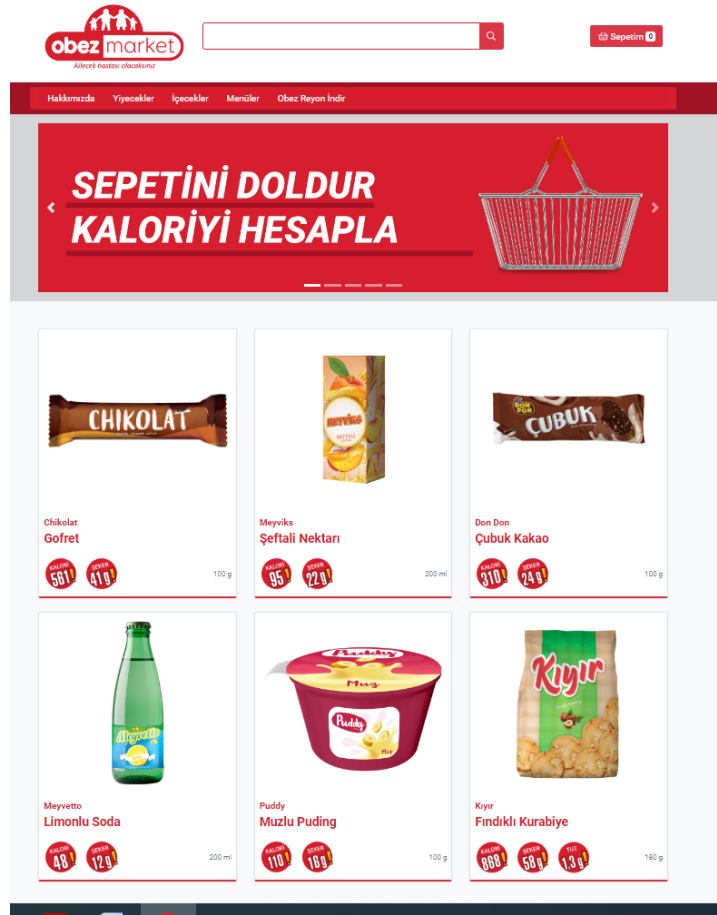


## Good practices for the Professional integration of adults with Chronic Kidney Disease in Turkey

1.

Name of the good practice	<b>“Obez Market” Project</b>
A general description of the good practice	The Obese Market project was carried out in order to increase the awareness of the increasing obesity in the society and to enable individuals to review their decisions by seeing what the consequences of their own choices might be.
Details about the activity	<p>While obesity causes many health problems, it is also one of the important causes of kidney diseases. Children aged 0-18 make up 60% of obese patients in Turkey. This number is increasing every year due to inadequate and unbalanced nutrition and negative living habits.</p> <p>The aim of the Obez Market project carried out by the Turkish Kidney Foundation is to draw attention to the increasing obesity of children and to raise awareness about consumption habits. It is a well-known fact that all habits of life, such as children's eating habits, sports habits and even shopping habits, start in the family. Obesity is also known as a learned condition, although it is seen as a disease by medical authorities. For this reason, within the scope of this project, it is aimed to draw attention to the issue of obesity in children through shopping habits and nutrition with their families.</p> <p>A virtual market was prepared and presented in the project, in which the theme of “Obesity in Children” was discussed. Packaged snacks added to the shopping cart with Obez Market are calculated not with their prices, but with their calorie content and sugar/salt ratios. In the Obese Market, it is shown how high the calories, salt and sugar amounts in the foods consumed by both children and adults are actually high and harmful for health.</p>
Where was it implemented?	Turkey
Who was involved?	All, adults, children

A picture from the practice




If possible: A statement from the person who is sharing the good practice, about what this activity has done for their health

Website, email, or social media pages of the good practice/organisation that implemented it

<https://www.obezmarket.com>

[https://www.obezmarket.com/site/assets/files/1230/obez\\_reyon\\_dijital.pdf](https://www.obezmarket.com/site/assets/files/1230/obez_reyon_dijital.pdf)

2.

Name of the good practice	<b>“Traffic Lights Model for Packaged Foods” Project</b>
A general description of the good practice(up to three sentences)	The Traffic Lights project was carried out with the aim of suggesting a regulation change on the packaging of processed foods with high salt and sugar content, orange marking on foods containing moderate salt and sugar, and green marking on packaged foods that are safe to consume.
Details about the activity (up to three paragraphs)	<p>With the Traffic Lights project it carried out in 2019, the Turkish Kidney Foundation has made a change in the Turkish Food Codex Regulation, which was put into effect on January 26, 2017 by the Ministry of Agriculture. According to the regulation, red marking on the packages of processed foods high in salt and sugar; It was decided to put an orange color mark on foods containing moderate salt and sugar, and a green sign on packaged foods that are safe to consume.</p> <p>In addition, ready-made foods sold in school canteens are required to be packaged and sold with the specified colored signs. A "school food logo" has been introduced for foods sold at school, and foods marked with a red dot and not recommended for excessive consumption are prohibited from being sold in school canteens.</p>
Where was it implemented?	Turkey
Who was involved?	All, adults, children
If possible: A picture from the practice	
If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	

Website or social media pages of the good practice/organisation that implemented it

<https://www.tbv.com.tr/basinda-tbv/internet-haberleri/paketli-gidalara-trafik-isiklari-modeli-projesi/>

3.

Name of the good practice	<b>“Development of statistical decision support systems for donor-receiver matching in cadaveric kidney transplantation” Research Project</b>
A general description of the good practice(up to three sentences)	The aim of the project is to evaluate the data of cadaver transplants in Turkey 30 years back, to estimate the most appropriate statistical model for statistical decision support systems and for donor-receiver matching in kidney transplantation and to determine the effective variables in the model.
Details about the activity (up to three paragraphs)	<p>Two sub-studies are planned to be carried out in the project named “Development of statistical decision support systems for donor-receiver matching in cadaveric kidney transplantation” carried out within the scope of “TÜBİTAK-1003 Health Services Call Programme”. The first of the studies, Assoc. Dr. Under the leadership of Ahmet Keskinöğlü 1) “Determination of HLA tissue type frequencies of individuals examined as donors” and secondly Prof. Dr. Under the leadership of Pembe Keskinöğlü 2) "Development of clinical decision algorithms for donor-receiver matching in cadaveric kidney transplantation".</p> <p>Within the scope of the project, it was aimed to obtain support from statistical data in order to develop the most appropriate donor-receiver matching in the kidney transplantation process in patients with kidney failure, and within this scope, it was aimed to evaluate the tissue type results of 30 thousand people.</p> <p>Based on the statistical model that best predicts the outcome and combining this model with clinical decisions, a computational system for kidney transplantation, which provides service at the national level and will be made available to the Ministry of Health, has been tried to be developed.</p>
Where was it implemented?	Turkey
Who was involved?	Patients who wait for kidney transplantation
If possible: A picture from the practice	
If possible: A statement from the person who is sharing the good practice, about what this activity has done for their health	
Website or social media pages of the good practice/organization that implemented it	<a href="https://egeajans.ege.edu.tr/?p=15032">https://egeajans.ege.edu.tr/?p=15032</a>