

Chronic Kidney Disease in Ireland: Evidence from TILDA

tilda

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

About Chronic Kidney Disease

Chronic Kidney Disease (CKD) is linked to an increased risk of heart disease and premature death. Treating high blood pressure and other risk factors for kidney disease can protect kidney and heart health, and prevent the need for dialysis.

Over the past 10 years, the number of patients treated by dialysis or kidney transplantation has increased by 30%. **This costs the State almost €1 million per day to treat.**

More than **1 in 17** people aged 50+ and over have CKD in Ireland (over 200,000 people)

Chronic Kidney Disease is common

CKD is more common with increasing age and among women

Based on TILDA data collected from 2009-2011 and 2014-2015, CKD is rising among adults in Ireland

People with **high blood pressure** or **diabetes** are up to 3 times more likely to have CKD

Risk Factors

About **50% of adults** with CKD have uncontrolled blood pressure



Early detection and treatment leads to better outcomes, including **prevention of the need for dialysis**

Maintaining Kidney Health

Monitoring for CKD requires regular **blood and urine checks**

Proper management of blood pressure and blood sugar levels can help keep **kidneys healthy**, in addition to maintaining a healthy weight



WORLD KIDNEY DAY
9th March 2023

Preparing for the unexpected, supporting the vulnerable



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