



NKDEP

National Kidney Disease
Education Program

A Pilot Site Initiative for African Americans

The National Kidney Disease Education Program (NKDEP) is an initiative of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, U.S. Department of Health and Human Services. The goal of NKDEP is to prevent kidney failure. Approximately 20 million Americans have kidney disease. Of these, more than 8 million Americans have seriously reduced kidney function and 10 million have protein in their urine, a sign of early kidney disease. About 400,000 require dialysis or a kidney transplant to stay alive, a figure that doubled in a 10-year period. The annual cost of treating patients with kidney failure in the U.S. is nearly \$20 billion. The most common causes of kidney disease are diabetes and hypertension.¹

Guided by science and expert advice, the program seeks to raise awareness about the seriousness of kidney disease, the importance of testing those at high risk, and the availability of treatment to prevent or slow kidney failure. From April 2003 to April 2004, the program will focus on the African-American community in four pilot site cities: Atlanta (GA), Baltimore (MD), Cleveland (OH), and Jackson (MS).

Facts About Kidney Disease in African Americans

- African Americans have four times the risk for kidney failure as the overall U.S. population.¹
- African Americans make up 12 percent of the U.S. population, but account for about 30 percent of people who have kidney failure.¹
- Diabetes and hypertension account for about 70 percent of kidney failure in African Americans.¹
- African-American males ages 25 to 44 are 20 times more likely to develop kidney failure due to high blood pressure than Caucasian males in the same age group.¹
- Forty-five percent of African-American men with kidney failure received late referrals to nephrologists.² In some cases people were not aware they had a problem until they needed dialysis.

Pilot Site Implementation

- People interested in helping to implement the NKDEP pilot awareness program have formed coalitions in each of the four cities. Each coalition will plan, implement, and evaluate a kidney disease awareness program using the *NKDEP Community Action Toolkit* as a step-by-step guide. The toolkit includes resources and materials to help coalitions:
 - build community partnerships,
 - work with local mass media,
 - increase awareness about kidney disease,
 - communicate with the African-American community and with primary care providers, and
 - evaluate the program.

Target Audiences

- African Americans ages 25 and over with diabetes, hypertension, and/or a family history of kidney failure.
- Primary care providers treating African Americans.

(over)

¹ U.S. Renal Data System, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD.

² Kinchen, K.S. et al. (2002). The timing of specialist evaluation in chronic kidney disease and mortality. *Annals of Internal Medicine*, 137(6):479-86

Key Messages for African-American Community

- If you are African American and have diabetes, hypertension, and/or a blood relative with kidney failure, you are at high risk for kidney disease.
- You have the power to prevent kidney disease.
- Early detection is important. Ask your doctor if you should have your kidneys checked. You won't know you have kidney disease unless you are tested.
- Effective treatment can prevent or slow kidney damage.

Key Messages for Primary Care Providers

- Test high-risk patients for kidney damage. Estimate glomerular filtration rate (GFR) from the serum-creatinine measurement by using a prediction equation. Conduct a spot check of urine (determine the albumin:creatinine ratio).
- Please note that a 24-hour urine collection is no longer required to test for kidney disease.
- You can help your patients maintain their kidney function by prescribing ACE-inhibitors (angiotensin-converting enzyme) or ARBs (angiotensin receptor blockers), monitoring blood pressure and blood glucose levels, and advising patients to quit smoking.
- Recommend a low-protein diet and refer patients to a dietician if necessary.
- Team with nephrologists to provide care for your patients with kidney disease.

Pilot Site Objectives

- To increase awareness of:
 - The risk factors for kidney disease.
 - The importance of testing people who are at risk for kidney disease.
 - The availability of treatment to prevent or slow the progression of kidney disease.
- To increase access to kidney disease information and educational materials.

Measurement & Evaluation

NKDEP will survey 400 African-American adults and 100 primary care providers in each pilot site and in a composite control population. The survey will assess knowledge, attitudes, beliefs, and practices related to prevention and management of kidney disease before and after implementation of the program.

NKDEP will also monitor dissemination of materials, audience reaction to events and materials, and media coverage in each of the four pilot sites to determine what kinds of activities were most successful. These findings will help NKDEP prepare for the national "You Have the Power To Prevent Kidney Disease" campaign, planned for Spring 2004.

For more information about kidney disease contact the National Kidney and Urologic Diseases Information Clearinghouse, a supporting program of NIDDK:

3 Information Way
Bethesda, MD 20892-3580
1-800-891-5390

To learn more about the National Kidney Disease Education Program, go to www.nkdep.nih.gov

National Kidney Disease Education Program

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You Have The Power To Prevent Kidney Disease



U.S. Department of
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