

Nutrition's Impact on Kidney Health

37M

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 cases¹

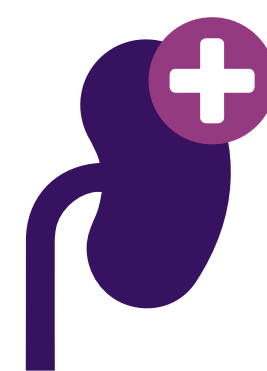


786,000 AMERICANS

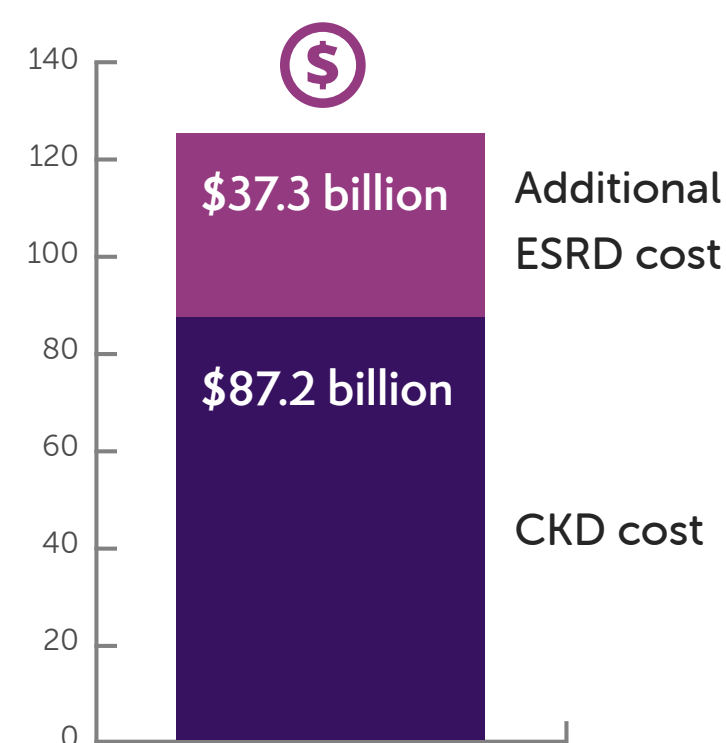
or 2 in every 1,000 people, are living with ESRD³

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.



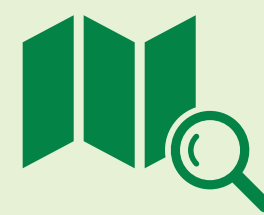
INCOME AND EMPLOYMENT –

Not everyone can afford healthy food based on financial limitations



EDUCATION –

This can affect one's understanding of what constitutes a healthy food choice



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 | 1.877.508.6667

SOURCES:

¹ <https://www.cdc.gov/kidneydisease/basics.html>

² <https://www.cdc.gov/kidneydisease/publications-resources/ckd-national-facts.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>

MOM'S MEALS[®]

