

National Kidney Foundation's **Your Kidneys and You**

Kidney Health Education Program

Education Can Save Your Life and Health

Most people who are diagnosed with kidney disease did not know that they were sick. This fact remains central to our mission at the National Kidney Foundation. Kidney disease has no symptoms until it is too late and kidneys fail, requiring dialysis or a transplant to stay alive. With diabetes and obesity reaching epidemic proportions, accompanied by rising rates of kidney disease, the answer is *awareness and education*.

"Your Kidneys and You" is a program designed to raise awareness among the general public about how the kidneys function, of the risk factors for kidney disease, and how to protect the kidneys. The format is audience-friendly and to the point. An NKF volunteer narrates a brief PowerPoint presentation, followed by questions from the audience. This straightforward program has made a world of difference in lives of people and their families who were unaware that they, too, might be at risk for kidney disease. This program is aligned with goal #1 of the National Kidney Foundation: Raise awareness of kidney disease to the 73 million American adults who are at risk. There are currently plans to digitize this presentation so that it can be disseminated to a broader audience.

Translating Education into Lifesaving Action



Your Kidneys and You presentations allow employees or members of organizations and community centers to "go to school" with trained facilitators in the field of kidney disease. Topics range from how the kidneys function, to kidney healthy lifestyles, to the importance of screening and testing through urine and blood tests. These informal seminars are popular with companies for their impact on employee health and healthcare costs—and create team building within organizations.

These are some places where a Your Kidneys and You presentation can be held:

- Places of Employment
- Community Centers
- Civic Groups
- Kiwanis Club/Elks Lodge
- Senior Citizen Clubs
- Church/Synagogue/House of Worship
- High Schools
- Colleges/Universities
- Fraternities/Sororities
- Hospital Health Education Programs



National
Kidney
Foundation®

30 East 33rd Street
New York, NY 10016
800.622.9010
www.kidney.org

www.kidney.org/kidneydisease/YourKidneysAndYou

Awareness. Prevention. Treatment.