Imagine a Healthier Michigan

Our Mission
To prevent kidney disease and improve the quality of life for those living with it.
a world where **diabetes and kidney disease** are no longer epidemics.

a world where children and their families are **educated** to achieve healthy lifestyles and make positive choices.

a world where **kids** would rather play outside than play video games.

a **community** without a dialysis unit on every corner.

a world where everyone needing an **organ transplant** would receive one.

a world where **people** living with kidney disease are supported in their pursuit to live active, full lives.
Our Goal...

Saving 100,000 kids and adults from developing kidney failure in their lifetime.

Making it Happen...

We know it is achievable. In 2009, it was projected that 32,617 people would develop kidney failure. However, with state diabetes and kidney programs, more than 13,713 people were saved from kidney failure. With your help, we know the number of people saved can reach 100,000. $5 million more for programs now means there could be 100,000 fewer kids and adults with kidney failure.

Yes, this is a lofty goal... but we can do this with your help!
How will we reach our goal?

By reducing the number of people with diabetes, high blood pressure, and obesity: the leading causes of chronic kidney disease (CKD).

How will Michigan get healthier?

Through our innovative and evidence-based programs, which prevent CKD and help those living with it.

How will we accomplish this?

By empowering people to make healthy lifestyle choices.
Serving Our Communities...

Regie’s Rainbow Adventure™ teaches nutrition and physical activity-focused curriculum to preschool and early elementary-aged children. The seven-week program chronicles the adventures of Regie, a superhero who looks like a piece of broccoli and travels to several islands that correspond with the colors of the rainbow. Materials include a series of seven books, handouts, and puppets. Regie has helped thousands of children across Michigan to enjoy a wide variety of fruits and vegetables and lead healthier lives.

“After my son was involved in the Regie’s Rainbow Adventure program, he began to eat several different vegetables including cauliflower, peas and squash when before corn was the only vegetable he would eat. On a recent trip to the grocery store he asked me to buy some of the ‘Regie’ fruits and vegetables for home.” - Regie parent

Kids Camp provides children ages 8–16 with chronic kidney disease the opportunity to enjoy an exciting summer camp adventure while participating alongside their healthy peers. Children with kidney disease often have limited options to outdoor activities due to their need for dialysis or medical attention. At Kids Camp, campers can participate in a wide range of activities, including swimming, boating, arts and crafts, zip-lining, high ropes, horseback riding, and more! Camp is staffed with medical personnel and provides access to dialysis and other medical treatment for children.

“I have to say, my favorite part of Kids Camp is just being able to do things that you don’t get to do a lot. Last year was my first year to do zip-lining and it was really fun!” - Daniele, camper

Peer Mentors empower patients to move forward with their lives after being diagnosed with kidney disease. Peers are a valuable part of the health care team. They are a bridge for better communication with medical staff, which assures that staff understand patients’ concerns, issues, and priorities. By serving as role models, peer mentors show patients that controlling and managing their health will allow them to live longer, happier lives. The NKFM’s goal is to have at least two Peer Mentors in every kidney facility throughout the state of Michigan and regionally located trainings. The NKFM reaches thousands of people each year through the Peer Mentoring Program.

Peer Mentoring

“With just a few words from the doctor, I suddenly faced the pain and drudgery of dialysis and deteriorating health. My first reaction was to shut down. I was frightened and I needed information. I needed to talk to someone who had been through it before and the Peer Mentoring program provided that.”
- Peer Mentoring participant
Enhance Fitness engages adults in a physical activity program designed to improve functional fitness and well being. Functional fitness means keeping strong, balanced and flexible so you retain the ability to do the daily activities of life that you normally would do. The U.S. Department of Health and Human Services recommends that adults should do at least 2.5 hours of moderate intensity exercise weekly, and that they must be given opportunities to enjoy physical fitness activities that are specially designed for their needs. This evidence-based program has quickly expanded across Michigan.

Personal Action Toward Health (PATH) provides knowledge and skills to adults with chronic health conditions such as chronic kidney disease, diabetes, arthritis, heart disease, asthma, chronic bronchitis, and depression. Weekly workshops are run by trained leaders who hold informal, small group discussions and provide easy-to-understand course materials. Leaders explain ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise. Participants also learn about self-help strategies that can enhance daily activities and improve communication with their health care provider. A PATH program specific to diabetes is also offered throughout the state.

The National Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

“I am very happy to have this program here in my community. For a long time I have needed and wanted to exercise but did not want to have to pay for it and end up wasting my money. This excellent program has been very beneficial to me and I can truly say I see positive results. Thank you so much for bringing this program to the Inkster Seniors.”
- Enhance Fitness participant

“This is going to be a lifestyle for me, not just something to do for the next six months. I’m feeling so much better. I feel like doing things. It’s a remarkable class. I’ve learned to make lifestyle changes which will help me live a happier life.”
- PATH participant

“I have tried many programs but nothing taught me how to make lifestyle changes. The program showed me the connection between how I was living and my risk of developing diabetes. I can now play with my grandkids without running out of breath and I enjoy exercising! I have lost weight, am eating much healthier and lowered my blood sugar.”
- NDPP participant
Now...

More than 900,000 adults in Michigan have chronic kidney disease and most don’t know it.

With your help...

Michigan residents will become more aware of their risks for CKD and learn how to prevent it. Thousands fewer Michigan residents will have to interrupt their lives with the daily threat of kidney failure and those with CKD will lead happier, more productive lives.

There are more than 2,500 people waiting for a lifesaving kidney transplant in Michigan. These numbers will continue to increase if kidney disease rates rise.

We can significantly reduce the number of people who need dialysis or a kidney transplant and increase the number of people on the Michigan Organ Donor Registry. Nearly 10,000 Michigan patients have received an organ transplant in the past ten years. With your help we can significantly increase that number through living and deceased donors.

Childhood obesity continues to grow in the United States. According to the Centers for Disease Control, one in three children born in the U.S. in the year 2000 will develop diabetes. Kids develop diseases such as diabetes and high blood pressure earlier than ever before, which means the rate of kidney disease in the U.S. will also continue to rise unless we do something to address obesity.

In ten years, we hope to have childhood obesity, diabetes, and high blood pressure on the decline. By teaching children early in life about the importance of good nutrition and exercise, we can help them develop life-long healthy habits to keep them healthier, longer.

One in ten people in Michigan have diabetes. That’s more than a million people who live with this life-altering disease. Diabetes is the leading cause of kidney failure.

The NKFM will be able to increase the resources and tools we offer to people living with diabetes so they can better manage their disease and decrease their risk of developing kidney disease.

African Americans, Hispanic Americans, Asian Americans and Arab Americans are at an increased risk of developing diabetes and high blood pressure, and therefore, kidney disease.

The NKFM offers a number of programs specifically targeted at educating minority populations on healthy nutrition and physical activity habits, which we know will decrease their progression to kidney failure.
Words of support...

Andrew Boschma  
Chairman, NKFM Board of Directors  
CFO, MKM Ventures, LLC  

A 1997 kidney donation led me down a path to greater awareness that kidney disease is about so much more than transplantation, and since 2000, to an ever increasing involvement with the NKFM. I was shocked to learn the statistics that so many of us either have or are at risk for developing kidney disease. I learned the critical impact that prevention plays in the lives of all Michigan citizens and discovered the NKFM is at the forefront of numerous chronic disease prevention efforts. I appreciate the passionate dedication of the NKFM staff. From leadership, staff, and volunteers, every aspect of the NKFM is first rate. With so many health trends working against CKD prevention, it is remarkable to see the numerous NKFM efforts to fight the onslaught. I am very proud to serve this outstanding organization.

Anna M. Maiuri  
Attorney and Counselor at Law, Dickinson Wright PLLC

Our son David was diagnosed with a rare kidney disease at the age of 4. In 1989 at the age of 7, David lost all kidney function and was in need of a transplant. At that time there was no internet or medical media outlets to turn to, however the NKFM was there with information, support and resources to help our family through this difficult time. My husband, Joe, donated a kidney in 1989 to our son, and I followed with another donation in 2002. David participated in NKFM programs, which gave him a sense of normalcy and us a network of families to share medical information and experiences. Joe served on the NKFM Board for many years and now David has gotten involved. We will be forever grateful to the NKFM and the good work they do!

Vivian Pickard  
President, GM Foundation and Director, GM Corporate Relations

The National Kidney Foundation of Michigan is a leader in educating individuals about the severity of kidney disease and the importance of prevention. As Honorary Chair of the Kidney Ball, and President of the General Motors Foundation, it is my hope and the goal for the Foundation to help improve the quality of life for families in our community. I am honored to be associated with the NKFM, an organization that is dedicated to making Michigan residents healthier each day.

Jerry Yee, MD, FACP, FASN  
Division Head, Nephrology and Hypertension at  
Henry Ford Hospital  
Long-Time NKFM Volunteer

One's goal in life is not always immediately apparent. Mine came to be decreasing the disease burden of chronic kidney disease, whether through research, education, or clinical practice. This goal is larger than any individual's effort, and I needed a partner. That partner became the National Kidney Foundation of Michigan—the greatest partner that I could have conceived of. With its ultra-dedicated staff, bevy of volunteers, and its pro-active stances of mitigating the suffering and complications of those who have chronic kidney disease and preventing the disorder in vulnerable populations, my life's goal is immediately apparent. It can be yours too!

Janice Frazier  
Owner, Paradies and Company  
Member, NKFM Board of Directors

The goals of education and prevention of kidney disease are vitally important to southeast Michigan. I have been given a remarkable opportunity through my work with the NKFM to make a huge and lasting impact in my community.
Why is my gift needed today?

Your gift is needed now more than ever because the number of people affected by chronic kidney disease continues to grow. Since diabetes and high blood pressure are the two leading causes of chronic kidney disease (CKD), and both of those diseases are rapidly rising, more and more adults and children are faced with a diagnosis of kidney failure. We know our vital programs work because of the outstanding outcomes data we’ve received. Your support will help the NKFM continue to educate the people of Michigan on ways to prevent kidney disease and will offer assistance to those dealing with it. In fiscal year 2011–2012, the NKFM directly served more than 100,000 people through our many programs and patient services and were able to educate tens of thousands more on how to keep their kidneys healthy and prevent kidney disease. None of this would have been possible without the generosity of our donors.

There are a lot of charities to give to, why should I choose the NKFM?

We are proud that for the 5th year in a row, we’ve received a 4-Star Rating from Charity Navigator, the nation’s premier charity evaluator. This ranking shows that the NKFM outperforms the majority of other nonprofit agencies in fiscal responsibility. This exceptional designation differentiates the NKFM from our peers and demonstrates the reliability and efficiency of our services. Only five percent of America’s charities earn this honor. The NKFM provided more programs and services to more people than any other statewide kidney organization. In the past few years, the NKFM has received awards in the areas of Patient Services, Organizational Development, Public Policy, Fundraising, and Public Education. The NKFM has proudly served the citizens of Michigan since 1955. Your money is vital to us and is put to excellent use.

Without bricks and mortar, how will I see my gift making a difference?

Your gifts are making a difference in countless ‘concrete’ ways. We see it in the preschoolers across Michigan participating in the Regie’s Rainbow Adventure program who are now excited about eating more fruits and vegetables. It is also evident in the students across the state who have been taught the causes of kidney disease and are making lifestyle changes now to prevent it. In our community programs, patients are learning to cope with CKD, diabetes, high blood pressure, and obesity, while receiving the support and education they need. Studies show that individuals with CKD who received education from the NKFM showed significant improvements in kidney care and diabetes management therefore saving millions of dollars by reducing the number of people with kidney failure.

How will my money make a difference?

When you give a gift to the NKFM, you are changing lives with every dollar. Thousands of people across Michigan do not know the signs of kidney disease yet many are living with it. Your gifts are making a tremendous difference to help us to fulfill our mission every day—to prevent kidney disease and improve the quality of life for those living with it. 89 cents of every dollar donated goes directly to the NKFM’s programs and services. You can be assured your dollars are going to keep kids healthy, prevent CKD, connect people together that live with CKD, invest in our future with research efforts, and ensure that people with diabetes and kidney disease remain a priority to our state.
Imagine

what Michigan can look like with your help...

• Families eating healthy.
• Programs working to prevent chronic disease.
• Children exercising.
• Dialysis units few and far between.
• Everyone in need of a transplant receiving one.
• People with kidney disease living active, quality lives.