

Kidney Sundays: A Toolkit

A Guide for Faith-Based Communities on Making the Kidney Connection



National Kidney Disease Education Program



NIDDK



Family Reunion Health Guide

Make Kidney Health a Family Reunion Affair.

NATIONAL KIDNEY DISEASE EDUCATION PROGRAM

MAKE THE **Kidney.**
Connection

Diabetes • High Blood Pressure • Kidney Disease

**Talk About Kidney Health
with Your Family
or Faith Community**

Make the Kidney Connection, and talk about kidney health:

- with your family at your next get together.
- with your faith community at Kidney Sundays.

Three things you should know:

- Kidney failure affects African Americans more than other groups.
- People with diabetes or high blood pressure are at greater risk for kidney disease.
- There are things you can do to protect your kidneys.

You don't have to be a health expert to share this important information with your family or your faith community. Use the **FREE** Family Reunion Health Guide and the Kidney Sundays Toolkit.

**Call 1-866-4 KIDNEY (1-866-454-3639)
or visit www.nkdep.nih.gov for FREE materials.**

NKDEP is an initiative of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, U.S. Department of Health & Human Services.

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