



Chronic Kidney Disease Fact Sheet

Definition – Chronic Kidney Disease

Chronic kidney disease is permanent kidney damage or decreased level of kidney function for three months or more. If left untreated, chronic kidney disease can lead to total kidney failure, requiring dialysis or a kidney transplant for survival.

Statistics

- 26 million American adults (age 20+) have chronic kidney disease.
- More than a million Michigan adults (age 20+) have chronic kidney disease.
- 1 in 3 American adults is at risk for kidney disease.
- In Michigan, African Americans make up only 14 percent of the general population, yet make up 45 percent of the dialysis population, and 46 percent of the kidney transplant waiting list.
- More than 15,000 people are on dialysis in Michigan.
- As the incidence of obesity in children increases, so does the rate of type 2 diabetes, which is a leading cause of kidney failure. One in three kids born in 2000 will develop diabetes.
- 2,303 people were waiting for a lifesaving kidney transplant in Michigan on April 1, 2019.

Detection and Prevention

- Many adults with chronic kidney disease do not even know it – there are little or no symptoms in the early stages, people are not visiting their physicians regarding the illness, and many are not educated on the risk factors or the detection steps they should take.
- In 2014, diabetes and high blood pressure caused more than 71% of all kidney failure cases in Michigan. Diabetes alone caused 42% of all cases.
- 70 percent of kidney failure cases in Michigan caused by diabetes and/or high blood pressure could have been prevented or delayed.
- Ask your doctor to calculate your glomerular filtration rate (GFR) from the results of a simple blood test. GFR can tell your doctor what your level of kidney function is.

Risk Factors

- Individuals with diabetes and high blood pressure are at higher risk.
- Older individuals, African Americans, Hispanics, Asians, Pacific Islanders, Native Americans and Arab Americans are at increased risk for developing chronic kidney disease.
- African Americans are 4 times more likely to develop kidney failure from diabetes than Caucasians.
- African Americans are 6.5 times more likely to develop kidney failure from high blood pressure than Caucasians.