



NATIONAL KIDNEY
FOUNDATION®

of Michigan

ANNUAL REPORT FY 2023

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It's been a great year!

The 2022-2023 fiscal year provided us the opportunity to increase awareness and uptake in innovative kidney care and prevention. We strengthened our ties with communities across the state with new partners like the Inter-Tribal Council of Michigan, increased our evidence-based program reach with the adoption of the High Blood Pressure Control Program, and drove education and brand awareness through the Are You the 33%? Michigan Campaign.

We continue to invest in healthier communities and stand up for healthier policies through key stakeholders, legislation, and innovative partnerships.

Together, with our dedicated staff, community champions, donors, and supporters like you, we celebrate continued growth, development for our programs and services, and share progress as we continue to carry out **our mission to prevent kidney disease and improve the quality of life for those living with it.**

THANK YOU DONORS!

To view our donor list, please visit nkfm.org/donors.

To view pictures from our impactful year, and to find out more, visit nkfm.org.



THE PROBLEM



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

More than 65% of all kidney failure cases caused by diabetes and high blood pressure may have been prevented or delayed.



More than 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.



Social determinants of health are the conditions in which people are born, live, learn, work, play, worship, and age, that affect health outcomes and risks. For many, the risk of developing chronic kidney disease is not because of any one reason, but due to a number of medical, environmental, and social factors, including food insecurity, housing stability, transportation access, discrimination, and access to healthcare..

HOW THE NKFM IS HELPING



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

“Seeing how far I’ve come, it would not be possible without donors and people willing to support the National Kidney Foundation of Michigan.” - Terrien Leake

Terrien Leake was diagnosed with chronic kidney disease before he was born. He was on dialysis as a toddler and has dealt with two kidney transplants. When Terrien was younger, his family was introduced to the NKFM while his mom was looking into opportunities for him to attend a summer camp and came across the annual Kids Camp. The goal of Kids Camp is to provide children with chronic kidney disease the opportunity to enjoy an exciting summer camp adventure in the great outdoors that positively impacts their lives. Terrien attended camp for many years and even became a camp counselor in 2023! “It was very fun giving back and giving the campers the same experience I had, because I just wanted to make sure they had as much fun as I did,” said Terrien.

Along with enjoying many years at Kids Camp, Terrien received the NKFM Swartz/Ferriter Scholarship in 2023. This monetary scholarship supports individuals who are on dialysis or who have received a kidney transplant so they can continue their education. Now he’s a college student, juggling life away from home, classes, a girlfriend, and his dialysis schedule, which he attends three days a week.



HOW THE NKFM IS HELPING



The NKFM offers evidence-based Self-Management Programs which include High Blood Pressure Control (HBPC), Personal Action Toward Health, Walk With Ease, and the Diabetes Prevention Program, among others.

In July 2023, Mary Ward from Grand Rapids finished an eight-week workshop called High Blood Pressure Control (HBPC), because she was having a difficult time keeping her blood pressure under control, even with medication. A friend who had previously attended the workshop referred her. In the HBPC workshop, Mary discovered that she had not been monitoring her sodium or increasing the potassium in her diet, two important ways to stay healthy when you have HBP.



She started walking again, which she had neglected for a while due to pain from osteoarthritis. "It's really important to make yourself walk every day. I make myself do what I can do," states Mary, who is 75. "The action plans you create in the workshop keep you accountable."

"I was so thrilled with this workshop! This information is so vital and important. Plus you really learn a lot from other people. The coaches were well-informed and personable. It's so wonderful that it's available at no cost."

- Mary Ward. HBPC Participant

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.

“We have parents reach out to ask about the program because their child shared information about Regie and tasting different fruits and vegetables as well as exercising more.”
–Site Leader delivering the Regie's Rainbow Adventure Program.



“This program is so awesome. I have noticed a big change in my daughter. She would never even touch fruits or veggies before that program and now she is picking her own out at the grocery store and eats almost anything.”
–Parent

RESULTS



More than 1,600 individuals participated in NKFM programs, including Personal Action Toward Health, High Blood Pressure Control, Walk With Ease, A Matter of Balance, and the Diabetes Prevention Program.



From early childhood on up, the NKFM directly served more than 6,000 children through prevention and education programs.



More than 8,000 people learned of their risk for kidney disease by taking the Minute for Your Kidneys risk quiz, through the Are You the 33%? Campaign.

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 Candid, 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



33%

of adults in your community are at risk of kidney disease



Beyond the numbers

We see YOU

LEARN HOW

TO ASSESS YOUR RISK AT
KIDNEYMI.ORG/KIDNEYQUIZ