

March Madness: The Healthy Way

National Kidney Month 2016



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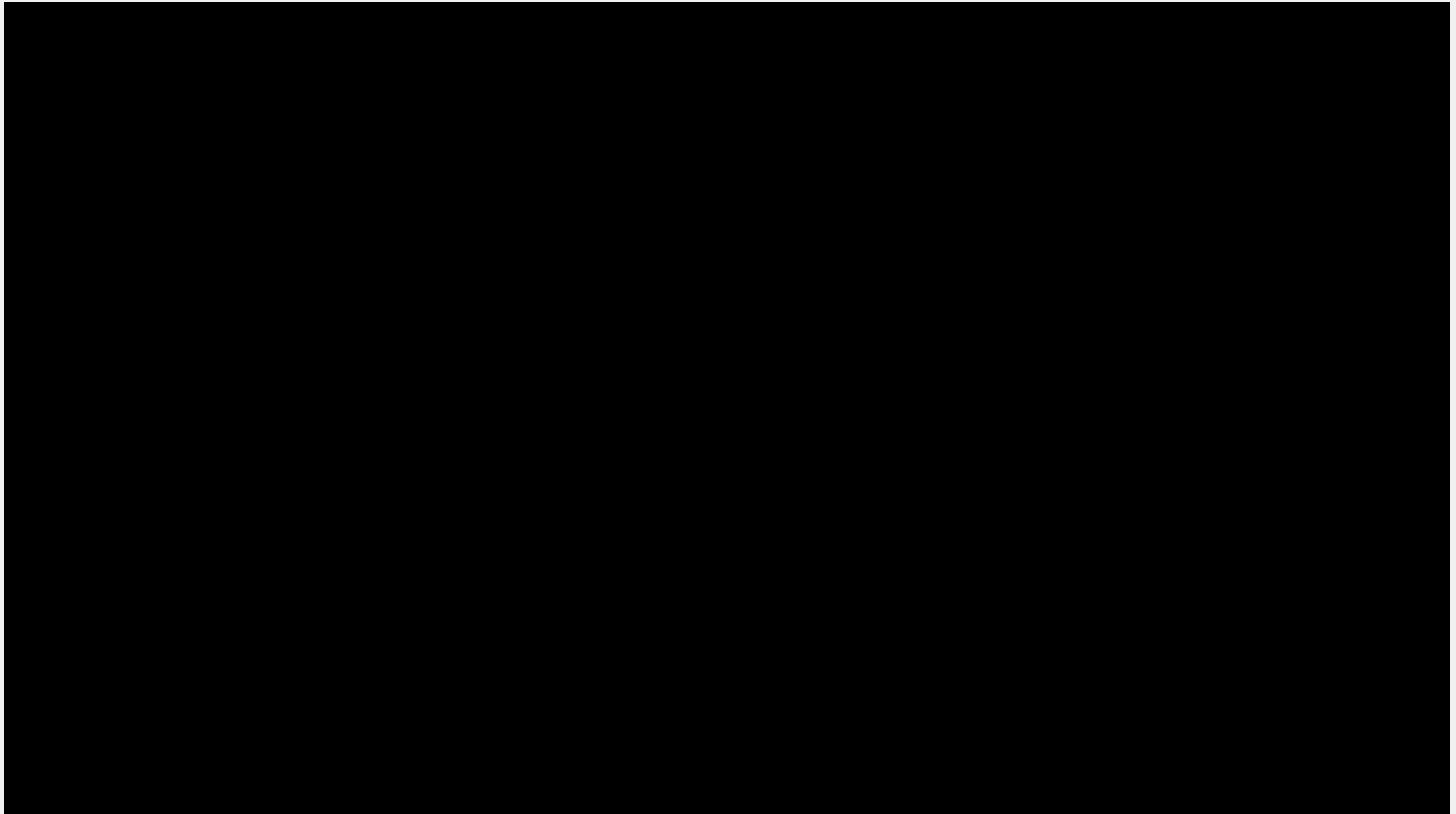
Learning Objectives

- ❖ To understand chronic kidney disease and kidney functions
- ❖ To discuss high risk population groups and relation to health disparities
- ❖ To identify prevention and treatment options





Your Kidneys and You





Chronic Kidney Disease

- ❖ Condition where a person has reduced kidney function or kidney damage for more than 3 months
- ❖ Can develop at any age
 - ▶ Chances increase as you get older
- ❖ There are few signs or symptoms
- ❖ End-Stage Renal Disease
 - ▶ The final stage of Chronic Kidney Disease



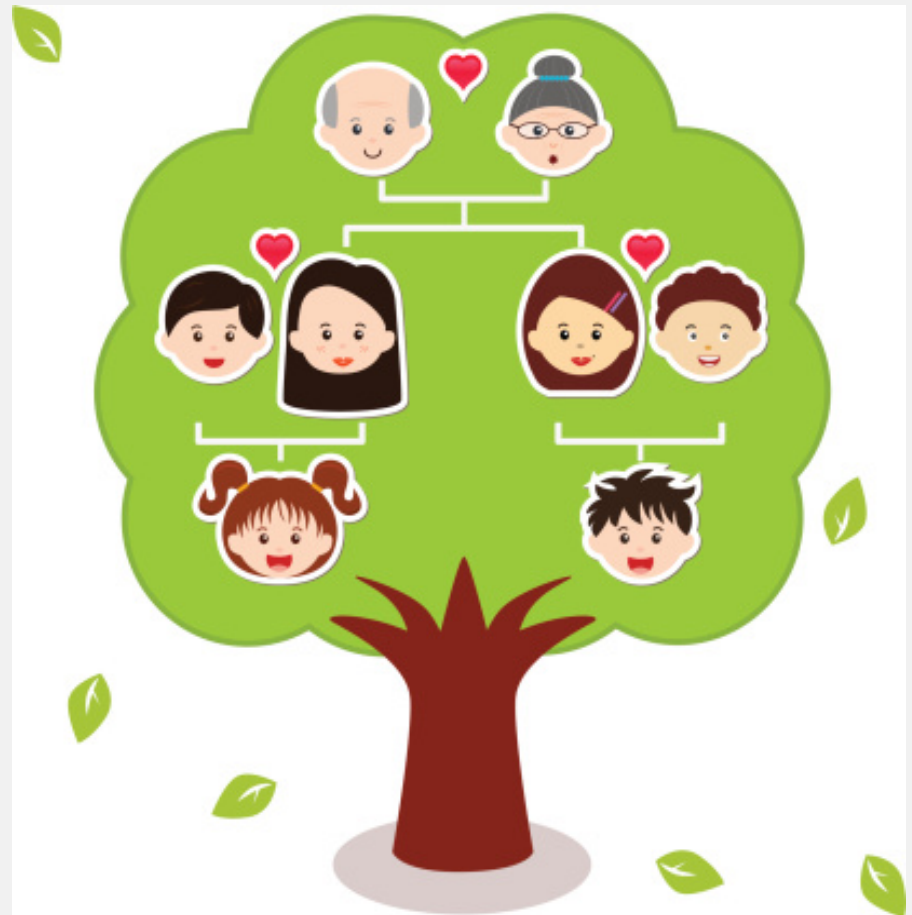
Who is at risk?

- ❖ Family history
 - ❖ Individuals with high blood pressure or diabetes
 - ❖ Senior citizens (65 and over)
 - ❖ African Americans
 - ❖ Hispanics
 - ❖ American Indians and Alaska Natives
 - ❖ Asian and Pacific Islanders
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Family History

- ❖ Higher risk of kidney disease
- ❖ Health history of family members
 - ▶ Parents, grandparents, aunts, uncles, and cousins
- ❖ Genetics play a role in family history





Individuals with...

HIGH BLOOD PRESSURE

- ❖ The blood in the body has to be pushed through at a higher pressure than what is normally required.
- ❖ No symptoms
 - ▶ Known as the **“Silent Killer”**
- ❖ Can also lead to heart attacks and strokes.
- ❖ **1 in 5** people with high blood pressure has kidney disease.

DIABETES

- ❖ The body is unable to produce enough insulin or is unable to properly use insulin.
- ❖ Can cause damage to other organs throughout the body.
- ❖ **1 in 3** people with diabetes has kidney disease.

High Blood Pressure and Diabetes are the most common causes of kidney failure.

Senior Citizens

- ❖ Increased risk of chronic kidney disease.
- ❖ Kidney function can decrease with age.
- ❖ Estimated **50%** are believed to have kidney disease.



African Americans

- ❖ High rates of diabetes and high blood pressure
 - ▶ Most common: **Type 2 diabetes**
- ❖ **3 times more likely** to have kidney failure when compared to White Americans
 - ▶ **32% of those with kidney failure in 2014**



Hispanics

- ❖ High rates of diabetes and high blood pressure
- ❖ **1.5 times more likely** to have kidney failure when compared to White Americans
 - ▶ **More than 14.7% of new kidney failure patients in 2013**



American Indians and Alaska Natives

- ❖ **2 times more likely** to have diabetes than White Americans
- ❖ Rates of diabetes caused by kidney failure has **risen 30%**
- ❖ Less access to health care
 - ▶ Cultural differences and communication barriers

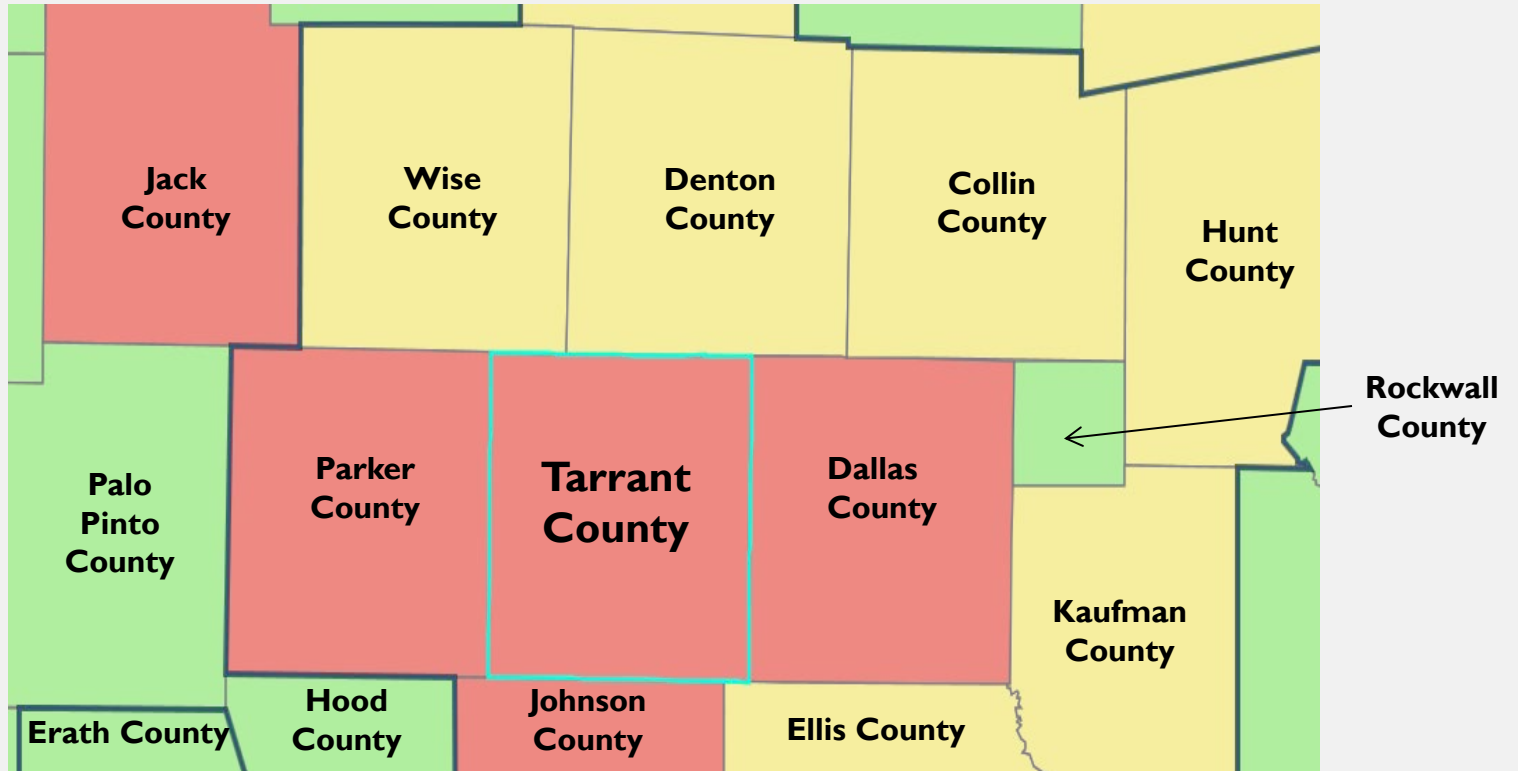


Asian and Pacific Islanders

- ❖ Risk of diabetes is **18% higher** than White Americans
- ❖ Western diet may be part of the issue
 - ▶ High in calories and fat
- ❖ Less access to health care
 - ▶ Cultural differences and communication barriers



Kidney Disease Indicator, Tarrant County, 2012



18.9 percent

Measurement Period: 2012

Chronic Kidney Disease Indicator, 2012

Chronic Kidney Disease: Medicare Population County View

Location	Status	Percent	Source	Measurement Period
Comparison: U.S. Counties Period: 2012				
County: Collin		15.0	Centers for Medicare & Medicaid Services	2012
County: Dallas		17.9	Centers for Medicare & Medicaid Services	2012
County: Denton		16.2	Centers for Medicare & Medicaid Services	2012
County: Ellis		16.2	Centers for Medicare & Medicaid Services	2012
County: Erath		11.5	Centers for Medicare & Medicaid Services	2012
County: Hunt		15.1	Centers for Medicare & Medicaid Services	2012
County: Johnson		17.0	Centers for Medicare & Medicaid Services	2012
County: Kaufman		15.0	Centers for Medicare & Medicaid Services	2012
County: Parker		18.6	Centers for Medicare & Medicaid Services	2012
County: Rockwall		13.8	Centers for Medicare & Medicaid Services	2012
County: Tarrant		18.9	Centers for Medicare & Medicaid Services	2012
County: Wise		14.4	Centers for Medicare & Medicaid Services	2012

[Return to Community Dashboard Home](#)

Health Indicators among adults 18 years and older by ZIP code, Tarrant County, 2009-2010

Health indicators among adults 18 years and older by ZIP Code, Tarrant County, 2009/2010¹

ZIP	Fair/Poor Health	Mental Health Not Good	No Health Insurance	Over-weight	Obese	Recomm Physical Activity	Consume Fruit/Veg	Current Smokers	Heavy Alcohol	Binge Drinkers	Heart Disease	High Blood Pressure	Diabetes	Asthma
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75052														
75061														
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76248														
76262														

Grand Prairie, Texas

Arlington, Texas

Arlington, Texas

Arlington, Texas

Arlington, Texas

Burleson, Texas

Fort Worth, Texas

Fort Worth, Texas

Fort Worth, Texas

Fort Worth, Texas

North Richland Hills, Texas

North Richland Hills, Texas

Highest prevalence
 Second highest prevalence
 Third highest prevalence
 Lowest prevalence
 No or suppressed data

¹Health indicator prevalence rates and definitions provided on back
 Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2009/2010. Tarrant County Public Health
 Table provided by: Division of Epidemiology and Health Information, Tarrant County Public Health

Treatment

❖ Kidney transplant

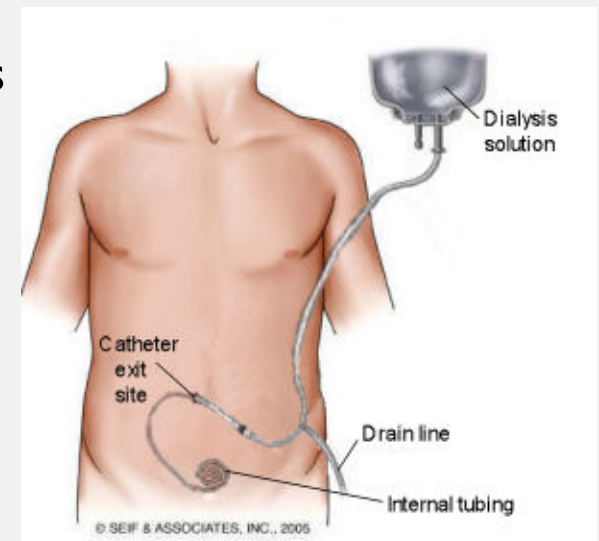
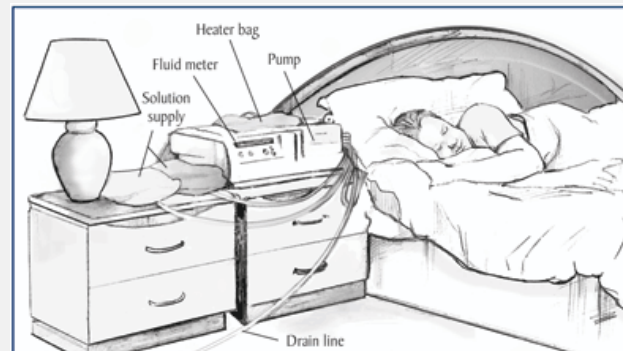
❖ Medication

❖ Dialysis

▶ Hemodialysis

▶ Peritoneal Dialysis

- Continuous Ambulatory Peritoneal Dialysis
- Automated Peritoneal Dialysis



Prevention

- ❖ Keep diseases like high blood pressure and diabetes under control through regulation
- ❖ Annual testing through Albumin-to-Creatinine Ratio (ACR) urine test and Glomerular Filtration Rate (GFR) blood test
- ❖ Exercise and make healthy lifestyle choices
- ❖ Limit salt intake and drink plenty of water
- ❖ Take prescribed medication as directed



Glomerular Filtration Rate (GFR) Table

				Albuminuria categories		
				A1	A2	A3
				Normal to mildly increased	Moderately increased	Severely increased
				<30 mg/g <3 mg/mmol	30-299 mg/g 3-29 mg/mmol	≥300 mg/g ≥30 mg/mmol
GFR Stages	G1	Normal or high	≥90			
	G2	Mildly decreased	60-90			
	G3a	Mildly to moderately decreased	45-59			
	G3b	Moderately to severely decreased	30-44			
	G4	Severely decreased	15-29			
	G5	Kidney failure	<15			

Key to Figure:
Colors: Represents the risk for progression, morbidity and mortality by color from best to worst.
 Green: Low Risk (if no other markers of kidney disease, no CKD)
 Yellow: Moderately Increased Risk
 Orange: High Risk
 Red: Very High Risk
 Deep Red: Highest Risk



Testimonial



Veronica Sutton



Questions?



National Kidney Foundation

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www.kidney.org

Thank you!



Tarrant County
Public Health

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