

# Kidney Disease in the Nation's Capital

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**.

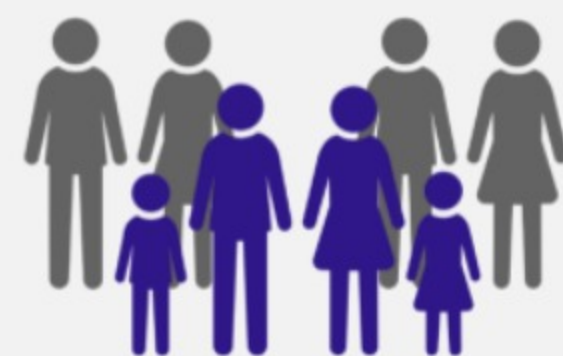
**KNOW YOUR RISKS!**



**Diabetes**



**High blood pressure**



**Family history of kidney disease**



**Race/ethnicity**

African-American  
Asian-American  
Hispanic  
Native American

**60+**

**Over age 60**

## D.C. and the Capital Region by the numbers

### D.C. kidney disease risks

**8.9%** diagnosed with diabetes

**28.4%** have high blood pressure

SOURCE: Community Commons Community Health Needs Assessment

**52.6%** self-report overweight/obese

A snapshot of kidney failure:

**D.C.**

**Capital Region**

**2,708** people have kidney failure **13,347**

**2,202** depend on dialysis treatments to stay alive **11,199**

**506** have transplants **2,148**

**>2,000** new cases of kidney failure diagnosed in the Capital Region annually

SOURCES: USRDS RenDER and 2016 Annual Data Report;

**>200** D.C. dialysis patients turned to AKF for grants

in 2016 to help them afford lifesaving health care, including dialysis and transplantation

In the Capital Region, AKF provided grants to

**>1,800**  
dialysis patients in 2016

Capital Region dialysis patients who cannot afford their health care depend on AKF's charitable assistance:

**\$5.5 million**  
in grants

in 2016 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 medical professionals



**YUM!**  
Free healthy cooking demos and food tastings



**Get moving!**  
Fun, interactive fitness sessions



**WALK!**  
Fundraising walk to support kidney patients



**Enjoy!**  
Family-friendly entertainment and fun for kids



**Get help!**  
Follow-up services and local resources

**JOIN US!**

**Saturday, Sept. 9, 2017**

**11 a.m. - 4 p.m. at Yards Park**

**355 Water St. SE, Washington, DC 20003**

**KIDNEY ACTION DAY**

**Don't miss the KIDNEYNATION Walk at noon!**

**FREE--all are welcome**

**KidneyFund.org**  
**1-800-638-8299**



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

Presenting National Sponsors **American Renal Associates** and **U.S. Renal Care, Inc.**

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**KNOWYOURKIDNEYS**  
WASHINGTON, DC