



NATIONAL **KIDNEY**
FOUNDATION®

of Michigan

ANNUAL REPORT 2021 - 2022

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@KIDNEYMI



It's been a great year!

The 2021-2022 fiscal year was another one for the history books. We expanded our programs (including work in HIV) and were awarded a large contract (to connect CKD and COVID-19 education across the state). We're so thankful to our donors, volunteers, and supporters. We're especially grateful for those of you who shared your stories with us this year. Our energetic staff continues to be mission-driven and we're looking forward to what next year brings.

Our mission: To prevent kidney disease and improve the quality of life for those living with it.

**THANK YOU TO
OUR DONORS!**



To view our donor list, please visit nkfm.org/partners. To view pictures from our impactful year, and to find out more, visit nkfm.org.

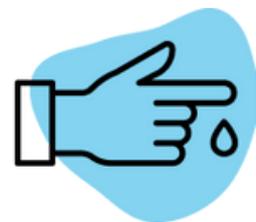


THE PROBLEM



More than one million Michigan adults have chronic kidney disease and most don't know it.

More than 64% of all kidney failure cases caused by diabetes and high blood pressure may have been prevented or delayed.



Almost 2,000 people are waiting for a life-saving kidney transplant in Michigan.

Chronic kidney disease is more common in non-Hispanic Black adults (16%) than in non-Hispanic White adults (13%) or non-Hispanic Asian adults (13%). About 14% of Hispanic adults have CKD.



Kidney disease and its precursors are known risk factors for serious COVID-19 complications. Individuals who are 30-day survivors of COVID-19 are at greater risk for acute kidney injury or eGFR decline, regardless of whether **they are** hospitalized due to COVID-19. These individuals are now at high risk for CKD.

HOW THE NKFM IS HELPING



Our programs and services help people with kidney disease learn about their disease, support family members, and receive services. These include internships, an emergency fund, a transplant education program, scholarships, and phone support.

“Because of the NKFM, I’m going back to school — I love learning and I’m so grateful.” - Robin Robinson

When Robin Robinson was in her 20s, she had a heart attack that left her with no kidney function. Two failed kidney transplants and 27 years of dialysis later, she has raised two successful daughters and is currently an honors student studying for a college degree. In June 2021, the NKFM awarded Robin the Swartz/Ferriter Scholarship and the Mary Brennan Award. The scholarship assists individuals on dialysis or with a kidney transplant, to achieve their higher education goals. The award was established to honor living kidney donor Mary Brennan and is available as an additional award to scholarship recipients who are on dialysis and in financial need.

“I just paid off my other student loan right before the pandemic. I didn’t have to take out another loan. I didn’t have to worry about how to pay a loan back. Being out of debt is a whole different feeling. I even started a savings account.”



HOW THE NKFM IS HELPING



The NKFM offers evidence-based Self-Management Programs which include Personal Action Toward Health, Enhance®Fitness, and the Diabetes Prevention Program, among others.

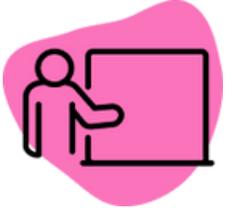
At a doctor's visit in December 2021, David Schultz's A1C (average blood sugar level over a few months) was at 6.0 and he was diagnosed with prediabetes. Not wanting to go on medication, he decided to take the NKFM's DPATH workshop instead. His mom, Rosemarie, also decided to join the workshop so she could better support her son. At the end of the workshop in April 2022, David's A1C was down to 5.6 and he was no longer considered prediabetic. "We were very happy with the tools recommended in the PATH program: developing an action plan to set goals, rewarding yourself, using meditation and proper sleep to take care of emotional well-being, and communicating with healthcare professionals," states Rosemarie.



"This is a very valuable program. It can be applied to anyone with a chronic health condition, including aging well and maintaining an independent lifestyle."

- Rosemarie Schultz

HOW THE NKFM IS HELPING



Our innovative and creative childhood health education and behavior change programs educate and empower kids, families, and teachers to make healthy changes in their homes and schools.

"It is delightful to see the children eat vegetables at lunch time now. They talk about Regie all the time and are more willing to taste new foods as a result of going on the adventures each week. It's a great program and we are so thankful that we have been able to take part in it."

-Site Leader delivering the Regie's Rainbow Adventure[®] Program.



"My son learned to eat a lot of healthy fruits and vegetables in a fun way.

He likes to collect recipes and learned to know the vegetables and see them as something good."

-Parent

RESULTS



More than **990** individuals participated in Personal Action Toward Health, Enhance®Fitness, and the Diabetes Prevention Program.



From early childhood on up, the NKFM directly served more than **11,000** children through prevention and education programs.



More than **20,000** individuals were directly touched by the NKFM's programs and services . . .including through COVID-19 and flu vaccine clinics held with partners.

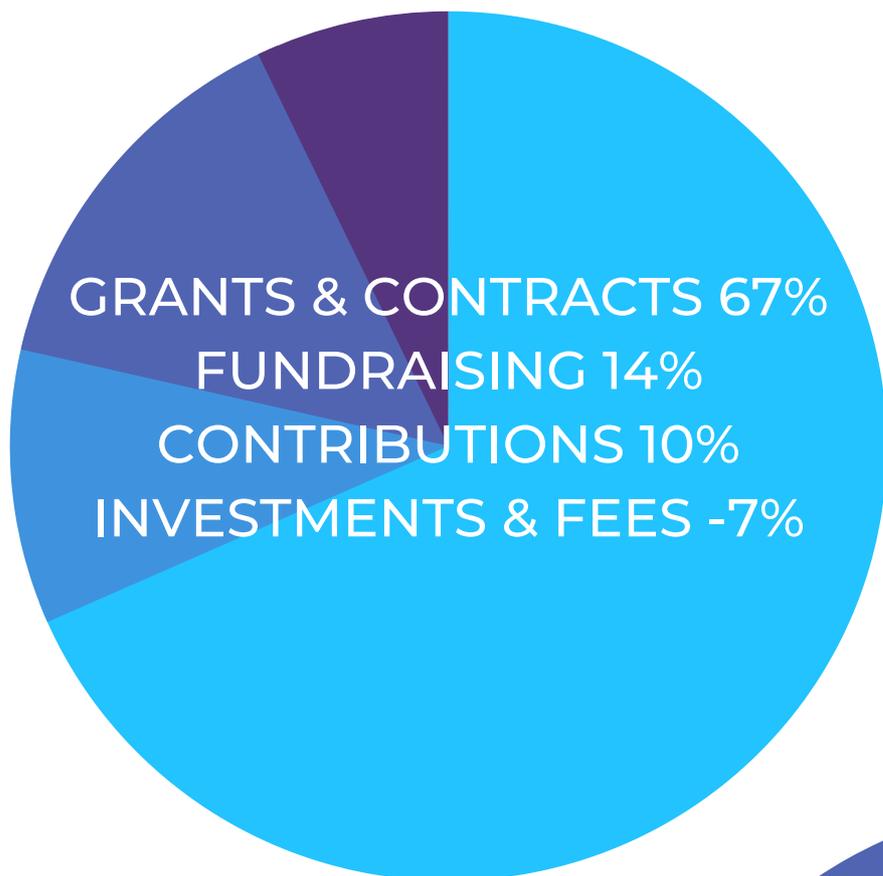
RATINGS

The NKFM is proud to be consistently given high marks from the top charity evaluation organizations in the country. With 4 stars from Charity Navigator, a platinum rating from Guide Star, and meeting all 20 priorities for the Better Business Bureau, we're happy that our focus on transparency and outcomes is recognized among the best.



FINANCIALS

REVENUE



EXPENSES

