

The Reasons Why We Walk



\$100 will pay for an emergency request for a person kidney disease. Requests include food, medication, utilities, etc.

\$350 will pay for a person to go through Better Choices, Better Health, an online chronic disease management program



\$500 will send a child with kidney disease to Kids Camp for one week

\$750 will provide education to two early childhood classrooms about the benefits of healthy nutrition and lifestyles with the goal of preventing kidney disease



\$1,500 will provide 20 Enhance Fitness classes to adults to improve their functional fitness and well-being

\$1,000 will provide education scholarships for two individuals with kidney disease



Kidney Disease Facts



More than **one million** people in Michigan have chronic kidney disease.

Diabetes and **high blood pressure** are the two leading causes of **chronic kidney disease**.

One in three children born in 2000 in the U.S. will develop **diabetes**.



Symptoms may not appear until the kidneys are actually **failing**, therefore, millions with kidney damage remain **unaware** and are not **taking the steps** to protect the health of their kidneys.



National
Kidney
Foundation® of
Michigan

Visit nkfm.org to find risk factors for kidney disease, how to keep your kidneys healthy, and more information.