

Kidney Disease in Houston

1 in 3 Americans is at risk for kidney disease. Are you?

COMMON RISK FACTORS

Kidney disease usually has **no symptoms** until the late stages. The only way to know how well your kidneys are working is to **get tested**.



Diabetes



High blood pressure



Family history of kidney disease



Obesity



Race/ethnicity
African-American
Asian-American
Hispanic
Native American

60+

Over age 60

KNOW YOUR RISKS!

Houston by the numbers

Diabetes and high blood pressure cause almost 3 out of every 4 cases of kidney failure.

11.9%

diagnosed with diabetes

32.5%

elevated blood pressure

33%

BMI in obese range

SOURCE: Centers for Disease Control and Prevention BRFSS Prevalence & Trends Data

A snapshot of kidney failure:
Greater Houston

15,241 people living with kidney failure

3,705 have transplants

11,536 depend on dialysis to stay alive

>11,000 new cases of kidney failure diagnosed in Texas annually

1,866 kidney transplants in Texas in 2018

SOURCES: USRDS RenDR and OPTN

The American Kidney Fund is a lifeline for dialysis and transplant patients in Greater Houston

2,613 Greater Houston patients turned to AKF for grants

in 2018 to help them afford lifesaving health care, including dialysis and transplantation

Greater Houston patients who cannot afford their health care depend on AKF's charitable assistance:

\$11.7 million in grants
in 2018 paid for health insurance premiums, prescription drugs, nutritional products, transportation, emergency expenses and other expenses not covered by insurance

Get to know your kidneys at Kidney Action Day!



Get tested!
Free screenings by health professionals



YUM!
Free healthy cooking demos and food tastings



Get moving!
Fun, interactive fitness sessions



Enjoy!
Family-friendly entertainment and fun for kids



Get help!
Follow-up services and local resources



knowYOURKIDNEYS

Houston Kidney Action Day is generously supported by sponsors who share our passion for preventing kidney disease.

Presenting National Screening Sponsor: U.S. Renal Care

Regional Screening Sponsor: Satellite Healthcare

National Screening Partner: AnyLabs

Join us!

KIDNEY ACTION DAY

Sunday, September 15

10 a.m. - 4 p.m.

Discovery Green

1500 McKinney St., Houston, TX 77010

ALL ARE WELCOME

KidneyFund.org

1-800-638-8299

FREE!

