the opportunity to take free health checks and become more informed about kidney disease.

Four community events were held in Cairns, Townsville, the Gold Coast and Dubbo, with 45 health checks completed along the 5,000 km route, **over \$500,000 in funds raised** and a reach of **over 7 million** via digital and traditional media. This will keep the kids and their families smiling all year long!

A special thanks to our Ambassadors, Australian Rally Champion Harry Bates and V8 Supercar Champion Lee Holdsworth and sponsors Biante Model Cars and Arteva Funding.



Summary of financial health

In 2022, we were delighted to recommence our highly valued community services that were paused during COVID. These included Es-capers events for kids and youth, and the return of the two Big Red Kidney Buses in Victoria and NSW.

We also invested in two major research initiatives: A ground-breaking Deloitte Access Economics report, and Atlantis Healthcare research that underpins the development of a formal kidney care program pilot in 2023. A decrease in the value of the investment portfolio is reflected in our 2022 revenues along with the completion of two Government funded major projects: Digital transformation within Kidney Health Australia and the launch of new recommendations for culturally safe clinical care treatment guidelines for First Nations Australians.

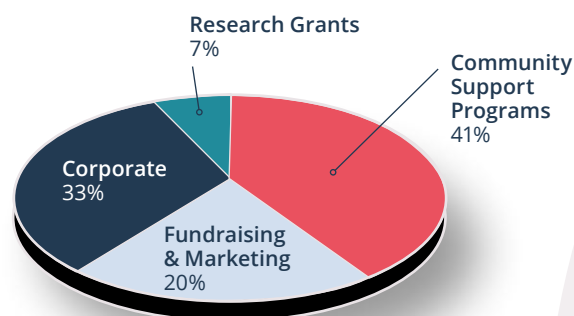
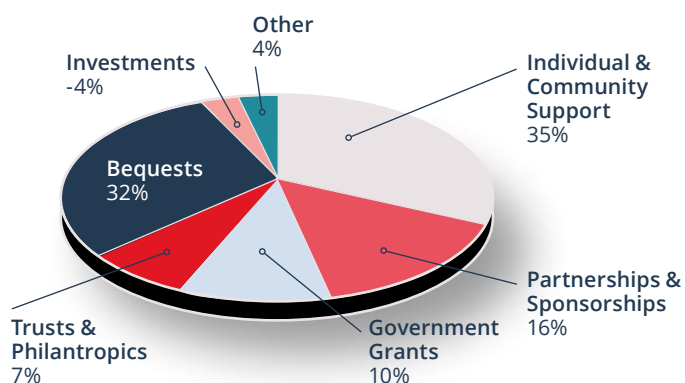
We intend to continue to invest in 2023 as we strive to transform kidney health across Australia, expanding our support services and raising much needed awareness.

2022 Revenue

Individual & Community Support	\$ 2,336,868
Partnerships & Sponsorships	\$ 1,049,751
Government Grants	\$ 679,623
Trusts & Philantropics	\$ 498,587
Bequests	\$ 2,175,102
Investments	-\$ 233,915
Other	\$ 252,400
Total	\$ 6,758,416

2022 Expenses

Community Support Programs	\$ 2,588,361
Fundraising & Marketing	\$ 1,273,863
Corporate	\$ 2,079,043
Research Grants	\$ 428,478
Total	\$ 6,369,745



Financial Position - For more information, you can view our complete financial statements on our website: kidney.org.au/about-us/annual-reports

Thank you x2 million Australians

Our giving community changes lives. Your support enables Kidney Health Australia to reach the 2 million people who have markers of kidney disease to live to the fullest, and potentially save the 1.8 million who don't know they have it.

Major Donors

AJ Manning Investments Pty Ltd.
Ahsan Zafar
Amit Patel
Annie Gregg
Anthony Portas
Arteva Funding
Ausrelief Limited
Barbara Cimetta
Betsy Polasek
Biante Model Cars
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St Pats SRLFC
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Tenterfield Bowling Club
The Apex Club of Ulverstone
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Valerie Meanwell
Wendy Trevor-Jones

Trusts and Foundations

AON Charitable Foundation
APS Foundation
Commonwealth Bank Staff Foundation
Crown Resorts Foundation
Emorgo Foundation Pty Ltd
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Motorama Charity Foundation
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The Miller Foundation
The Slome-Topol-Rosen Family Charitable Trust
The Steve Mckerihan Charitable Trust
The Sunraysia Foundation

Estates Realised

Estate of Barbara Jean Newman
Estate of Beatrice Jean McKay
Estate of Beverley May Waite
Estate of Edward Henry Andriessen
Estate of Eva Prinsen
Estate of Frances Joseph Ryan
Estate of Giuseppe Sacca
Estate of Joan Audrey Kruger
Estate of Joan Geraldine McDowell
Estate of Kerrell Waldermere Morrison
Estate of Marion Patricia Brook
Estate of Maurice Sidney Pembroke
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Estate of Robyn Irene Milligan
Estate of Sybill Hine
Estate of Tessa Hilliard Boyer
Estate of Thoreen Ethel Gloria Mann
Estate of Verena Vonesch
Estate of Wendy Joan Bidgood
Estate of William Tysack Hams
Estate of Yvonne Mavis Byrne

Pharmaceutical Sponsors

AstraZeneca Pty Ltd
Boehringer Ingelheim Pty Ltd
Eli Lilly Australia Pty Ltd

We're small but mighty

The people behind Kidney Health Australia share a common ambition: To help those with kidney disease to live their best possible life.

We are nimble, passionate, and deeply honoured to work for this cause each and every day.

Re-emerging from a few tough years, the team has focused on reconnecting with the community, re-invigorating services and campaigns that were forced to be put on hold, and bringing the message of kidney health to more people than ever before.

All the achievements in 2022 serve to remind us of an important truth: **When skilled and passionate experts work towards the same goals, great things can emerge and grow.**



Remembering David Morgan

Kidney Health Australia would like to pay special tribute to David Morgan, who sadly passed away this year. We would like to acknowledge his incredible dedication as the Chair of the Board 2016 and 2017 and long-time member of the Board. David's contributions to the fight against kidney disease and to Kidney Health Australia were immeasurable and exemplary. He brought a wealth of experience and knowledge to the organisation.

As Chair of the Emorgo Foundation, he also contributed significantly to the Kidney Transplant House Program and many other research projects over the years. David's own personal experience with kidney disease added a unique perspective to his work with our organisation and his passion for improving the lives of those living with kidney disease was evident in everything he did. David's legacy will live on through the work that he accomplished and the people he impacted.

Our Board

Chair: Prof Carol Pollock AO
Peter Haddad, AO
Monojit (Mono) Ray
Rhonda Renwick OAM
Dr Steve Francis
Lachy Haynes
Sandy Chakravarty



Our Senior Leadership Team

Chief Executive Officer: Chris Forbes
GM, Marketing and Community: Maria O'Sullivan
GM, Clinical and Research: Breonny Robson
GM, Fundraising: Claire Baxter
Chief Operating Officer: Rohit Chand
IT Consultant: Ben Hoban
Clinical Director: Karen Dwyer

Our Clinical Advisory Committee

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Associate Professor Shilpa Jesudason, MBBS, PhD, FRACP
Professor Andrew Mallett, MBBS MMed PhD CF AFRACMA FASN FRACP
Debbie Pugh, MN (Clin Nursing) RN
Dr Kelly Lambert
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Dr Pradeep Mishra, MB BS, CCT, AFRACMA, MSc(Diabetes), PGDip (Endocrinology)
Shyamsundar Muthuramalingam
Dr Veena Roberts
Dr Anne Durkan

Our PEAK Committee

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Dr Chris Bollen
Dr Leanne Brown
Prof Karen Dwyer
Ms Kathryn Godwin
A/Prof Shilpa Jesudason
A/Prof Ivor Katz
Prof Robyn Langham
A/Prof Craig Nelson
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Prof Kevan Polkinghorne
Dr Angus Ritchie
Dr John Saunders
Ms Wendy Shepherdley
Dr Caitlin Sum
Professor Tim Usherwood
Mr Peter Williams
Dr Sheena Wilmot
Ms Miriam Lum On (guest)
Ms Breonny Robson (ex-officio)
Mrs Claire Sheeky (ex-officio)

Get behind our community

We're building better community health outcomes through increased awareness and early detection, more targeted research, improved patient support and health practitioner education. We're small but mighty, and we would love to have your support.

You can:

Volunteer your time

Call **1800 454 363** or email: volunteering@kidney.org.au

Donate regularly

Choose how you give: kidney.org.au/ways-to-give

Leave a gift in your Will

Find out more: kidney.org.au/bequests

Join an event

Sign up: fundraise.kidney.org.au

Sign up to the monthly eNews

Register at: kidney.org.au/newsletter

Connect with us:

Kidney Helpline 1800 454 363
careteam@kidney.org.au
kidney.org.au
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