The foundation of kidney care.

THE KIDNEY FOUNDATION OF CANADA

2015 IMPACT REPORT

Hope • Support • Empowerment • Engagement

IMPROVING THE LIVES OF PEOPLE WITH KIDNEY DISEASE

Message from the President and National Executive Director

At The Kidney Foundation of Canada, people with kidney disease are the focus of all we do. In 2015, this focus was clearer than ever. For the first time, we had a unique opportunity to put patients at the centre of not only our programs and services, but also the research portfolio.

Because people with kidney disease and those who care for them "live the disease," they have an important role in helping researchers understand what they identify as priority areas in patient medical care and quality of life. Thanks to the work of CANN-NET, supported by the Foundation, research priorities set by kidney patients were identified and published.

In March of this year, it was exciting to see Canadians Seeking Solutions and Innovations to Overcome Chronic Kidney Disease (Can-SOLVE CKD) unveiled as the largest funded kidney-related research investment in Canadian history. The Kidney Foundation of Canada is a proud partner of this ground-breaking opportunity which keeps the patient perspective centric to its outcomes, as the project is one of five successful recipients of $12.5 million of funding through the Canadian Institutes of Health Research's Strategy for Patient-Oriented Research (SPOR). Can-SOLVE CKD is a unique and innovative partnership of patients, researchers, heath care providers, policy makers, industry, and renal agencies that will create a powerful patient-oriented research network to transform the care of people affected by kidney disease.

While research holds the hope of improved treatment and quality of life for people with kidney disease at a future time, our advocacy efforts focus on improving access to care today. Kidney transplant is among the best treatment options for patients. The Kidney Foundation of Canada has set a target to improve organ donation and transplant rates by 50% by 2020. We launched a survey to gain better insight into the sometimes devastating financial burden patients face while managing chronic kidney disease. This will inform our advocacy platforms as we identify additional key priorities in 2016 and beyond.

The Kidney Foundation continues to improve patient supports and services that meet the evolving needs of our community. We've screened over 1,000 people in high risk populations to help identify those with kidney disease; 2,300 people used our online risk assessment tool. In 2015, work was done to completely revise and revamp the 2016 Living with Kidney Disease Patient Handbooks to better address the needs of not only those patients with kidney failure, but those living with reduced kidney function.

The Foundation is ever mindful of the trust you place in us. We are grateful of the efforts you put forth to support awareness and fundraising events which further encourage and enable so many community, corporate and individual partners to be investors in the future health and wellbeing of kidney patients. The Foundation was able to wrap up 2015 with a surplus of $394,301, setting us on a good path for positive outcomes for the year ahead.

We could never accomplish these achievements without the help of our thousands of volunteers and donors. We thank you for your support.

Paul Kidston
National President

Elizabeth Myles

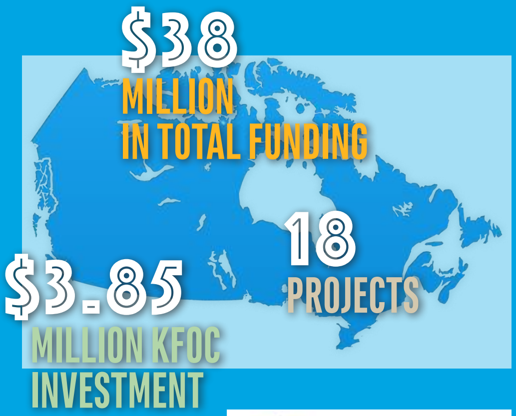
Elizabeth Myles
National Executive Director

CAN-SOLVE CKD: LARGEST INVESTMENT EVER FOR KIDNEY RESEARCH

CAN-SOLVE
is made up of
18 key projects
connected to
46 co-lead sites,
60 patients and
78 collaborating
experts from
coast to coast.

The vision of CAN-SOLVE CKD is that by 2020 every Canadian with, or at high risk for, chronic kidney disease (CKD) will receive the best recommended care, experience optimal outcomes and have the opportunity to participate in studies with novel therapies, regardless of age, sex, gender, location or ethnicity.

Photos above: Can-SOLVE CKD lead co-investigators Dr. Adeera Levin and Dr. Braden Manns



$38 MILLION IN TOTAL FUNDING

18 PROJECTS

$3.85 MILLION KFOC INVESTMENT

Can-SOLVE CKD Network

Hope.

> "This work being done by Canadians for Canadians will make kidney care better for all."

Canadians Seeking Solutions and Innovations to Overcome Chronic Kidney Disease (Can-SOLVE CKD) was announced by the Honourable Jane Philpott, Minister of Health, in March 2016 as one of five successful recipients of $12.5 million of funding through the Canadian Institutes of Health Research (CIHR) Strategy for Patient-Oriented Research (SPOR).

The Canadian Society of Nephrology (CSN) and The Kidney Foundation of Canada are proud partners behind years of planning and development which went into the application. The Kidney Foundation of Canada will continue to raise funds to support its $3.85 million investment as the largest single funder, outside of government, to this groundbreaking project.

The kidney community has raised funds which exceed the matching investment required by CIHR; at this time, total funding and in-kind support available for Can-SOLVE is $38 million.

The Foundation has been a staunch supporter of Can-SOLVE CKD and will continue to provide leadership to the Patient Council which was key to assisting in the development of the SPOR proposal.

The Patient Council and the Indigenous Peoples' Engagement and Research Council will provide the unique opportunity for those directly affected by kidney disease to provide leadership, guidance and direction to researchers throughout the duration of the Can-SOLVE CKD initiative.

Work that will be undertaken over the next five years will fall into three thematic areas:

- Identify and support people living with kidney disease who are at highest risk for poor outcomes
- Test and define the best treatments to improve outcomes and quality of life
- Define the best ways to deliver patient-centered care in the 21st century

A multitude of partners will help to make this work possible by providing the funding and in-kind support needed. Contributors include universities, provincial renal programs, professional associations, and research centres/groups along with a multitude of patient groups, national stakeholders, international research groups, and industry partners have collectively committed millions in funding.

"Affecting nearly four million Canadians, kidney disease has particular relevance to vulnerable populations, such as the elderly, children and Indigenous people," said Dr. Adeera Levin, co-principal investigator of Can-SOLVE CKD.

PATIENTS INFLUENCE TOP PRIORITIES FOR THE FUTURE OF KIDNEY CARE.

Federal Health Minister Jane Philpott, at left, with Kidney Foundation National President Paul Kidston and National Director of Programs and Public Policy Lydia Lauder.

INVESTING IN INNOVATIVE RESEARCH PROJECTS ACROSS CANADA

KRESCENT (Kidney Research Scientist Core Education and National Training Program) turned 10 years old in 2015. Since its inception in 2005, 60 KRESCENT fellows have been supported by an investment of over $12 million.

The Canadian Kidney Knowledge Translation and Generation Network (CANN-Net), which was formed in 2010, concludes its original mandate in 2016 and will continue on through the work of Can-SOLVE CKD. CANN-Net brought together experienced Canadian researchers to address knowledge gaps through improved collaboration, and helped bridge the gap between researchers and patients through a number of initiatives and projects. CANN-Net also brought together 74 multidisciplinary chronic kidney disease clinics across Canada.

Photo above: Dr. Amirreza Haghighi and Ning He, investigating genetics underlying kidney diseases at Dr. York Pei's lab, University of Toronto

68 GRANTS AWARDED IN 2015

$3.34 MILLION *invested* IN RESEARCH

+ $4.3 MILLION *leveraged* FROM OTHER FUNDERS

Hope.

"Without research none of this would be possible."

The Kidney Foundation of Canada was established by a group of people committed to addressing the lack of research being conducted into kidney-related diseases. With over $115 million invested since 1964, the Foundation's national research program continues to be one of the most important sources of funding for scientists conducting kidney-related research.

Richard Bernreiter

Kidney patient and Kidney Foundation volunteer Richard Bernreiter of Thunder Bay sees research as a way to improve the lives of patients now and in the future. He describes his thoughts on why research has been so important to his life:

"You have kidney disease. There are different kinds but for you there is no treatment and no cure. Over time, your kidney function will continue to decrease until they fail, and you will need to be on a dialysis machine to sustain life. There is nothing you did to cause it, and nothing you can do to stop it. Hopefully, you might be a candidate for a transplant.

My head spinning with equal parts dread and denial, I had no idea how lucky I was. But I do now. As early as about sixty years ago, that same conversation would have been a lot shorter, with much scarier words like *"I regret to inform you..."* and *"Last Will and Testament."*

Today that conversation goes on to discuss dialysis options and an ever increasing pool of compatible donors no longer limited to close relatives. Stem cells, implantable artificial organs, 3-D printing, organ cloning and new drugs are just some of the headlines I see from time to time, offering hope to those living with kidney disease. I'm one of the lucky ones - almost two years after my wife gave me her kidney and I've never had a problem thus far.

Without research none of this would be possible. But research doesn't just happen by itself. It takes a lot of dedicated, hard working, smart people to make it happen. Without the money raised by The Kidney Foundation to fund ongoing research, my wife would be a widow, my kids without a father. I can't begin to express how grateful my family and I are. My story isn't unique, there are too many families facing the same challenges we had. Living with kidney disease isn't easy, but The Kidney Foundation provides services to people to help them meet those challenges head on, such as peer support, education and information, pre-dialysis screening, treatment options and so on. By working together and pooling our resources we can offer better day-to-day living for people living with kidney disease."

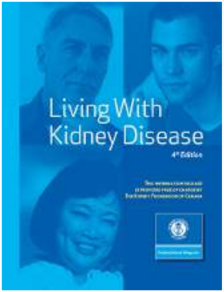
Dr. David Rush of Manitoba was recognized with the 2015 Medal for Research Excellence Award. Dr. Rush's pioneering work in the use of surveillance biopsies in transplantation made him the first to report the high prevalence of subclinical rejection in renal transplant recipients. With this research, he changed the understanding of the link between early chronic pathologic changes and long-term graft survival. Dr. Rush's work in translational medicine has also directly led to the improvement in renal allograft survival and patient care in the Transplant Manitoba-Adult Renal Program, where over 1,000 transplants have been performed to date. The international profile of his research program has led to changes in clinical practice in many transplant programs worldwide.

Dr. Rush is Professor, Dept. of Internal Medicine, College of Medicine at the University of Manitoba, as well as Medical Director of Transplant Manitoba – Adult Renal Transplant Program, and Past Head of the Section of Nephrology in the Dept. of Internal Medicine.

SUPPORT PROVIDED THROUGH INFORMATION, VOLUNTEERS SHARE THEIR EXPERIENCES

Peer Support takes on many forms over the years as those living with kidney disease connect on the phone, in small group settings and through an online platform.

Providing support to kidney patients and their caregivers is core to The Kidney Foundation of Canada's mission. Information about the various aspects of living with kidney disease is provided through a patient manual and information publications. Through the development of programs like Peer Support, launched in 1993, trained Foundation volunteers are prepared to speak to others about their personal journey. **KidneyCommunityKitchen.ca** helps patients navigate a complex renal diet.



12,210
PATIENT MANUALS DISTRIBUTED

74,086
EDUCATIONAL BROCHURES DISTRIBUTED

120
PEER SUPPORT MATCHES

Support.

> "People helped me and that is why I decided to get involved with the Foundation's Peer Support program."

Roger Wharmby is a firm believer in the slogan "pay it forward".

For the past 10 years, Roger has served as a dedicated Kidney Foundation Peer Support volunteer and a compassionate leader of the monthly "Coffee Club" at Lakeridge Health, the largest and oldest active support group in Ontario.

"A diagnosis of kidney failure can be a huge shock," says Roger. "Talking to people who have been on a similar journey can be very beneficial."

Roger speaks from personal experience. After receiving a kidney transplant from a non-living donor at the age of 59, he decided to become a Peer Support volunteer. The Kidney Foundation of Canada offers Peer Support through three methods: one-on-one telephone connections, group meetings or through KidneyConnect.ca, an online kidney community.

Despite Roger's ensuing health issues with his diabetic-related kidney disease – he continues to devote much of his time to providing emotional and information support to kidney patients. "People helped me," he states, "and that is why I decided to get involved with the Foundation's Peer Support program."

Roger Wharmby

Since joining The Kidney Foundation of Canada volunteer team, Roger has demonstrated great empathy and a selfless commitment to making a difference in the lives of others. From the Christmas dinners and summer barbeques he helps organize each year for kidney patients and their families, to the hospitals he visits to address the importance of peer support groups, Roger is a man with spirit and heart.

PEER SUPPORT VOLUNTEERS PROVIDE HOPE WHILE LENDING A LISTENING EAR.

Asked about his best memory in the Peer Support program, Roger is quick to respond: "Instilling hope. So many people come to me scared and in tears when they're diagnosed with kidney disease. They think their life is over, but I offer comfort and tell them it will go on. To see the transformation in a person is a beautiful thing."

AS PATIENT POPULATION GROWS, DEMAND FOR SUPPORT INCREASES

Personal testimonials from those directly impacted by kidney disease illustrate the need for advocacy efforts and programs.

Patient support is provided through a wide array of Kidney Foundation programs and services. In addition to emotional support and information services, patients are able to access short-term emergency financial assistance, often needed for things such as travel and medical supplies. Subsidies for summer camp experiences provide a welcome change of scenery and offer respite from the usual routines. Advocacy initiatives are a valuable way in which to influence positive long-term impacts which benefit patients and their families.

$112,000
IN CAMP
subsidies

$349,000
SHORT-TERM FINANCIAL ASSISTANCE DISTRIBUTED

Support.

> " It does my heart good knowing that she loves it. "

Mackenzie starts counting down the days until her next trip to Camp Lots-A-Wata the second her mom picks her up at Brigadoon Village.

For the past two years, Mackenzie has visited the camp in South Alton, Nova Scotia, which offers a fun and safe summer camp experience for children and youth aged 8-17 living with kidney disease. One of the best elements of the camp is providing an opportunity for children to come together and share their own experiences living with kidney disease.

"She feels really comfortable there," says Iris, Mackenzie's mom. "As she says, everybody is the same. You're in your room and don't have to worry about others seeing your scars. If one child is going through something, most of the others have also been through the same things."

Mackenzie was diagnosed with kidney disease at three months old. She first attended the camp when she was thirteen. For Iris, it took a bit of getting used to being away from her daughter, but Mackenzie's happiness quickly helped that.

> **SUMMER CAMPS OFFER FUN, CARING ENVIRONMENT.**

"It's good for her," Iris says. "It does my heart good knowing that she loves it."

Camp Lots-A-Wata is one of many camps across the country for which The Kidney Foundation provides funding to those youths or adults who wish to attend programs that suit their kidney care needs. Camps offer a number of customized kidney support services, including on-site renal nurses and menus created with the help of nephrology dietitians. Activities range from fishing and canoeing to cooking, crafts and, in Mackenzie's case, her favourite improv classes.

For Iris, much of the success is owed to the staff and volunteers who spend the week with the children.

"They go out of their way to help the kids, it's amazing," she says. "Any kid that attends would definitely love it."

PATIENTS CONNECT TO BUILD A STRONGER KIDNEY COMMUNITY

From treatment options to transplant testing, Kidney Connect is an extension of the Peer Support program which gives patients and caregivers the opportunity to connect virtually.

A diagnosis of kidney disease can be an overwhelming experience. The Kidney Foundation of Canada provides avenues for people to connect with one another directly as they seek the information and support they need. Information and referral is a key component to empowerment and advocacy, as patients are provided with information which can help them navigate the often complex health care system and support services in their community.

25 DISCUSSION GROUPS

1,038 KIDNEYCONNECT.CA members

Engagement.

"KidneyConnect.ca allowed me to learn from the experiences of other kidney patients and their families."

Nine years ago Leta Moreno Raquel-Lee and her husband, Robert, were living in Toronto when he received a shocking diagnosis of kidney disease.

"I will never forget that day in August 2007," Leta recalls. "We learned that Robert's kidneys were failing due to untreated high blood pressure."

Three years later, the couple decided to make the move to Saskatoon on the recommendation of a friend. As they settled into their new home and adjusted to the challenges of Robert's changing medical condition, Leta decided to join KidneyConnect.ca, a social network for people living with kidney disease.

"I wanted to be part of a community to which I could relate," explains Leta. "KidneyConnect.ca allowed me to learn from the experiences of other kidney patients and their families."

ONLINE PLATFORM HELPS COUPLE THROUGH TRANSPLANT EXPERIENCE.

Leta Moreno Raquel-Lee and her husband, Robert.

After Robert was told he would need to have a transplant, Leta asked to be tested for donor compatibility and – after much consultation and a series of medical tests – was deemed a suitable match.

Following a short stint on dialysis, Robert received Leta's left kidney in a successful transplant operation. They recently celebrated their second year "Kidneyversary". Soon after, Leta began blogging and sharing her story with her new friends on KidneyConnect.ca.

"It helped me prepare for my operation, as well as for Robert's transplant," says Leta.

In May 2014, Robert underwent a successful transplant thanks to Leta, who donated one of her kidneys.

Today, Leta is an avid blogger and logs in about five times a week. She cites KidneyConnect.ca as a great platform for camaraderie and insightful exchanges.

"It is a wonderful network for personal development," Leta says. "Not only do we meet people in similar situations to our own, but we can also openly discuss our feelings and help one another."

VOLUNTEERS PROVIDE STRONG LEADERSHIP AND VOICE AS THEY RAISE AWARENESS

As a volunteer-led organization, The Kidney Foundation is amazed by the tireless efforts of thousands of grassroots community builders from coast to coast who raise funds while creating awareness about research and programs.

The Kidney Foundation of Canada empowers patients to share their experiences as a way of educating the public about kidney disease and organ donation. Through their volunteer voices, shared on social media sites and at public events, the message about the importance of kidneys to overall health is being heard. The dedicated support of people committed to the kidney cause allows the Foundation to continue to serve the kidney community with programs, services and research investments. We simply could not do it without your support. Thank you.

9,000 walkers raise
$2.6 MILLION

5,000
event
volunteers

9,700
MARCH DRIVE
canvassers

Empowerment.

> "People need to know about everything the Foundation does, and I have something I can contribute."

Louise Laviolette is not the type to let failing health get her down. Louise was diagnosed with polycystic kidney disease (PKD); the symptoms of irreversible kidney disease only appeared when she was 55. It turns out that Louise inherited the disease from her father, who also suffered from it. Louise's sister also has PKD and had a transplant 16 years ago.

Louise's symptoms first appeared in her early 20s, at which point she had to learn to control her illness, which she did for over 30 years. The Foundation's prevention activities were important to her in that journey.

From the moment the symptoms appeared, Louise knew that she would one day need dialysis and, like her sister, a new kidney. At 55, when her kidney failure became irreversible, she was seen by doctors at Hôpital Saint-Luc and put in predialysis, and her name was placed on a kidney transplant waiting list.

A year and a half later, Louise's kidneys had degenerated to the point that dialysis became necessary. She underwent peritoneal dialysis at home every night for three years. She knew she did not want to have to be on hemodialysis, which would have her spend three days a week at a dialysis centre. She wanted to live her life and continue working full-time at the job she loved.

Gradually, Louise's kidneys degenerated to the point that she could no longer work. That was six months before the transplant, by which point she was losing three kilograms a month, forcing her to go on a special weight-gain diet. During those difficult times, she was able to count on the unconditional support of her husband Mario.


Louise Laviolette

ENERGIZED VOLUNTEER SPREADS THE WORD ABOUT HER POSITIVE EXPERIENCES.

Good news came after five years on the waiting list and she had a kidney transplant in January 2013. Only 24 hours after receiving the transplant, she had to undergo an operation to remove blood clots that were causing part of her new kidney to die off.

"This surgery on my new kidney was made possible by research into kidney disease," said Louise, who feels that, despite everything, life has dealt her a good hand. After recovering for six days in hospital, she returned home and quickly got her energy back. "That's when my new life began," she said, proud that she can fully enjoy her time with her grandchildren.

While recovering, as she spoke with those around her, they told her about the Foundation and the active role it plays both in promoting organ donation and in kidney disease research, and in the end, they convinced her to become a volunteer.

"Organ donation is the cause I most cherish," she said, adding that, thanks to the Foundation, she's still around to raise public awareness about organ donation and hopefully shorten the transplant waiting list.

GOAL SET TO INCREASE DONATION, TRANSPLANT RATES BY 50% BY 2020 ACROSS CANADA

During the federal election, Kidney Foundation friends became engaged in a campaign to raise awareness. Through "One Strong Voice", over 6,000 emails or letters were sent to candidates, who were asked to commit Canada to increasing transplant and organ donation rates.

The Kidney Foundation of Canada has set a goal to increase organ donation and transplant rates by 50% by 2020. This goal will be powered by awareness-building activities and messaging campaigns. In advance of the fall 2015 federal election, the Foundation invited people to send letters to candidates to ask them to take action in this portfolio. Canadians are encouraged to make a positive decision about organ and tissue donation, and to discuss their decision with family. In British Columbia, over 400 people attended a summit to debate issues and ideas which touched on public perceptions and systemic improvements.

Photo above: Kidney Transplant Summit ambassadors William Stewart, and Logyn, 4

More than 3,400 Canadians are waiting for a kidney transplant

3.9 years is the median wait time for a deceased donor

One organ donor can save eight lives

Empowerment.

> " It was so inspiring to see hundreds of people from all over the province coming together to speak out for kidney patients on dialysis like me. "

Over 400 people, including many personally affected by kidney disease, traveled from across Canada to Vancouver in May 2015 for The Kidney Foundation's first-ever Kidney Transplant Summit.

Setting the stage for the day, the Summit invited people who need the transplant story changed for the better to speak openly. Kidney patients opened their hearts and shared their stories about what life is like on dialysis. They spoke eloquently about how dialysis lets them survive, but a transplant would give them back their lives. They talked about how grateful they feel for getting their quality of life back. Many thanked donors for giving them a second chance at life. Living donors spoke about how honoured they felt to be able to give the gift of life.

The Summit staged a debate among the experts in a court-room style set up. Leading nephrologists and transplant researchers spoke to the current state of kidney disease, kidney transplantation and organ donation in the province.

An eight-member Jury, chaired by the Hon. Wally Oppal QC, heard experts provide evidence for and against three controversial topics: Should British Columbians automatically be considered organ donors when they die? Should people be paid to be organ donors or to register as organ donors?

The Kidney Transplant Summit brought together patients, families, medical personnel, government officials, Kidney Foundation volunteers and employees.

> **CHANGES TO REGISTRATION SYSTEM RESULT IN MORE THAN 15,000 BC RESIDENTS REGISTERING THEIR WISHES ABOUT ORGAN DONATION.**

Are systematic or cultural barriers resulting in low organ donation rates in Aboriginal, Asian and South Asian communities?

"It was so inspiring to see hundreds of people from all over the province coming together to speak out for kidney patients on dialysis like me. For the first time in a long time I felt hope for a better future for me, my wife and my kids," said William Stewart, who is waiting for a kidney transplant.

After the Kidney Transplant Summit, 400 inspired and energized advocates returned to their communities to continue building awareness about the importance of registering as an organ donor. Their efforts were rewarded.

Thanks to the leadership of The Honourable Amrik Virk, Minister for Technology, Innovation & Citizens' Services and his team, British Columbians can now register as organ donors when they visit Service BC Centres. Since this change, more than 15,000 British Columbians have registered their wishes at one of the centres.

Photo above: Nurses make a connection with people at SeeKD clinics, offering education and support.

OUTREACH PROGRAMS MAKE AN IMPACT AS PEOPLE CHOOSE A KIDNEY HEALTHY LIFESTYLE

The Kidney Foundation of Canada has developed a variety of programs across the country which promote kidney health. Programs ask people to consider their own risk factors and to take action to make changes towards a kidney healthy lifestyle.

The SeeKD (See Kidney Disease) Program of The Kidney Foundation of Canada is a national targeted screening program for chronic kidney disease. Targeted screening events most frequently take place in communities with a high percentage of at-risk populations. SeeKD has been an active program since 2011. Complementing SeeKD are numerous outreach events and educational opportunities through attendance at health fairs, speaking engagements and community events. The Foundation also provides an online risk assessment tool where the general public can review information relevant to their own experience.

Over 1000 people *screened* at SeeKD events

7,257 people screened since 2011

AND 2,300

RISK ASSESSMENT QUIZZES COMPLETED

Engagement.

> "Many students were very interested in the challenge... a majority of them know someone with diabetes and/or high blood pressure."

Waywayseecappo Community School students traded in pop for healthier choices and learned about overall health, including how to keep kidneys healthy.

Children in nine Manitoba schools learned about the importance of choosing healthy drinks in 2015. The goal with *Drop the Pop* is to help children learn that too much sugar is not good for their kidneys.

Thanks to generous funding from CN, The Kidney Foundation of Canada, Manitoba Branch, was able to provide grants of $250 to nine schools in Manitoba: Chief Clifford Lynxleg Anishinabe School, Tootinaowziibeeng First Nation; Duke of Marlborough School, Churchill; Joe. A Ross School, Opaskwayak Cree Nation; Langruth Elementary School, Langruth; Mulvey School, Winnipeg; Peter Yassie Memorial School, Tadoule Lake; Roseau Valley School, Roseau Valley; Walter Whyte School, Grand Marais; and Waywayseecappo Community School, Waywayseecappo First Nation.

> **INDIGENOUS PEOPLE TWICE AS LIKELY THAN OTHER POPULATIONS TO BE DIAGNOSED WITH DIABETES, A LEADING CAUSE OF CHRONIC KIDNEY DISEASE.**

Schools applied to the Foundation to receive the grants. Recipients were selected based on plans they provided which showcased how they would promote health to their students. Many schools used grant money to buy milk and fresh fruit to make smoothies for students. The high cost of fresh produce in many northern/remote communities means that fresh vegetables and fruits can be a real treat for children.

The Roseau Valley School had a "snack trade in," where students traded unhealthy food for something that is better for them. To address cultural needs, some of the schools invite Elders to come and share stories about healthy living or to show them how to do things like properly clean a fish and cook it over a fire.

"A grade 1 and grade 9 student came up to me to trade their cola that their parent had packed them for something better," said a Roseau Valley School representative. "The grade 9 boy was a particular victory as he regularly would bring in one litre of pop."

The *Drop the Pop* Challenge is one part of the Foundation's curriculum for Aboriginal schools called Our Children – Their Health – Our Future.

Article by Melanie Ferris

Public Benefit

The Kidney Foundation of Canada is people working together for a common cause. We are volunteers, individuals living with kidney disease, donors, and staff members — from all walks of life, all across Canada.

The Kidney Foundation of Canada exists for the enhancement of kidney health and the reduction and, if possible, the elimination of the burden of kidney diseases. The primary beneficiaries are people at risk of or affected by kidney disease.

The Kidney Foundation provides:

Hope

New knowledge and treatments generating hope will exist in the following areas:

- Knowledge of the kidney and kidney disease.
- Methods by which the new knowledge from research results can be translated into the treatment, prevention, and slowing of the progression of kidney disease.

Support

To achieve optimal health status, all people affected by kidney disease have access to healthcare and to wellness, socio-emotional, and financial support including:

- Equitable access to appropriate cost-effective treatment, as close to home as possible, regardless of background and personal circumstances.
- Timely access to successful long-term organ transplantation, if desired and appropriate.
- Comfort for those who withdraw from or do not wish dialysis treatment.

Empowerment

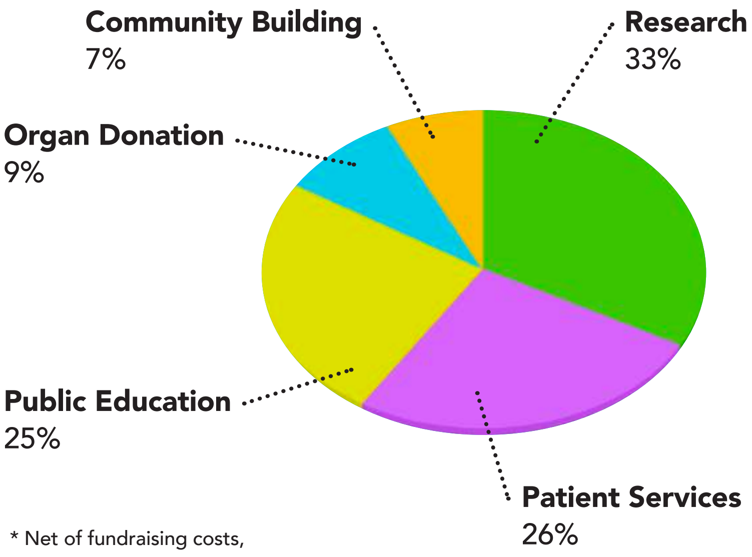
All people affected by kidney disease are empowered to maximize their outcomes:

- People have the knowledge to make effective choices to prevent, minimize, and seek treatment for kidney disease.
- People can advocate for themselves and others when navigating the system.
- The kidney community has a sense of belonging and a collective voice.

Engagement

- An informed Canadian public understands and responds to the impact of kidney disease.
- Effective provincial and federal policies and strategies exist for kidney research, kidney care, organ donation, and transplantation.

Spending by program*



* Net of fundraising costs, management and administration

71,408
kidneycommunitykitchen.ca
users

NEWSLETTER

E-NEWSLETTER
8,879 subscribers

TWITTER
8,269 followers

FACEBOOK
11,793 likes

988,000
website visits

2014-2015
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The foundation of kidney care.

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