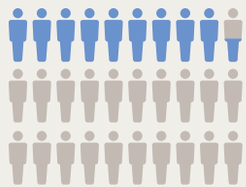
It is estimated that more than

ONE IN EIGHT African Americans in Virginia has diabetes.*

Diabetes is one of the leading risk factors for **KIDNEY DISEASE** along with high blood pressure, cardiovascular disease, or a family history of kidney failure.

While African Americans made up just **13 percent** of the US population in 2009 ...

... they accounted for **32 percent** of kidney failure cases. **



Kidney disease can progress to kidney failure, which may require treatment with dialysis or a kidney transplant to maintain health longer.

You have the power to protect your kidneys.

- Speak with your health provider and get tested for kidney disease
- Manage your diabetes and high blood pressure
- Share what you've learned with at-risk friends and family members
- **Learn more at** nkdep.nih.gov/get-involved.shtml

NKDEP
National Kidney Disease Education Program

A program of the National Institutes of Health

* Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data.* Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010.

** U.S. Renal Data System, USRDS 2010 Annual Data Report: Atlas of Chronic Kidney Disease and End-Stage Renal Disease in the United States, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, 2010.