

## Kidney Sundays: A Toolkit

A Guide for Faith-Based Communities on Making the Kidney Connection



National Kidney Disease Education Program



NIDDK



## Make Health a Family Reunion

A guide to discussing the connection between diabetes, high blood pressure, and kidney disease at your family reunion.



NIDDK

NIDDK



## MAKE THE **Kidney.** Connection

Diabetes • High Blood Pressure • Kidney Disease

# Talk About Kidney Health with Your Family or Faith Community

## **Make the Kidney Connection, and talk about kidney health:**

- with your family at your next get together.
- with your faith community at Kidney Sundays.

## **Three things you should know:**

- Kidney failure affects African Americans more than other groups.
- People with diabetes or high blood pressure are at greater risk for kidney disease.
- There are things you can do to protect your kidneys.

**You don't have to be a health expert to share this important information with your family or your faith community.** Use the **FREE** Family Reunion Health Guide and the Kidney Sundays Toolkit.

**Call 1-866-4 KIDNEY (1-866-454-3639)  
or visit [www.nkdep.nih.gov](http://www.nkdep.nih.gov) for FREE materials.**



U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
National Institutes of Health

**NIDDK** | NATIONAL INSTITUTE OF  
DIABETES AND DIGESTIVE  
AND KIDNEY DISEASES

