

Chronic Kidney Disease

Chronic Kidney Disease (CKD) in the United States the top two causes of CKD are Diabetes and High Blood Pressure.

- ✓ About 37 million US adults are estimated to have CKD.
- ✓ CKD is more common in Black adults (16%)
- ✓ 14% of Hispanic adults have CKD and each year more Hispanics are diagnosed with kidney disease.

When people develop **chronic kidney disease (CKD)**, their kidneys become damaged and over time may not clean the blood as well as healthy kidneys. If kidneys do not work well, toxic waste and extra fluid accumulate in the body and may cause other health problems such as heart disease, stroke, and kidney failure.

To help prevent CKD and lower the risk of kidney failure exercise often, make lifestyle changes by eating better and visit your doctor regularly.

Helpful resources:

- For more information about kidney disease in Spanish click on the following link:
[Enfermedad de los riñones | NIDDK \(nih.gov\)](#)
- Take Care of You Kidneys and They will Take Care of You (Fact Sheet)
[Take Care of Your Kidneys and They Will Take Care of You. Chronic Kidney Disease. \(cdc.gov\)](#)
[Cuide sus riñones y ellos lo cuidarán a usted. Enfermedad renal crónica. \(cdc.gov\)](#) (Spanish)
- Are You at Risk for Kidney Disease? Click here to [Take the Quiz](#) - [Take the Quiz \(Spanish\)](#)
- Kidney Disease Podcast (https://tools.cdc.gov/podcasts/media/mp3/mmwr5_031518.mp3)
- Family Reunion Kidney Health Guide: This guide will provide guidance on how to include kidney health discussions at family reunions. [Please attached/Link PDF]

[Family Reunion Kidney Health Guide](#)