

Reducing Kidney Disease in Higher-Risk Black Adults

Two leading health organizations encourage Black Americans to check their risk for kidney disease.

March 19, 2024 By Laura Schmidt

In observance of National Kidney Month, observed annually in March, Black Health Matters (BHM) and the National Kidney Foundation (NKF) have partnered to spread awareness about kidney health equity and the impact of [kidney disease](#) on Black Americans.

“Kidney health has become a silent epidemic in our community,” said BHM president and founder Roslyn Young-Daniels in an [NKF news release](#). “We are very honored to have the opportunity to partner with the National Kidney Foundation to spread awareness about kidney health and also achieving equity by decreasing the risk factors for our community.”

About 33% of U.S. adults are at risk for kidney disease, a condition in which damaged kidneys cannot filter blood as well as they should, according to [the Centers for Disease Control and Prevention \(CDC\)](#). Chronic kidney disease is the leading cause of death in the United States and can lead to heart disease and stroke. What’s more, most of the 37 million U.S. adults estimated to have kidney disease are undiagnosed, the CDC reports.

Risk factors for kidney disease include [high blood pressure](#), [diabetes](#), [obesity](#) and [heart disease](#), all of which—due to economic, structural and social determinants of health—disproportionately affect Black Americans. Indeed, Black Americans are [more than three times as likely to experience kidney failure](#) compared with white Americans.

Diabetes is the leading cause of kidney failure, contributing to about 45% of all new cases, according to NKF. In 2018, Black Americans were [60% more likely to be diagnosed with diabetes](#) compared with non-Hispanic white adults.

To encourage adults to take control of their kidney health, NKF and BHM created an [online quiz](#) for assessing one’s risk for kidney disease. The website also offers informational resources, including a link for scheduling an appointment with a medical professional.

“We thank Black Health Matters for their support and for helping raise awareness during World Kidney Day,” said NKF CEO Kevin Longino, a kidney transplant recipient. “Health disparities

continue to impact the entire kidney patient journey. That's why NKF is championing the fight to achieve [Kidney Equity for All](#)—a commitment to making a tangible difference in the lives of all kidney patients, regardless of race, ethnicity, sexual identity, and socioeconomic status.”

To read more, click [#Kidney Disease](#). There, you'll find headlines such as “[Fruit and Vegetables Help Improve Kidney Health in Black Adults](#),” “[First WHO Report Details Devastating Impact of Hypertension and Ways to Stop It](#)” and “[Finally, There's a Race-Free Test to Check Kidney Function](#).”

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