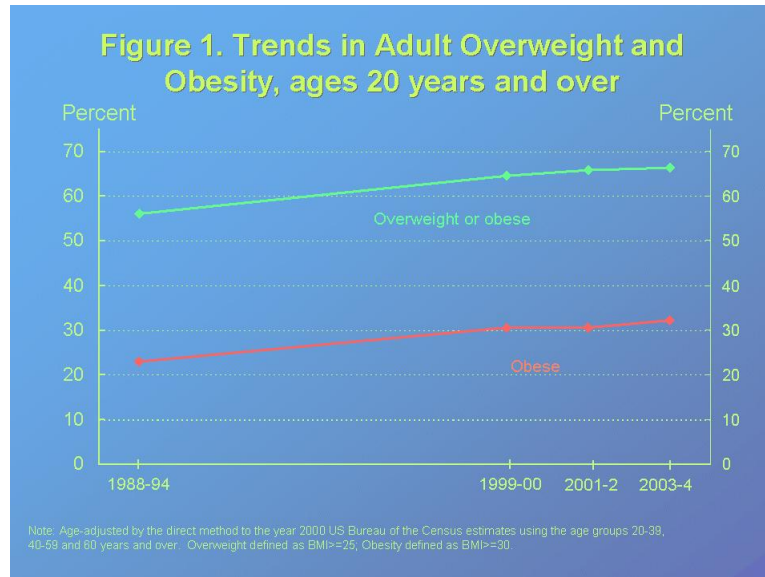




Obesity Increases the Risk of Chronic Kidney Disease

Based on the National Health and Nutrition Examination Survey for 2003-2004, an estimated 66 percent of adults (20 years and older) in the United States are overweight or obese.¹



Source: National Center for Health Statistics. *Prevalence of Overweight and Obesity Among Adults: United States, 2003-2004.*

A recent study demonstrated that obesity triples the risk of developing chronic kidney disease (CKD).² Obesity is a major risk factor in the development of hypertension³ and diabetes, which are the leading causes of CKD. Furthermore, obesity enhances the effect of cardiovascular risk factors that include:

- ◆ Hypertension,
- ◆ Type II diabetes,
- ◆ Reduced HDL cholesterol (beneficial type of cholesterol).

This demonstrates that obesity and cardiovascular disease have synergistic effects in the development of CKD. Disease management programs should be comprehensive in monitoring an individual's weight, blood pressure, glucose and cholesterol levels in order to prevent the onset of obesity and appropriately assess their risk of developing chronic kidney disease.⁴

Sources:

¹Centers for Disease Control and Prevention. *Overweight and Obesity: Frequently Asked Questions.* Accessed on June 21, 2006 from <http://www.cdc.gov/nccdphp/dnpa/obesity/faq.htm#adults>.

²Ejerblad, E. et al. (2006). *Obesity and Risk of Chronic Renal Failure.* *Journal of the American Society of Nephrology.* 17:1695-1702.

³Stengel, B. et al. (2003). *Lifestyle Factors, Obesity, and the Risk of Chronic Kidney Disease.* *Epidemiology.* 14:479-487.

⁴Chen R et al. (2006). *The Case for Disease Management in Chronic Kidney Disease.* *Disease Management* 9:86-92.

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