

Nutrition's Impact on Kidney Health

36M

U.S. adults (1 in 7) are estimated to have chronic kidney disease (CKD), and most are undiagnosed¹

Diabetes and high blood pressure are the leading causes of kidney failure, accounting for



3 out of 4 new cases²

Racial minorities



CKD and ESRD are more prevalent in¹

Elderly

Women

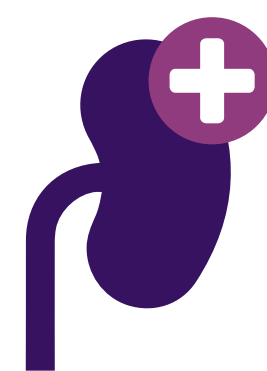


808,000 AMERICANS

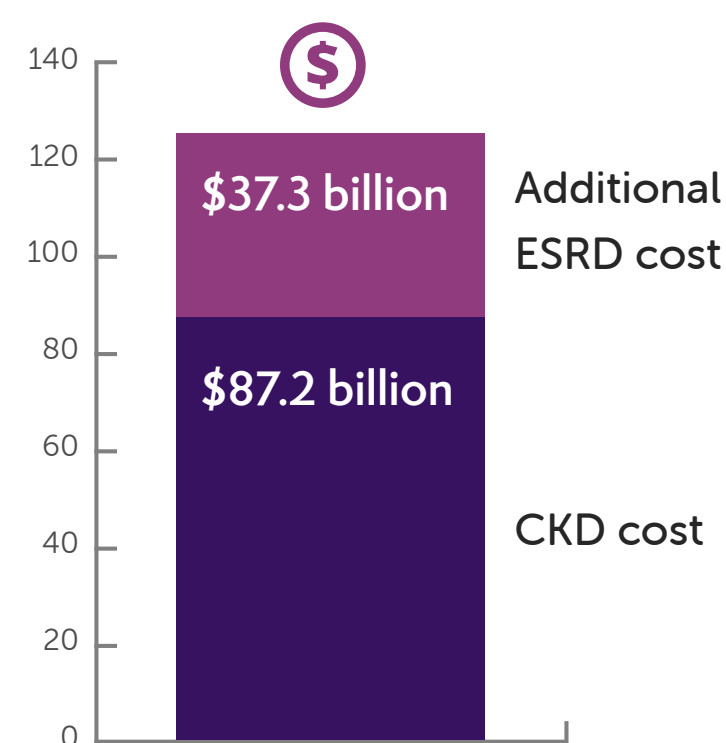
or 2 in every 1,000 people, are living with ESRD³

RISK FACTORS FOR CKD

- Diabetes
- High blood pressure
- Heart disease
- Obesity
- Family history of CKD
- Older age
- Inherited kidney disorders
- Past damage to the kidneys



MEDICARE COSTS FOR ONE YEAR²



NUTRITION

Eating a healthy diet is critical for people with CKD

Getting the right nutrients can help control blood pressure as well as keep blood sugar and cholesterol levels in check – which can ultimately protect against diabetes and heart disease.

In an analysis of published studies, **A HEALTHY DIETARY PATTERN** was associated with:



30%

LOWER INCIDENCE OF CKD⁴

23%

LOWER INCIDENCE OF ALBUMINURIA⁴
(an early indicator of kidney damage)

LOWER MORTALITY IN PEOPLE WITH KIDNEY DISEASE⁵

Social determinants of health (SDOH), such as access to food, can influence CKD

Adults who are food insecure – where they have uncertain or inadequate access to food—are at an increased risk of developing chronic diseases, including CKD and other chronic conditions leading to it.



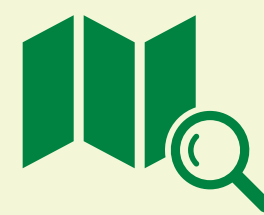
INCOME AND EMPLOYMENT –

Not everyone can afford healthy food based on financial limitations



EDUCATION –

Nutrition education is needed to help identify and prepare healthy food



GEOGRAPHY –

Not everyone lives near healthy food sources



ACCESSIBILITY –

Disability or other factors may limit reliable access to healthy meals

Contact us today to learn more.

momsmeals.com/renal-health | 877.508.6667

SOURCES:

¹ <https://www.cdc.gov/kidneydisease/publications-resources/ckd-national-facts.html>

² <https://www.cdc.gov/kidneydisease/basics.html>

³ <https://www.cdc.gov/kidneydisease/publications-resources/annual-report/ckd-related-health-problems.html>

⁴ <https://www.sciencedaily.com/releases/2019/09/190924175716.htm>

⁵ <https://www.frontiersin.org/articles/10.3389/fmed.2021.654250/full>

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