

# CHRONIC KIDNEY DISEASE

Targeted Environmental Scan: Working Document

Prepared for the Governor's Interagency Council on Health Disparities

Updated August 2008

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Chronic kidney disease (CKD) includes all conditions that damage the kidneys. Chronic kidney disease can eventually lead to end-stage renal disease, or kidney failure, which requires dialysis or kidney transplantation. Most people with chronic kidney disease will die of cardiovascular disease before developing kidney failure. This document describes known programs in Washington State that aim to address chronic kidney disease, including those programs that target communities of color, as well as programs aimed for a general audience. While the two main causes of CKD are diabetes and high blood pressure, programs to address disparities in these two health outcomes are beyond the scope of this document.

## Northwest Kidney Centers Programs

Northwest Kidney Centers offers the LivingWell - With CKD™ program, which aims to prevent CKD and ensure a better quality of life for those living with the disease. The program provides free health screenings for kidney disease risk factors for high-risk individuals, including people with diabetes or hypertension, people of color, and the elderly. Screenings are conducted in conjunction with the organization's sponsored events: Family Health and Kidney Expo, which attracted more than 1,000 people in 2007, and the Kidney Health Fest for African American Families (noted below). The screenings include free health counseling sessions with nephrologists. To date, the program estimates that it has screened 671 individuals. The program also offers a *Healthy Eating* class, designed for people with stage 2 to stage 4 kidney disease to help them preserve kidney function through better nutrition. Another class called *Choices* provides information on treatment options and coping strategies for people facing kidney failure. The trainings are offered several times a month at Northwest Kidney Center locations. A third class is currently being developed, which will focus on the link between CKD and cardiovascular disease. The class will serve as a resource for the patients of primary care physicians and help to raise awareness that CKD is a major risk factor for cardiovascular disease. The program also works to raise awareness of CKD, collaborates with community organizations, public health agencies, insurers, physicians, and patients to address CKD, and advocates for policies to improve the lives of CKD patients and their families.

Northwest Kidney Centers holds an annual event called the Kidney Health Fest for African American Families. This free public event offers health screenings, healthy food, contests, guest speakers, exhibits, and entertainment for the African American community in a culturally appropriate and sensitive way. The Kidney Fest for African American Families has been held annually for the last five years. The 6<sup>th</sup> Annual Kidney Health Fest for African American Families took place on Saturday, May 3, 2008, from 9 a.m. to 1:30 p.m. at the African American Academy in Seattle. In 2007, 720 people attended this event.

Northwest Kidney Centers also participates in a number of health fairs and community outreach events including the Diabetes Expo, Latina Health Fair, Pista sa Nasyon, Hispanic Seafair, and the Chinatown-International District Summer Festival, among others. These events are aimed at raising awareness of CKD and providing information and screenings for populations particularly at high-risk for CKD.

## CHRONIC KIDNEY DISEASE (Cont.)

As a part of the Northwest Kidney Centers' mission, the organization also promotes kidney transplantation among its patients and strives to increase awareness about the importance and need for organ donation, particularly among people of color. Through public service announcements, and events, such as "Spring to Life: What's New in Organ Donation and Transplantation" and World Kidney Day, Northwest Kidney Centers is committed to raising public awareness and providing information about kidney disease and other related health conditions.

### Kidney Research Institute

The Kidney Research Institute is a newly formed research institute created in partnership between the Northwest Kidney Centers and the University of Washington's Division of Nephrology. One research focus for the new institute will be the connection between kidney disease and cardiovascular disease. In addition, the Institute has recently applied for funding from the Washington State Life Sciences Discovery Fund. The proposal is to create the first statewide collaborative network dedicated to the study of chronic kidney disease. The multidisciplinary collaborative approach will be used to target the major areas of unmet need in diagnosis and treatment of chronic kidney disease with a parallel focus on translating scientific discovery into improved models of patient care.

### Washington State Kidney Disease Program

The Kidney Disease Program is a state funded program that helps low-income residents with end stage renal disease pay for treatment. The Kidney Disease Program, which is managed by the Washington State Department of Social and Health Services, contracts with Medicare-approved kidney centers across the state to provide treatment services.

### Kidney Screening and Treatment Task Force

The Department of Health's Diabetes Control program formed the Kidney Screening and Treatment Task Force in order address the low prevalence of kidney function testing among individuals with diabetes. The Task Force created kidney disease screening and treatment recommendations, which are available on the Washington State Diabetes Collaborative Web site: [www.doh.wa.gov/CFH/WSC/model\\_info/decision\\_support/default.htm](http://www.doh.wa.gov/CFH/WSC/model_info/decision_support/default.htm).

### Living Legacy Foundation

The Living Legacy Foundation, an affiliate of LifeCenter Northwest, aims to increase organ and tissue donation through education and outreach efforts. The Living Legacy Foundation has outreach programs targeted for African American, Hispanic, and Asian American communities in order to address the disproportionate number of people of color that have registered to be organ donors versus the number of people of color on transplant waiting lists. The Foundation hosted a free reception and lunch in honor of National Minority Donor Awareness Day at the Mt. Zion Baptist Church on August 2, 2008.

## CHRONIC KIDNEY DISEASE (Cont.)

### *Discussion of Statewide Gaps and Sustainability*

- At the national level, HR 6331, the Medicare Improvement for Patients and Providers of 2008, was recently passed into law. Section 152 included provisions for kidney disease education and awareness, including the funding of a minimum of three states to conduct pilot projects. Pilot projects will work to increase public and medical community awareness of chronic kidney disease, increase screening for chronic kidney disease among Medicare beneficiaries, and improve surveillance systems to better assess chronic kidney disease prevalence and incidence. The Northwest Kidney Centers would like to advocate for Washington State to be selected as one of the three pilot states, as this would provide a unique opportunity for Washington to become a model for other states. The Northwest Kidney Centers believes that there is momentum building around chronic kidney disease with the establishment of the Kidney Research Institute, its application for funding from the Life Sciences Discovery Fund, the work of the Governor's Interagency Council on Health Disparities and other state level activities.
- Section 152 (b) of HR 6331 is about Medicare coverage of Kidney Disease Patient Education Services. This is a huge benefit for patients with stage 4 chronic kidney disease. There is a great opportunity to model these services for Medicaid patients that the Council can facilitate as a policy change. Also, Medicare chronic kidney disease patients are eligible for six nutrition education sessions, again Medicaid patients should have the same benefits.

**Chronic Kidney Disease Briefing Document**  
**Presented to the Governor's Interagency Council on Health Disparities**  
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**Chronic kidney disease** is a broad term that includes all conditions that damage the kidneys, decreasing their ability to remove waste and fluid from the body, regulate the levels of water and chemicals in the blood, remove drugs and other toxins from the body, and release needed hormones into the bloodstream. The two main causes of chronic kidney disease are diabetes and high blood pressure. Chronic kidney disease can eventually lead to end-stage renal disease, or kidney failure, which requires dialysis or kidney transplantation.

**CRITERION #1: PREVALENCE / INCIDENCE**

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- According to national data, the prevalence of chronic kidney disease among adults from 1999-2004 was 16.8%. Since prevalence data are not available in Washington State, using the national prevalence of 16.8% would translate to an estimated 735,000 Washington adults with chronic kidney disease.
- Nationally incidence rates for end-stage renal disease have increased from 8.6 to 34.2 per 100,000 population from 1980 to 2004. Since 1999; however, incidence rates have been relatively stable.
- In Washington, incidence rates for end-stage renal disease have followed a similar trend, yet have remained lower than national rates. The incidence rate increased from 8.4 to 28.1 per 100,000 from 1980-2004.
- In Washington, the prevalence of chronic kidney failure increased 84%, from 55.7 per 100,000 individuals in 1990 to 102.7 per 100,000 in 2001.

**CRITERION #2: SEVERITY**

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- In Washington, the age-adjusted death rate for kidney failure was 7 per 100,000 in 2005.
- Nationally, in 2004, there were 60,393 individuals on the donor kidney transplant waiting list, and of those, 10,228 kidney transplants were performed.
- In 2003, 324,826 U.S. residents with end-stage renal disease received dialysis.
- In 2003, there were 82,588 deaths among U.S. patients with end-stage renal disease.
- In the U.S., costs associated with end-stage renal disease exceeded \$27 billion in 2003.

**CRITERION #3: DISPARITY**

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- According to national data from 1999-2004, the prevalence for chronic kidney disease was significantly higher for non-Hispanic blacks (19.9%) and Mexican-Americans (18.7%) than for non-Hispanic whites (16.1%). The prevalence was similar for men and women.
- According to national data from 2004, the rates (per 100,000) for end-stage renal disease were 26.3 for whites, 34.1 for Asians and Pacific Islanders, 48.5 for Hispanics, 52.4 for American Indians and Alaska Natives, and 96.8 for blacks, for an Index of Disparity of 120%.
- In 2005, Washington age-adjusted death rates for kidney failure were 7.7 deaths per 100,000 for males and 6.7 deaths per 100,000 for females.

**The Index of Disparity** is the average of the difference in rates between the racial/ethnic group with the "best" rate and all other racial/ethnic groups.

*Keppel KG et al., Measuring progress in healthy people 2010. Statistical Notes, no 25. NCHS, 2004*