

## **Kidney Health Disparities**

**African American, Hispanic, American Indian and Alaska Native adults are twice as likely as white adults to have diabetes, which is the leading cause of chronic kidney disease (CKD).**

- High blood pressure, obesity, and a family history of kidney disease are also major risk factors for CKD.
- Other factors that can lead to kidney failure include drug abuse, HIV, and sickle cell disease.

**CKD and its progression to kidney failure (also known as End Stage Renal Disease, or ESRD) is devastating and disproportionately affects minority communities.**

- African Americans are 3.6 times more likely to have kidney failure.
- Hispanic Americans and Native Americans are almost twice as likely to develop kidney failure when compared with the general population, and
- Asian Americans are also at an increased risk for kidney failure
- Diabetes increases the risks of kidney disease. African Americans with diabetes are 3 to 5 times more likely to suffer from kidney disease.
- The incidence of reported ESRD in people with diabetes is more than 4 times as high in African Americans, 4 to 6 times as high in Mexican Americans and 6 times as high in Native Americans than in the general population of diabetes patients.

**Many people already know they have diabetes or high blood pressure but are not aware they may also have kidney disease.**

- In a recent study conducted in Mississippi, released in January 2009, only about one in six African-Americans found to have CKD was aware of having the condition.
- Access to education and treatment is crucial to minority communities. When kidney disease is diagnosed early, kidney failure and its serious complications can be prevented or delayed.
- Improving education and treatment options can substantially improve health care outcomes while reducing health care costs.

**When kidney failure happens, dialysis and kidney transplantation are the only options.**

- Kidney failure occurs when kidney function drops to 15 percent or less – at that point, patients can only live if they undergo regular dialysis treatments or obtain a kidney transplant.
- Nearly 70,000 patients are on the waiting list for kidney transplants, with African-Americans alone comprising 35% of those patients.
- Minorities are more likely spend more time on the waiting list.