



# “World Kidney Day in Chaco, Argentina”

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**Introduction:** Activities of Prevention, education and evaluation of Cardiovascular and Renal Risk Factors were developed in five squares of Resistencia, Chaco.

Students of the School of Medicine, from the Northeastern University with the collaboration of the Mayor of the Community of Resistencia City, checked anthropometric measures, Blood Pressure, and determine blood glucose.

**Materials and Methods:** Students were capacitated about the importance of promoting Kidney Health.

During the 13rd of March 138 students were stood in five squares of Resistencia City.

The variables investigated were, sex, CVD, and anthropometric measures, like abdominal perimeter, weight, and height.

The sphygmomanometers were calibrated.

Blood Glucose were evaluated with sticks by glucometer..

VII Joint Committee definitions were adopted and ADA for Diabetes Mellitus.

Statistic Analysis was performed with EPI InFO Version 3.1. Meanwhile the students learned how to do Statistic Analysis.



## RESULTS

|                                   | Number of Students | 144  | 100% |
|-----------------------------------|--------------------|------|------|
| Subjects studied                  | 1823               | 100% |      |
| Adults                            | 1738               | 96%  |      |
| Pediatrics                        | 85                 | 4%   |      |
| Squares                           | 5                  |      |      |
| Number of students in each square |                    |      |      |
| 25 de mayo                        | 41                 | 28   |      |
| 9 de Julio                        | 29                 | 21   |      |
| 12 de octubre                     | 15                 | 10   |      |
| Belgrano                          | 30                 | 15   |      |
| España                            | 29                 | 20   |      |
| Total of students                 | 144                | 100  |      |
| Average of persons studied        | 12                 |      |      |

|                    | N (%)       | 1723 (100) | IC95%       |
|--------------------|-------------|------------|-------------|
| Age (years)        | 45          |            | DS18        |
| Female             | 1010 (59%)  |            | 56%-61%     |
| Male               | 713 (41%)   |            | 39%-44%     |
| HTA                |             |            |             |
| Normal             | 388 (23%)   |            | 21%-25%     |
| Pre HTA            | 705 (41%)   |            | 38%-43%     |
| Stage I            | 469 (27%)   |            | 25%-29%     |
| Stage II           | 1610 (3%)   |            | 8%-11%      |
| Nutritional status |             |            |             |
| Normal             | 736 (45%)   |            | 42%-46%     |
| Low weight         | 44 (2.7%)   |            | 2%-3.6%     |
| Overweight         | 581 (35%)   |            | 32.8-37.4%  |
| Obesity            | 295 (18%)   |            | 16%-19.8%   |
| Central obesity    | 762 (44.7%) |            | 42.3%-47.1% |
| Glicemic Control   | 131         |            |             |
| DBT detected       | 11 (8%)     |            |             |

Figure 1. Nutritional Status and HTA association found in 1723 subjects. P=0,001

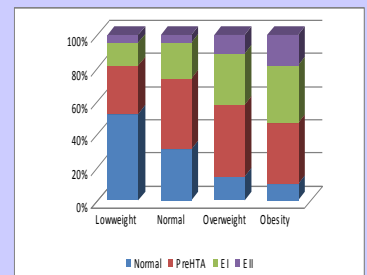
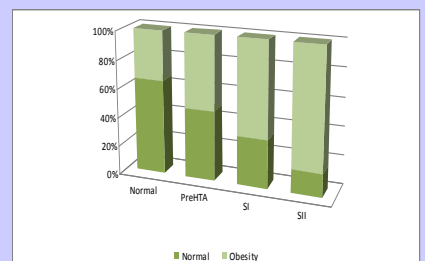


Figure 2. Association between Central Obesity and HTA. p=0,004



## Conclusions:

WKD was the best opportunity to promote kidney health. The Government declares of Provincial interest. Students and community be aware about their health status.

\*HTA: Arterial Hipertension  
DBT: Diabetes Mellitus