

RED SOCKS RUN



RUN LIKE A LIFE DEPENDS ON IT..

Read this Workplace Guide to find out how

KIDNEY HEALTH FOR ALL AUSTRALIANS

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.

As the **leading voice of the kidney community**, we have made great strides in increasing public awareness, encouraging **early detection**, educating healthcare practitioners, and **providing invaluable support** at all stages of kidney disease.

Our strength is in connecting all the members of our kidney community to work together, support each other and advocate for better kidney health. **Now we need your help!**

WHY RED SOCKS RUN?

You can help make a difference in the fight against kidney disease. Throughout the month of October, **we challenge you to WALK, RUN or RIDE 60km** while raising funds to combat kidney disease.

Individuals battling kidney disease **spend an average of 60 hours per month on dialysis**, relying on machines to cleanse their blood. Each kilometer you conquer, represents an hour of dialysis - share this message with your network to inspire support a raise funds for this critical cause.

As a workplace you have a unique opportunity to showcase your commitment to corporate social responsibility by participating in the Red Socks Run. Encourage team spirit, enhance employee wellbeing and nurture a sense of community within your organisation.

We rely on the generosity of everyday Australians, businesses and foundations to create a healthier community through increased awareness and increase early detection of kidney disease



HOW TO RED SOCKS RUN

You want to get involved. Now what? Taking part in the Red Socks Run is simple.



SIGN UP: Register your workplace



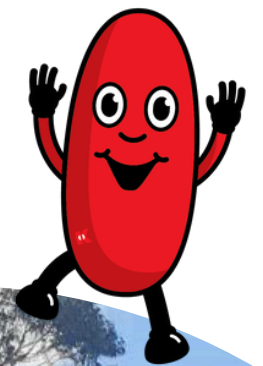
SET YOUR TEAM GOAL: Set your goal of 60km or choose your own



SHARE: Tell your friends and family about the Red Socks Run and don't forget to tag us! #redsocksrun @kidneyhealth



GET READY TO SAVE LIVES: Track your km's and run like a life depends on it for the month of October



WHAT IS CHRONIC KIDNEY DISEASE? (CKD)

Chronic kidney disease refers to all conditions of the kidney affecting the filtration and removal of waste from the blood for three months or more.

There are 5 stages of CKD, with Stages 1-2 being mild disease and stage 5 referred to as 'kidney failure' which people require dialysis or a transplant to survive.

Living with CKD has a profound impact on the health and quality of life of Australians, with those on dialysis reliant on a machine to keep them alive. Australians undergoing dialysis spend an average of **60 hours per month** strapped to a life-saving machine that cleans their blood of toxins.

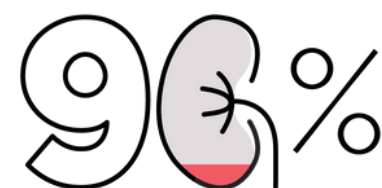


A SILENT KILLER WITH NO CURE

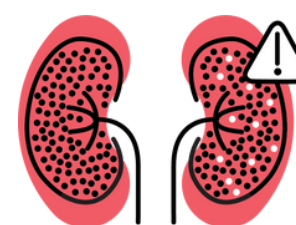
The number of people presenting with kidney disease and the cost of managing the condition is increasing rapidly.



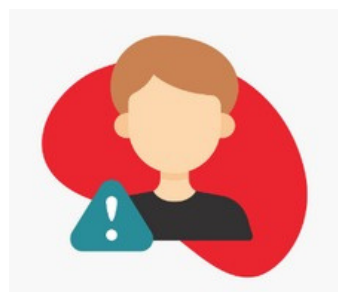
1 in 10 Australians have signs of kidney disease. This increased to 1 in 5 in First Nations Australians



90% of kidney function can be lost without any symptoms



1.8 million Australians are unaware they are living with early signs of kidney disease



On average, 66 people die a day from kidney disease



1 in 6 Hospitalisations are kidney disease related



HOW KIDNEY DISEASE CAN IMPACT YOUR WORKFORCE

Chronic Kidney Disease has a significant impact on productivity.

Nearly half (46%) or 950,000 of the Australians living with CKD **are working age (18 - 64)**, including those who are currently living with kidney failure and needing dialysis or a transplant.

Impact of CKD on people's ability to work comes at a huge cost to the nation.

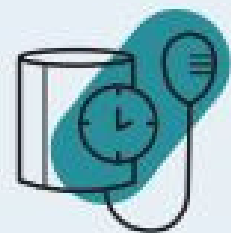
\$5.15 Billion per year

estimated in reduced employment, increased absenteeism, and foregone future income due to premature death from CKD.

\$2.4 Billion per year

additional financial costs, such as out of pocket travel, management and care.

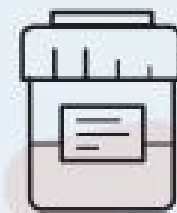
Early detection is critical and easy with a **Kidney Health Check**



Blood Pressure Check

High blood pressure can damage your kidneys.

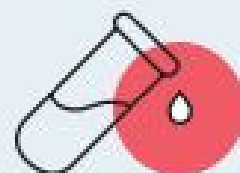
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Urine Test

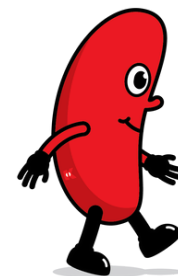
To check for protein in your urine.

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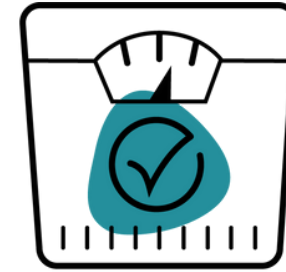


Blood Test

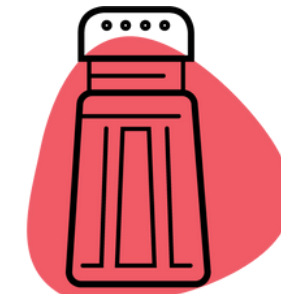
To check how well your kidneys are filtering your blood.



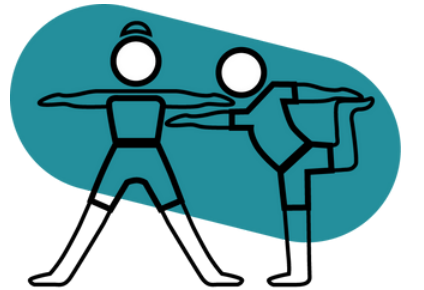
KEEPING YOUR KIDNEYS HEALTHY



Maintain a healthy weight



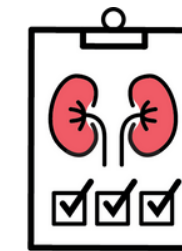
Eat less salt



Keep active



Reduce stress



Kidney Health Check



Drink less alcohol

Get your workplace active and talking about better kidney health this October. Complete a 2 minute risk test

kidney.org.au/kidneyrisktest

How the funds you raise can help save lives

THE KIDNEY HELPLINE

Our Kidney Helpline provides free support and information for anyone who has questions or concerns about their kidney health or diagnosis.



BIG RED KIDNEY BUS

The Big Red Kidney Buses are mobile dialysis units that provide free dialysis sessions at holiday destinations in VIC, NSW, and QLD. They allow people living with kidney disease the opportunity to take a holiday while keeping their strict hemodialysis treatment regime.



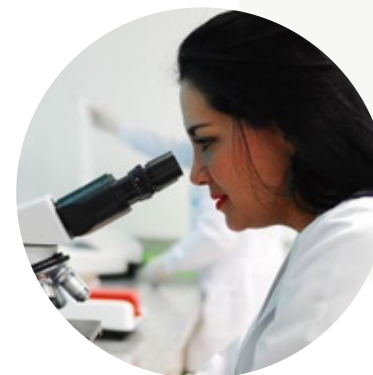
PEER SUPPORT PROGRAMS:

For those experiencing kidney disease, diagnosis and treatment can be incredibly isolating experiences. Our Kids and Youth Program and Kidney Buddies aim to help provide opportunities for connection and community for those experiencing kidney disease or their carers.



TRANSPLANT HOUSES

These houses are designed to help people in rural areas to recover after receiving a lifesaving transplant.



RESEARCH

We fund research dedicated to developing treatments, improving outcomes and finding a cure.

MAKING A POSITIVE IMPACT

\$80 can help fund the Kidney Health Resource Hub to help guide people through their journey with kidney disease

\$125 helps towards the training costs of the Kidney Buddy Program

\$495 can help towards the cost of interstate travel for a young person with kidney disease to attend a Kidney Youth Camp

\$990 can help train a health professional in early diagnoses and recognition of the early signs of kidney disease.

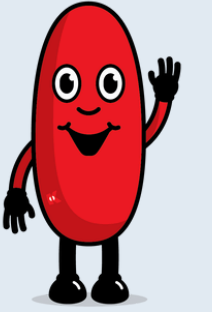
\$2250 can fund ten dialysis sessions on the Big Red Kidney Bus

\$5470 can cover the cost of a family to stay at the Kidney Transplant House while they recover from transplant surgery





MEET ADAM



Adam is a 52 yr old CrossFit coach and competitor with Polycystic Kidney Disease (PKD). He has had PKD his whole life just like his mum. When his mum was in her 50's, she was lucky and received a kidney transplant.

Adam's doctors say it will be 5 years or so before he will need dialysis or will be a candidate to get a transplant. But so far there hasn't been any major issues arising from Adam's PKD, other than the continuing decline of his kidney function. He believes his commitment to health and fitness has held back many of the negative effects, enabling him to remain physically active and enjoy outdoor pursuits.

"This is the first time I'm doing the Red Socks Run. I saw the challenge - run 60kms in October. I decided I would run the 60kms in one day and use it as an opportunity to create awareness and raise funds within my community."



Adam's goal is to raise awareness about the prevalence of kidney disease in our society and to let people know that even with a diagnosis, they can still achieve a lot, if they stay positive and don't give up on an active lifestyle.

As he isn't a runner, Adam says 60km's in one day will be a challenge for him, but he is looking forward to it and has the support of family and friends who will join him for short legs of the run.

OUR TOP TEAM TIPS



LUNCH TIME ACTIVITIES

Studies have shown workday exercise not only improves wellbeing but can also improve productivity and work performance. Encourage your staff to set out and clock up some kms on their lunch break.

FUNDRAISING INCENTIVES

What motivates your staff? Is it free coffee for a week or maybe a half-day Friday? Whatever you choose, make it a prize for an employee who raises the most and watch your team engagement grow.

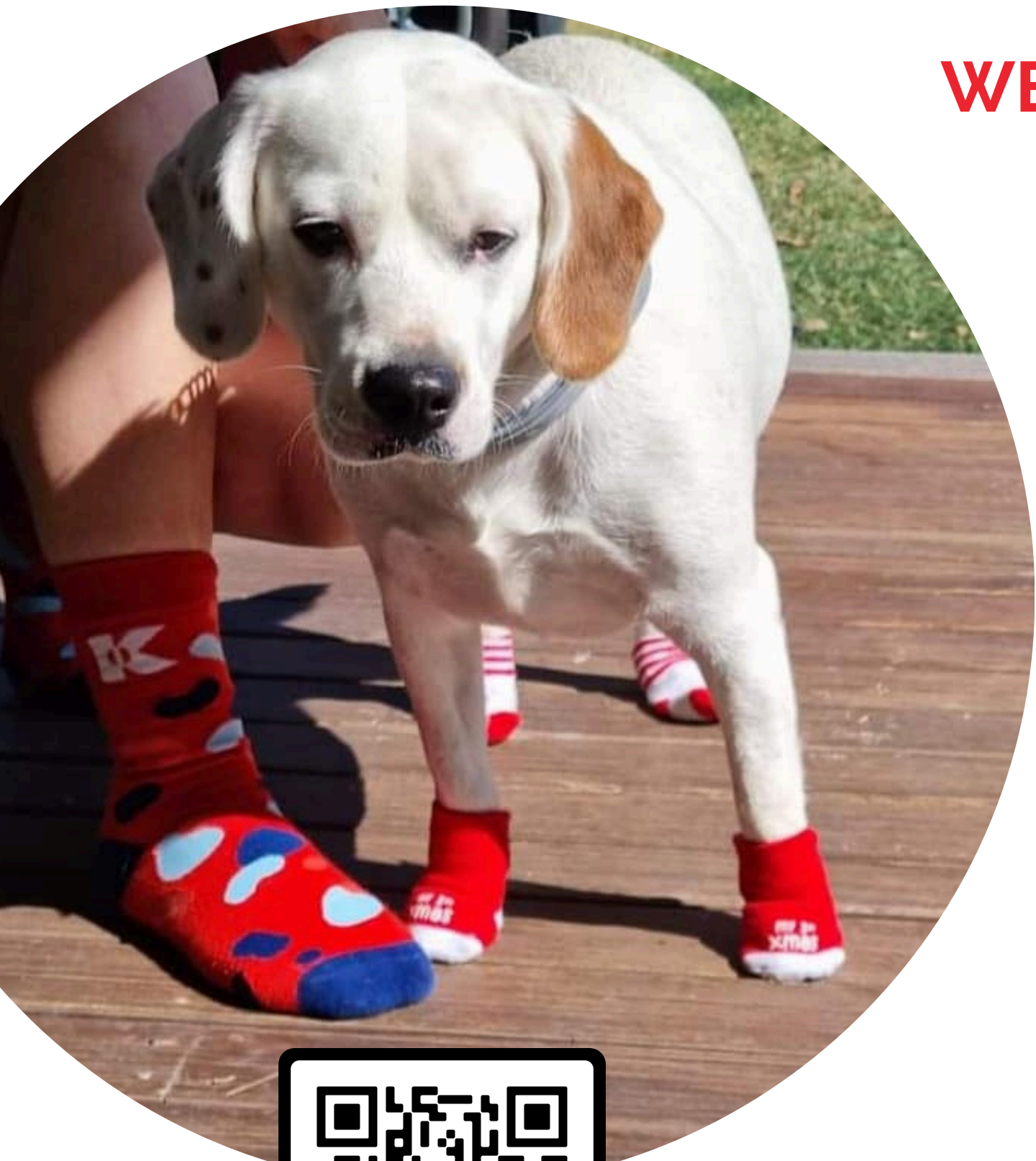
GET COMPETITIVE

Set up teams within your workplace. Marketing vs Finance or VIC vs NSW. Then share your departments leaderboard each week to drive a bit of healthy competition.

CELEBRATE YOUR ACHIEVEMENT TOGETHER

Working together to help combat kidney disease is something worth celebrating. Organise a team run or walk for your final day and come together to reflect on your incredible achievement.





WEAR A PAIR TO SHOW YOU CARE

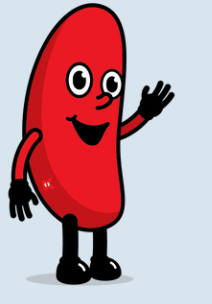
Another way to support is through purchasing socks! Buy in bulk for your staff as gift or encourage your staff to buy a pair to wear whilst completing the challenge.

There are currently 31,000 Australians living with kidney failure. Dialysis or kidney transplants are needed for them to stay alive.

For those on dialysis, they spend an average of 60 hours per month strapped to a life-saving machine that cleans their blood of toxins.

Dialysis can make them feel cold, so blankets and warm socks are a must. Hence, the idea of red socks was born.

Proceeds made from the socks will help to fund research and vital support services.



Purchase today



DON'T DELAY! GET YOUR WORKPLACE INVOLVED AND HELP SAVE LIVES.

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#redsocksrun