

State programs to prevent and manage diabetes and kidney disease serve almost 80,000 Michiganders annually.

NKFM Adult Programs

Empowering people with kidney disease through programs and services.

Peer Mentors can help empower kidney patients to move forward with their lives after being diagnosed with kidney disease.

The Luann Scheppelmann-Eib Emergency Fund provides a one-time help of up to \$100 for the urgent needs of people with kidney disease.

CKD Intern Program provides part-time employment (2-8 hours a week) with an NKFM office for people living with chronic kidney disease.

Kidney PATH provides an accountable and supportive environment to learn new techniques to manage a variety of problems associated with kidney disease.



Enhance Fitness is a physical activity class for those with chronic conditions.

Worksite Wellness Initiatives create a healthy environment at work, encouraging employees to make healthy habits at work and at home.

Community Coalitions are formed with NKFM support by representatives from key community stakeholders to improve the community's health and well-being.

Managing chronic conditions saves money and improves quality of life.

Personal Action Toward Health (PATH) helps adults to navigate the health care system and manage chronic conditions. Specific programs include:

- **Cancer Thriving and Surviving (CTS)**
- **Building Better Caregivers**
- **Chronic Pain PATH**
- **Diabetes PATH**

Healthy Hair Starts with a Healthy Body® and **Dodge the Punch: Live Right®** provide health information to African American adults through their salon stylist or barber.

BodyWorks is a program designed to help parents and caregivers of adolescents improve family eating and activity habits.

Diabetes Self Management Education (DSME) teaches people with diabetes the skills to manage their condition and prevent complications.

Diabetes Prevention Program is a year-long lifestyle change program that brings the proven success of the diabetes prevention clinical trial to people in communities around the country.

Health Matters is a collaboration between academia and community-based organizations that aims to improve the health of people with developmental disabilities.

Walk with Ease provides information on physical activity and is proven to reduce the pain of arthritis and improve overall health.

A Matter of Balance is an evidence-based program designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls.



National Kidney Foundation®
of Michigan

www.nkfm.org
800-482-1455



Only 1% of charities receive 4 stars from Charity Navigator 9 years in a row.

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NKFM Kids Programs

Children learn how to eat healthy and adopt positive physical activity habits.

Regie's Rainbow Adventure[®] teaches preschool-aged children healthy living through a storybook hero named Regie.

Healthy Families Start with You educates parents and kids in preschool programs how to make healthy lifestyle changes.

PE-Nut (Physical Education and Nutrition) motivates youth and parents to be physically active and eat healthier by presenting simple, consistent nutrition and physical activity messages to elementary age youth.



Kids Camp is designed to provide an opportunity for kidney patients between the ages of 8 and 16 to experience a week away at camp with their healthy peers. Medication compliance, diet and a positive attitude all result from this experience.

Nutrition And Physical activity Self-Assessment for Child Care (NAP SACC) is an intervention for early childhood educational settings that is aimed at improving nutrition and physical activity environments, policies and practices through self-assessment and targeted technical assistance.



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