Kidney failure (ESRD) in Vermont 2021

842 Vermonters are living with end-stage renal disease (ESRD, or kidney failure). Without treatment—dialysis or a transplant—ESRD is fatal.

400 have transplants
442 depend on dialysis to stay alive

Only about 1 in 8 Vermont patients on the waiting list got a kidney transplant in 2020.

53 are on the waiting list for a kidney transplant
7 kidney transplants were performed in Vermont in 2020

119 New cases of kidney failure were diagnosed in Vermont in 2018 (the most recent data available).
0 were able to get a transplant
119 went on dialysis

Vermonters are at risk for kidney disease

Leading causes of kidney failure
- Diabetes
- High blood pressure

VT AT RISK:
- 8.7% diagnosed with diabetes
- 30.2% have high blood pressure
- 26.6% self-report obese

Why ESRD patients depend on charitable assistance

40 Vermont residents on dialysis and with transplants received grants from AKF in 2020 to pay for their insurance premiums, emergency pandemic-related costs and other health care-related costs not covered by insurance.

$141,000 in charitable assistance from AKF ensured that low-income Vermont dialysis and transplant patients could afford their lifesaving health care.

Most dialysis patients too sick to work
Most patients AKF helps are minorities
Ratio of out-of-pocket to income is stunning

80%
>60%
28%

ESRD IS A DISABILITY
Dialysis is life support. Treating kidney failure and its comorbidities is more consuming than a full-time job: more than 80% of patients cannot work

MINORITIES ARE MORE AFFECTED BY ESRD
Of the patients AKF helps, 34.7% are Black, 20.9% Hispanic/Latino, 5.2% Native American/Asian/Pacific Islander

FINANCIAL HARDSHIP COMES WITH ESRD
Average income of patients AKF helps is < $25,000 yet average out-of-pocket costs for dialysis patients is > $10,000/yr

SOURCE: U.S. Renal Data System 2020 Annual Data Report
SOURCE: Organ Procurement and Transplantation Network
SOURCE: Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System
9th leading cause of death in the U.S.
The facts about kidney disease

Kidneys are vital organs—just like the heart, lungs and liver. They clean the blood, help control blood pressure, help make red blood cells, and keep bones healthy.

- Chronic kidney disease is an increasingly common but usually preventable condition. More than 37 million Americans have kidney disease and millions more are at risk.

- According to the CDC, 9 out of 10 people with early kidney disease don’t know they have it because it usually has no symptoms until the late stages. Simple blood and urine tests can tell how well the kidneys are working.

- Diabetes and high blood pressure are the two leading causes of kidney disease. Kidney disease can lead to heart attack, stroke, kidney failure and death.

- Kidney disease can be treated. If it’s caught and treated early, it’s often possible to slow or stop the progress of kidney disease.

- Besides diabetes and high blood pressure, other common risks for kidney disease include:
  - Having a family history of kidney disease
  - Being Black, Hispanic, Asian American or Native American
  - Being over 60

- Black Americans are 3.4 times more likely than whites to develop kidney failure, and Hispanics are 1.5 times more likely than non-Hispanics to develop kidney failure.

Kidney disease is a silent killer

- There are more than 785,000 people with kidney failure in the United States—an increase of more than 100% since 2000.
  - About 555,000 are on dialysis and nearly 230,000 are living with kidney transplants.
  - Each month, almost 11,000 new cases of kidney failure are diagnosed.

- In 2018, Medicare spending for ESRD beneficiaries was $49.2 billion—7.2% of Medicare costs—though ESRD patients make up less than 1% of the total Medicare population.

- A patient on hemodialysis costs Medicare more than $93,000 per year.

- For each kidney disease patient who does not reach kidney failure, Medicare saves an estimated $250,000.

- One third of people who were diagnosed with kidney failure in 2018 received little or no pre-ESRD care.

SOURCES: U.S. Renal Data System 2020 Annual Data Report, NIH Chronic Kidney Disease and Kidney Failure fact sheet