Nutrition’s Impact on Kidney Health

36M U.S. adults (1 in 7) are estimated to have chronic kidney disease (CKD), and most are undiagnosed.

Diabetes and high blood pressure are the leading causes of kidney failure, accounting for 3 out of 4 new cases.

808,000 AMERICANS or 2 in every 1,000 people, are living with ESRD.

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 YEAR
- Additional ESRD cost: $37.3 billion
- CKD cost: $87.2 billion

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:

- Lower incidence of CKD
- Lower incidence of albuminuria—a marker of kidney damage
- Lower mortality in people with kidney disease

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.

SOURCES:
2. https://www.cdc.gov/kidneydisease/basic.html