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HEALTHY KIDNEYS EDUCATION PROJECT



Problem

A global epidemic - Obesity, Type 2 Diabetes and Hypertension leading to half of all kidney failure cases across Australia and New Zealand¹

26%

of Australian children are overweight or obese

66%

of Australian adults are above a healthy weight²



Action

Improved health literacy for children – targeted education for prevention of Chronic Kidney Disease:

- Healthy Kidneys Education Project – free online lessons for teachers
- Filter Fun Park the Musical – a fun innovative musical for primary schools where children become the educators



Outcomes

12 online lessons for primary school children:

STAGE 1 Foundation, Years 1-2

1. Where does Sugar come from?

2. What do your Kidneys do?

3. Sugar and my Body

4. Get up and Groove to Healthy Choices

STAGE 2 Years 3&4

1. Sugar Mythbusters

2. Sugar and your Mouth

3. Healthy Wee Healthy Me

4. Data Crunchers and Data Munchers

STAGE 3 Years 5&6

1. Meet your Kidneys

2. Healthier Options

3. What is the Impact

4. Plan for the Future

Lessons are aligned to Australian and NZ Curriculum, and the UN Sustainable Development Goal 3: Good Health and Well-being

Lesson downloads

5,017

Australian teacher downloads since 2020

Estimated

675,953

children taught^{3,4}

References

¹ANZDATA Registry (2023), www.anzdata.org.au

²The Australian Institute of Health and Welfare (2024) www.aihw.gov.au/reports-data/behaviours-risk-factors/overweight-obesity/overview

³Loneragan & Labour (2020), Cool Australia's Social Impact

⁴GoodWolf (2024), Cool.org's Social Impact

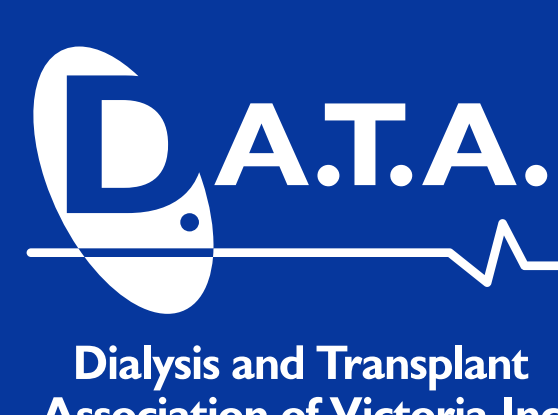
⁵Filter Your Future (2024), www.filteryourfuture.com.au/#our-results

“Filter filter all day long
Filter filter singing this song

Evaluation Results 2024



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