

# One for the road

**A** 633km cycleton to raise awareness of obesity and its effects on kidney disease culminated on a grand scale at Taman Botanic in Putrajaya last Sunday.

Jointly organised by Health Ministry, MySihat, Malaysian Society of Nephrology and National Kidney Foundation (NKF), the cycleton was flagged off by Raja Muda of Perlis, Tuanku Syed Faizuddin Putra Sirajuddin at Hospital Tuanku Fauziah in Kangar.

The cycleton took 31 participants towards Putrajaya where a few other participants joined in the final leg at Taman Botani.

The cycleton was in conjunction with World Kidney Day (WKD), an annual

global awareness campaign aimed at raising awareness of the importance of kidney health.

WKD fell on March 9 this year.

Heeding WKD theme this year — Kidney Disease and Obesity — the cycleton and initiatives were organised to advocate public education on the harmful consequences of obesity and its association with kidney disease, while promoting a healthy lifestyle and health policy measures that make preventive behaviours an affordable option.

The event also included a host of other activities to further accentuate the World Kidney Day theme in a fun, family-friendly environment.

Among these activities included a

Zumba session, a 5km fun run, free health checks, health exhibitions, health talks, a blood donation drive, CPR lessons and a colouring contest for schoolchildren, amidst other carnival-like activities, which saw the participation of young and old alike.

“This celebration also aims to educate medical professionals including doctors and paramedics on their roles to reduce the risk of kidney disease, especially among those at high risk,” said Deputy Health Minister Datuk Seri Dr Hilmi Yahaya.

Statistically, Malaysia is the most obese country in Asia.

Moreover, the 22nd Report of the Malaysian Dialysis and Transplant

Register (2014) showed there has been an alarming 100 per cent increase in the number of new dialysis patients in Malaysia over the last decade.

Within the last five years alone, the country has seen more than 6,000 new patients each year requiring regular dialysis.

“The numbers speak for themselves and paint a staggering and frightening picture,” said NKF chairman Datuk Dr Zaki Morad Mohd Zaher.

“The good news is we can bring these figures down if everybody does their part.

“We believe that good health begins with each individual and the family unit at home.”