

Kidney Sundays: A Toolkit

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



National Institute of Diabetes and Digestive and Kidney Diseases





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Kidney Sundays: An Introduction

Thank you for your interest in the National Institute of Diabetes and Digestive and Kidney Diseases' (NIDDK) *Kidney Sundays* initiative.

Increasingly, people are turning to places of worship to get accurate, useful information about issues that uniquely affect African Americans. Kidney health is one of those issues because kidney failure affects African Americans more than other groups. African Americans, Hispanics, and American Indians are at high-risk for developing kidney failure. This risk is due in part to high rates of diabetes and high blood pressure in these communities. African Americans are almost three times as likely as Caucasians to develop kidney failure. And, while African Americans make up only about 13 percent of the population, they account for 30 percent of the people with kidney failure in the United States.

Kidney Sundays is a great opportunity to raise awareness within your faith community about the risks for kidney disease and the importance of getting tested. The *Kidney Sundays* Toolkit provides faith-based organizations with the tools and materials they need to include kidney health messages in programs and events. The materials are easy to use in a wide variety of settings with your organization. In fact, they can be used by anyone who wants to have a conversation about kidney disease with their friends, family, co-workers, or community group outside of a faith-based setting.

Help your faith-based family protect its kidney health. Help make the kidney connection.



Getting Started with *Kidney Sundays*

Making the Kidney Connection is easy. *Kidney Sundays* can be an important initiative for your congregation. The information can help members with risk factors for kidney disease to learn how to better protect their kidneys.

And you don't have to be a health expert to share this information with your congregation.

The first step is to decide to have a *Kidney Sundays* session. View the “Welcome to Kidney Sundays with Dr. Griffin Rodgers” video on the NIDDK YouTube channel (visit www.youtube.com/user/NIDDKgov and search for “Kidney Sundays”) to learn how you can make the kidney connection. NIDDK offers many tools to help African Americans learn how to maintain their kidney health—and more important, how to talk about kidney disease with your families and faith communities. You also may consider sharing the video with your congregation as you promote *Kidney Sundays* and talk about the online resources NIDDK offers.

Kidney Sundays can be tailored to meet your organization's needs and opportunities.

You have the power to encourage your loved ones to get their kidneys checked. You have the power to be better educated. And you have the power to make the kidney connection.

Conducting a *Kidney Sundays* session is easy. Planning one can be simple too. The checklist on the next pages will help you make sure you remember all of the important steps.

Make the Kidney Connection with *Kidney Sundays*

1. **Hold conversations** to talk about kidney health in a group setting.
2. **Hand out materials** that members of your congregation may take home and read on their own.
3. **Partner with a health facility or organization to host a health screening** for your congregation to test blood pressure, blood glucose levels, or body mass index.

Kidney Sundays Planning: A Checklist

6 Weeks Before the Event

- ☐ Recruit a Health Champion—the person who will conduct the *Kidney Sundays* session. You don't have to be a health expert to conduct the session.
- ☐ Talk with your faith leader about how to incorporate kidney health messaging at your place of worship.
- ☐ Visit the NIDDK website at www.niddk.nih.gov for educational materials that you can print and share with members of your congregation. You can also call 1-800-860-8747 for more information.
- ☐ Decide if you would like to have a health screening as part of your *Kidney Sundays* session. If you do, now is the time to contact your screening partner to get on their calendar (see page 8). Potential screening partners include:
 - Chi Eta Phi nursing sorority
 - National Kidney Foundation
 - Local college nursing school/program
- ☐ Begin to publicize the session for those who may most benefit from the information. Be sure to notify your health ministry, women's and men's ministries, and other groups to ensure their members attend the upcoming session.

4 Weeks Before the Event

- ☐ Finalize the day and time for your *Kidney Sundays* session—taking into account your screening partner's availability. Reserve the room(s) at your faith organization for the session.
- ☐ Print out and make copies of the NIDDK materials that you want to pass out at the session.
- ☐ Arrange for tables and chairs for the day of the event. If you are going to have health screeners, be sure there is a table for them. In addition, be sure you have a sign-in table and a table to display materials.

Getting Started with *Kidney Sundays*

Continued

2 Weeks Before the Event

- ☐ Be sure that information about the *Kidney Sundays* session is included in the Bulletin two weeks before the session. Continue to publicize the event. Be sure to announce if health screenings will take place.
- ☐ Confirm that your Health Champion can participate.
- ☐ Confirm that your screening partner has your event on the calendar. Also, make sure they have the directions to the event.
- ☐ Ensure that you have printed any NIDDK materials that you would like to use during your event to hand out at the session.

1 Week Before the Event

- ☐ Have the *Kidney Sundays* session mentioned during the Announcements and ensure the information is included in the Bulletin one week before the session. Encourage faith members to attend.
- ☐ Review the Talking Points with your Health Champion to guide your *Kidney Sundays* session.

Day of the Event

- ☐ Make sure the room is set up and chairs are arranged.
- ☐ Display the NIDDK materials on a table.
- ☐ Assist your screening partner with set up, if necessary.
- ☐ Collect names and email addresses of attendees so you can follow up with them after the event. Have a sign-in sheet at the door.
- ☐ Take photos during the event.

1 Week Following the Event

- ☐ Send attendees an email using the suggestions included in the Toolkit (see page 17) to help support them. Take extra care to follow up with those you know may have diabetes, high blood pressure, heart disease, or a family history of kidney failure.
- ☐ Display photos on faith organization's bulletin board and share with the NIDDK Facebook community (www.facebook.com/NIDDKgov).



Conducting a *Kidney Sundays* Session

Hold Conversations

Kidney Sundays sessions and conversations may be held any day of the week—immediately following weekend services or during the week. The most important thing to remember is you need to pick a day when many people can attend. If you would like to hold a conversation about kidney health, follow these steps:

- **Find *Kidney Sundays* Champions to Host a Conversation about Kidney Disease.** During a service, health ministry meeting, or faith-based committee group meeting, announce that you have the *Kidney Sundays* Toolkit and would like to recruit a health champion to host a conversation about kidney disease. The Toolkit provides all that the champion needs to host this discussion. Find a champion in your congregation and get them excited about kidney health. This will make it easier to start the conversation. And remember, this person does not have to be a health expert to lead the conversation. He or she just needs to be excited about sharing health information.



- **Hold a Conversation about Kidney Disease using the Talking Points.** Before scheduling a discussion session, review the Make the Kidney Connection Health Conversation Talking Points (see page 9) to help you lead it with ease. Below are a few tips to keep in mind as you prepare for the kidney disease discussion with your faith-based family:
- Find a comfortable setting; this could be in your place of worship before or after the service, in the administration office, bookstore, or a private room. For a group meeting, use any area large enough for a group, such as the dining hall, classroom, or day care facility at your place of worship.
 - Because many African American adults are at risk for kidney disease, you may invite a cross section of your congregation to a group *Kidney Sundays* conversation. Be sure to seek out members who you know have diabetes or high blood pressure or a family history of kidney failure. Both men and women are at risk for kidney disease, so you are encouraged to include everyone in the conversations.
 - Make your faith-based family feel comfortable. Do not force the conversation if someone is not open to discussing his or her health. Share your experiences to make them feel a little more comfortable. Offer examples of how you, or someone you know, have managed diabetes or high blood pressure. Try relating the information to topics that have been discussed at services or other meetings.

Host Other Activities

Make the most of your *Kidney Sundays* experience by adding other activities. Expanding the activities with the congregation makes a more meaningful and educational experience. These activities may take place immediately before a *Kidney Sundays* conversation, or be held by themselves.

- **Engage Local Health Experts to Conduct a Health Screening.** Look into having local nursing students or health care facilities conduct screenings for kidney disease, blood pressure, and diabetes as part of the *Kidney Sundays* experience. The screenings may be held as part of health fairs or picnics your congregation already conducts. You also may partner with other organizations on health initiatives. Be sure the screening partner has a list of health care professionals in the area to pass along to anyone who may need follow-up service. Health screening partners may include:
 - **Chi Eta Phi nursing sorority.** Chi Eta Phi is focused on community service. With chapters around the country, they may be able to provide local registered nurses to conduct screenings for your congregation. Visit www.chietaphi.com for more information.
 - **National Kidney Foundation (NKF).** Contact your local NKF office about screenings. For more information, visit www.kidney.org.
 - **Local college nursing school/program.** Contact your local university or college to see if they have a nursing program, and if the nursing program students do community outreach.

Conducting a *Kidney Sundays* Session

Continued

- **Engage Local Food Experts to Conduct Food Demonstrations.** Encourage members of your congregation to prepare a healthy meal and bring samples for a tasting with the group or recruit local dietetics students to conduct food demonstrations. This will be a treat for participants as they begin their journey to healthier eating. Visit the following websites for recipes and healthy eating ideas and information:
 - The Centers for Disease Control and Prevention's *Tasty Recipes for People with Diabetes and Their Families*. This booklet includes recipes and meal plans designed to help people with diabetes manage the disease. [https://www.cdc.gov/diabetes/pdfs/managing/Tasty Recipes for People with Diabetes-508.pdf](https://www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf)
 - The National Heart, Lung, and Blood Institute's (NHLBI) recipe resources. Recipes include dishes that were created for the NHLBI that have an American, Latino, Mediterranean, or Asian flair. www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm
 - The NHLBI's *Heart Healthy Home Cooking African American Style—With Every Heartbeat is Life*. Prepare your favorite African American dishes in ways that protect you and your family from heart disease and stroke. This cookbook provides recipes for 26 tested and tasty favorite African American dishes. Recipes include nutrient analyses that list amounts of carbohydrates and protein. The recipe book also covers tips on heart healthy food substitutions and food safety. www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf
 - The National Cancer Institute's *Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking*. The cookbook provides recipes that are low-fat, high-fiber versions of traditional African American recipes. www.cancer.gov/about-cancer/causes-prevention/risk/diet/down-home-healthy-cooking.pdf
 - For additional tips and healthy eating ideas, visit www.niddk.nih.gov/health-information/weight-management.



Make the Kidney Connection: Conversation *Talking Points*

Once you have a group of individuals interested in learning about kidney disease and its risk factors, organize a Make the Kidney Connection conversation. The conversation should only take 15 to 20 minutes and include information about how to know if they are at risk, how to get tested, and what can be done if they have kidney disease.

The group can be as small or as large as you like. The conversation should be an open exchange of information, experiences, advice, and support.

Conversation Talking Points

1. Greeting and Session Introduction
2. Talk about Kidney Disease and Risk Factors
3. Talk about Testing and Treatment
4. Talk about Protecting the Kidneys
5. Encourage Your Faith-based Family to Look for One Another
6. End the Session



1. Greeting and Session Introduction

This introduction will help you start your session and thank the participants for coming. It also will help you set the tone for the session. If you are able, show the “Welcome to *Kidney Sundays* with Dr. Griffin Rodgers” video on the NIDDK YouTube channel (visit www.youtube.com/user/NIDDKgov and search for “*Kidney Sundays*”) to the group.

Hello,

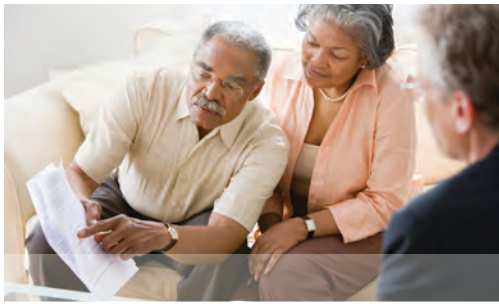
Thank you all for giving me some time today to talk with you about kidney disease and its connection to diabetes and high blood pressure. Kidney disease is a silent killer in the African American community, and it needs to be addressed. I’m happy to see that you’re taking time out of your busy schedule to talk about this important issue. During this session, we will go over the risk factors of kidney disease, testing and treatment, and discuss steps to help you protect your kidneys.

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) has provided us with information about kidney disease to help us stay informed.

Several diseases affect African-American families more than others, but there are things that we can do—and it starts with education.

Let's begin. Why should we know about kidney disease?

- African Americans are nearly three times more likely than Caucasians to develop kidney failure, which requires dialysis or a kidney transplant to live healthier longer.
- African Americans suffer to a much greater extent than other groups from two of the leading causes of kidney disease—diabetes and high blood pressure.
- Many of us have one or both of these conditions, but don't know that they put us at risk for kidney disease.
- Finally, if kidney disease is diagnosed and treated early, kidney failure can be delayed or prevented.



2. Talk about Kidney Disease and Risk Factors

- ➡ Find out what the group knows about kidney disease risk factors.

Who can name one of the two leading causes of kidney disease?

- ➡ Give participants a chance to offer responses. You are likely to get a variety of causes. But the leading causes of kidney disease are diabetes and high blood pressure. Remember, having just one of them puts a person at risk for developing kidney disease.

Diabetes and high blood pressure are the two leading causes of kidney failure. They cause the greatest percent of kidney failure cases among African Americans. Other risk factors include cardiovascular or heart disease, or a family history of kidney failure—a mother, father, sister, or brother who has had kidney failure.

If you have diabetes OR high blood pressure OR heart disease OR a family history of kidney failure, you are at risk of developing kidney disease.

You don't have to raise your hand, but think about it: How many of you are at risk for kidney disease or know a family member who is at risk?

3. Talk about Testing and Treatment

What do you do if you are at risk? Get tested.

Testing is the only way to know if you have kidney disease. Many people don't know they have kidney disease until their kidneys are just about ready to fail because there usually are no symptoms. By then, it is too late to do anything other than begin dialysis or have a kidney transplant to maintain health.

That is why testing is so important. The doctor or health care professional checks your blood and urine for signs of kidney disease.

The good news is that if kidney disease is found early, there are medicines you can take called angiotensin-converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARBs), as well as other things you can do, to slow down the progression of kidney disease. For some people, the medicines can keep the kidneys from failing.

So, if you have even ONE of the risk factors we have talked about—diabetes, high blood pressure, heart disease, or a family history of kidney failure—get tested.



4. Talk about Protecting the Kidneys

Managing your diabetes, high blood pressure, or heart disease is important for kidney health. By following your health care professional's advice—whether that means taking medicines, following a special diet, or being more physically active—you help reduce the stress on your heart and blood vessels, which can help protect your kidneys. But even if you follow the advice, it is important to have your kidneys checked for kidney disease.

Let's talk about how you can be more physically active.

➡ Now is the time to talk about the importance of healthy eating and discuss the physical activity tips listed below.

You do not have to be an athlete to benefit from regular physical activity. Even modest amounts of physical activity can improve your health. Start with small, specific goals, such as walking 10 minutes a day, 3 days a week, and build up slowly from there. Try these activities to add more movement to your daily life:

- Take the stairs instead of the elevator. Make sure the stairs are well lit.
- Get off the bus one stop early if you are in an area safe for walking.
- Park the car farther away from entrances to stores, movie theaters, or your home.

- Take a short walk around the block with family, friends, or coworkers.
- In bad weather, walk around a shopping mall.
- Rake the leaves or wash the car.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.

There also are lifestyle activities, things you do every day. These activities can really add up and increase the number of calories you burn each day. They may also boost your energy and mood by getting your blood and muscles moving. Examples of lifestyle activities include:

- Walking to your coworker's office instead of using the phone or email.
- Planning an outing, such as a family bike ride.
- Doing low-impact aerobics or water aerobics.
- Taking short breaks at work to get up, stretch, and walk.
- Playing with your children, nieces and nephews, and pets.
- Joining a walking group with friends and using the track at the local high school.

It's hard to get started, but I'm sure we can learn from each other. What are some of the ways you add physical activity into your day? Do you involve your entire family?



5. Encourage Your Faith-based Family to Look Out for One Another

➔ After you have presented the facts about kidney disease, it is time to send participants home with calls to action—things they can do to protect their kidneys. It is also time to show how your faith-based organization can continue to be involved in their health quest. Consider ending the session with the following activities to help keep in touch with individuals at risk for kidney disease.

1. **Designate a Health Leader to be a “Health Buddy.”** Designate a member of the health committee or someone who participated in the conversation to follow up with those who are at risk and encourage them to manage their diabetes and/or high blood pressure to prevent kidney failure. Each month select someone different to be the “health buddy” to check and see if members got tested and encourage others in the faith-based organization to stay healthy. Ensure your health buddies have information about local testing options. Put together a list of health care facilities in your area where people can get their kidney function tested. For more information, visit www.findahealthcenter.hrsa.gov.
2. **Create a Living Healthy Committee.** Collect the names and email addresses of the individuals who participated in the Make the Kidney Connection health conversation and ask them to participate in a Living Healthy Committee. The committee can be a sub-group of your health ministry or health committee that focuses on being active and eating healthier to help manage diabetes and high blood pressure. Each week, the group can meet at the place of worship to exercise before or after work. They also may meet for group walks on weekends. This is the perfect way to encourage each other and become a support network. Invite other members to participate!

3. Make the Connection online. Keep in touch and check in on congregation members at risk by sending short email messages. Try these:

- a. Hi faith family! Your health is important. If you have diabetes or high blood pressure, don't forget to talk with your doctor about kidney disease testing.
- b. Hi faith family! Be sure to maintain a healthy weight, be physically active, and cut back on salt. Ask me to share information. *[NOTE: For everyone who replies, send them the link to NIDDK's Chronic Kidney Disease health topic: www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd]*
- c. Hi faith family! Have you checked in on your Health Buddy this week? Make a promise to support each other and strive for healthier kidneys.
- d. Hi faith family! Don't forget to incorporate activity into your everyday life. Visit www.niddk.nih.gov/health-information/weight-management/tips-get-active/all-content to learn more.
- e. Hi faith family! Join me online and "like" the NIDDK page on Facebook (www.facebook.com/NIDDKgov).

Conversation *Talking Points*

Continued

6. End the Session

Thank everyone for their attention and for agreeing to look out for each other. Most importantly, thank them for agreeing to get tested if they are at risk for kidney disease. Distribute any additional educational materials you may have.

For more information, direct participants to the following places:

Kidney Disease: Direct them to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website (www.niddk.nih.gov/health-information/kidney-disease) or ask them to call the NIDDK Health Information Center at 1-800-860-8747. Invite participants to learn about the Family Reunion Initiative so they can talk with their loved ones about kidney disease at their reunions or other family gatherings.

Diabetes: Direct them to the NIDDK website (www.niddk.nih.gov/health-information/diabetes) or ask them to call the NIDDK Health Information Center at 1-800-860-8747. They also may contact the American Diabetes Association (www.diabetes.org) Center for Information and Community Support at 1-800-DIABETES (1-800-342-2383).

Weight and Physical Activity: Direct them to NIDDK's weight management information (www.niddk.nih.gov/health-information/weight-management) or ask them to call the NIDDK Health Information Center at 1-800-860-8747.

High Blood Pressure: Direct them to the National Heart, Lung, and Blood Institute website (www.nhlbi.nih.gov) or ask them to call the NHLBI Center for Health Information at 301-592-8573.

Send NIDDK your Feedback on the *Kidney Sundays Toolkit*

If you have feedback that you would like to share about this Toolkit, please call us at 1-800-860-8747. We'd love to hear how we can make it more useful for your faith-based community and others across the nation. Share your *Kidney Sundays* experience with the NIDDK Facebook community (www.facebook.com/NIDDKgov).



Kidney Sundays Resources

The *Kidney Sundays* initiative can be tailored to your faith organization. If you cannot hold a conversation, you can hand out some of the materials to your congregation or set up a table in the lobby of your faith organization with a display of materials. Another way to get the information out is to put an article in your organization's newsletter or email. If you hold a conversation, be sure to have materials on hand to pass out. To complement your health conversations, you can print and distribute these materials from the NIDDK website (www.niddk.nih.gov).

MATERIALS	WEB ADDRESS
Chronic Kidney Disease Overview	www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd
What is Chronic Kidney Disease?	www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/what-is-chronic-kidney-disease
Preventing Chronic Kidney Disease	www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention
Chronic Kidney Disease Tests and Diagnosis	www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/tests-diagnosis
Weight Management	www.niddk.nih.gov/health-information/weight-management
High Blood Pressure and Kidney Disease	www.niddk.nih.gov/health-information/kidney-disease/high-blood-pressure

Participants in clinical trials can play a more active role in their own health care, gain access to new research treatments before they are widely available, and help others by contributing to medical research. For more information, visit www.clinicaltrials.gov.

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. The NIDDK translates and disseminates research findings through its clearinghouses to increase knowledge and understanding about health and disease among patients, health professionals, and the public. Content produced by the NIDDK is carefully reviewed by NIDDK scientists and other experts.

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