

Are your kidneys healthy?



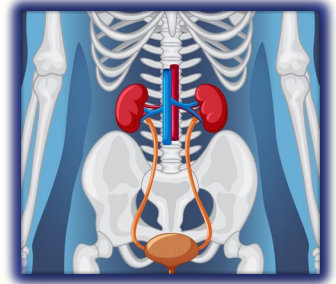
WHAT YOU DON'T KNOW, CAN HURT YOU.

Working with and empowering African
and Afro-Caribbean communities to find better ways
of identifying early onset of kidney disease



The kidneys, what is it all about?

The kidneys are two bean-shaped organs. They lie just below the rib cage, one on each side of your spine.



What do the kidneys do?

- Your kidneys make urine (pee)
- They take away waste from your blood
- They control the amount of water and salts in your body

Why should I worry about kidney disease?

Anyone can get kidney disease at any time, but it is 5X more common in people of ethnic minority heritage and socio-economically deprived communities.



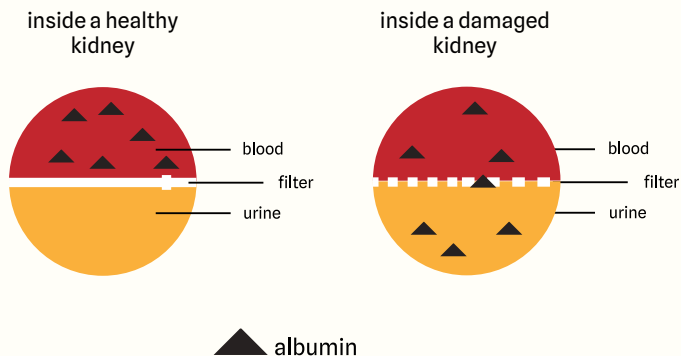
Kidney disease is also common in people with diabetes, high blood pressure or if someone else in the family is affected.



If kidney disease is found and treated early, it is possible to help slow or even stop it from getting worse. Most people with early kidney disease do not have symptoms.

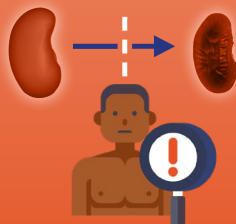
A simple test for kidney disease is a urine test to see how much albumin (a type of protein) is in your urine. Too much albumin in your urine might be an early sign of kidney damage.

The test is called ACR. ACR stands for “albumin-to-creatinine ratio.” Albumin is a type of protein. Your body needs protein. However, it should be in the blood, not the urine.



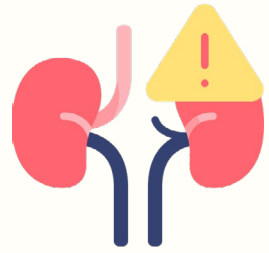
Having albumin in your urine may mean that your kidneys may be struggling to filter your blood well enough.

Measuring creatinine allows us to work out how diluted the urine is with water.



What causes kidney problems?

- Damaged blood vessels in your kidneys can stop them working properly
- This is often caused by diabetes or high blood pressure and also happens as we get older



Why does it matter?

Things that help your kidneys can reduce your risk of having a heart attack or stroke.

You can keep your kidneys healthy by controlling your blood pressure:

Exercise - Every move counts

- Take the stairs
- Walk fast not slow
- Get off one bus stop and walk to your location



Halt the salt - Go fresh

- Reduce salt a little at a time
- Do not add salt directly onto food



Stopping smoking

- Reduce SLOWLY 1-2 per day
- Ask for help:
National Helpline
on 0300 123 1044



Healthy eating



- Reduce the amount you eat (portion size)
- Don't snack between meals
- Don't eat late at night
- More information can be found Eat well - NHS (www.nhs.uk)

Controlling your blood sugar (if you have diabetes)



Taking care of my tablets

- Before you start taking any new tablets, herbal remedies, supplements, check with your GP or a Pharmacist who knows you
- Take your tablets blood pressure, diabetes and cholesterol is prescribed by a doctor or nurse
- Let your GP know if your tablets don't suit you (side effects)
- Plan ahead and never run out of your tablets



What is my kidney health number (Urine ACR)?

Are my kidneys leaking protein?	What the results means and actions for you
Find the correct range for your result and tick the relevant box below	Albumin: creatinine ratio (ACR) is the preferred test for checking for small amounts of albumin (a small protein) in the urine
<input data-bbox="227 579 294 651" type="checkbox"/>	Less than 3 mg/mmol • Normal (no protein leak). • If you have high blood pressure or diabetes, you might be still at risk of losing protein in the future. • Annual health check • See actions to keep kidney fitness
<input data-bbox="227 938 294 1010" type="checkbox"/>	3 - 30 mg/mmol • This result suggests you may have kidney disease • Please see your doctor (GP) or nurse in the next 4-6 weeks for further testing
<input data-bbox="227 1289 294 1361" type="checkbox"/>	Greater than 30.0 mg/mmol • This result suggests you are likely to have kidney disease • Please see your doctor (GP) or nurse in the next 2-3 weeks for further testing

What is my blood pressure number?

	What the results means and actions for you
Find the correct range for your result and tick the relevant box below	Systolic blood pressure: The top number represents the pressure in blood vessels when your heart beats. Diastolic blood pressure: The bottom number represents in your blood vessel when your heart is resting
☐	130/80 or below • Blood pressure is NORMAL • Recheck in one year
☐	Between 140/90 and 130/80 • Blood pressure is SLIGHTLY HIGH • Recheck in one month
☐	Between 140/90 and 180/100 • Blood pressure is HIGH • See your doctor (GP) or nurse within one week
☐	Over 180/100 • Blood pressure is VERY HIGH • See your doctor (GP) or nurse as soon as possible

		height (m)																	
		1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98		
		79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38		
150		79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8	
148		78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3	
146		77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13	
144		76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9	
142		75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4	
140		74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s	
138		72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10	
136		71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5	
134		70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1	
132		69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10	
130		68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6	
128		67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2	
126		66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12	
124		65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7	
122		64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3	
120		63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13	
118		62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8	
116		61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4	
114		60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13	
112		59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9	
110		58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5	
108		57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s	
106		56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10	
104		55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5	
102		54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1	
100		53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10	
98		51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6	
96		50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2	
94		49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11	
92		48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7	
90		47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14s 2	
88		46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12	
86		45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8	
84		44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3	
82		43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13	
80		42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8	
78		41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4	
76		40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s	
74		39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9	
72		38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5	
70		37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s	
68		36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10	
66		35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6	
64		34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1	
62		33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11	
60		32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6	
58		30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2	
56		29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11	
54		28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7	
52		27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3	
50		26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12	
48		25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7s 8	
46		24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3	
44		23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6s 13	
42		22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9	
40		21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4	
38		20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6s	
36		19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5s 9	
		4'6" ^{1/2}	4'8"	4'9" ^{1/2}	4'11"	5'1" ^{1/2}	5'2"	5'4"	5'5" ^{1/2}	5'7"	5'8" ^{1/2}	5'10"	5'11" ^{1/2}	6'1"	6'3"	6'4" ^{1/2}	6'6"		
		height (ft/in)																	

What is my body mass index (BMI)?

	What the results means and actions for you
Find the correct range for your result and tick the relevant box below	BMI stands for Body Mass Index. It gives you an idea of whether you're underweight, overweight or an ideal weight for your height. To look up your BMI, find your height at the top or bottom of the chart. Follow the column up or down until you reach your weight to get your BMI rating. This is an approximate guide
☐	Underweight • BMI less than 18.5
☐	Healthy • BMI 18.5 - 25
☐	Overweight • BMI 25 - 30
☐	Very overweight • BMI more than 30

HIDDEN-CKD Team - Who are we?

HHealth **I**nequalities in **k**idney **D**isease: **m**Meeting the urgent need to identify **E**arly disease in high-risk commu**N**ities (HIDDEN-CKD) project team has been set up work with Afro-Caribbean communities.

We are a team of NHS healthcare professionals, charity organisations and communications specialists who are committed to reducing kidney health inequalities.

We aim to develop and provide culturally relevant kidney health literacy materials with community members participation.



What we offer?

A listening ear - do get in touch with us about any concerns you may have about the kidney health of yourself, family, and community.

Local resources - training of community members as health ambassador.

Ensuring our local communities standout

We want you to be well informed about the causes of kidney disease.

This information will help to protect you and your loved ones from any long-term kidney health conditions that could significantly reduce your quality of life.

To do that, you deserve a healthcare service that understands, is embedded within and has experience caring for African and Afro-Caribbean communities.



Local site leader: | Name: **Rachel Musomba** | Email : rachel@africaadvocacy.org | Mobile/WhatsApp: **07503943719**

Additional support resources



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

African & Caribbean Eatwell Guide

Caribbean Eatwell Guide

...cultural foods and help get a better balance of healthier and what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose unsaturated oils and use in small amounts



Additional support resources



Chocolate

a healthy portion is the size of your index finger.



Berry Small

a healthy portion is the amount you could fit in a cup



Meat

a healthy portion is the size of the palm of your hand.



Potato

a healthy portion is the size of your fist.



Vegetables

a healthy portion is at least the size of your fist.



Cheese

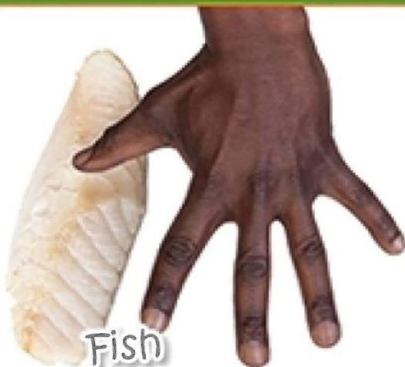
a healthy portion is about two ounces

Healthy Portion Sizes



Vegetables & Fruit

a healthy portion is at least the size of what you could hold in your two cupped hands.



Fish

a healthy portion is the size of your hand, including your fingers.



Pasta

a healthy portion is the size of your fist



Nuts

a healthy portion is the amount you can hold in a cupped palm.



Cheese

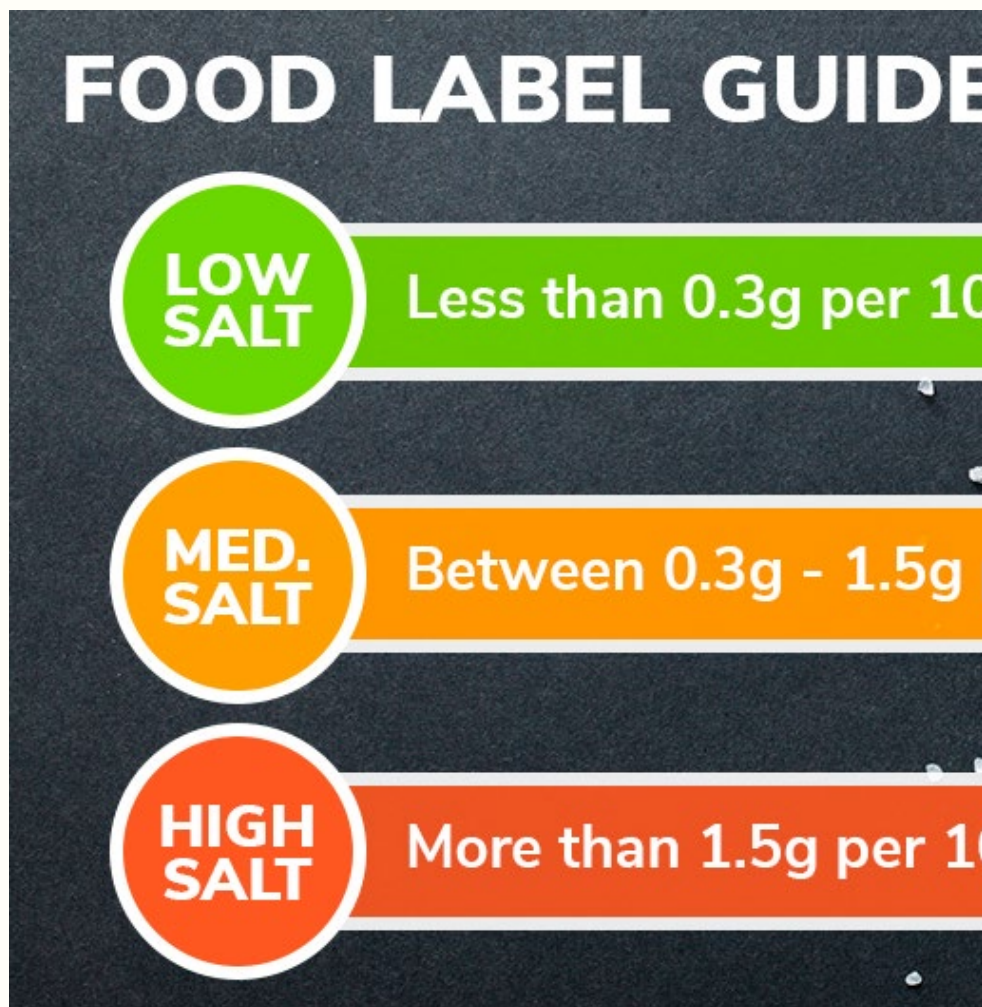
a healthy portion is about the size of two fingers

Healthy Portion Sizes

Portion sizes are increasing. We all need to make sure we are not eating too much food. Portion sizes that are too big make us heavy and unhealthy.

Healthy Nutrition Center Boston 617-267-1111
www.healthynutritioncenter.org

Widagose



Food Label Guide to Salt



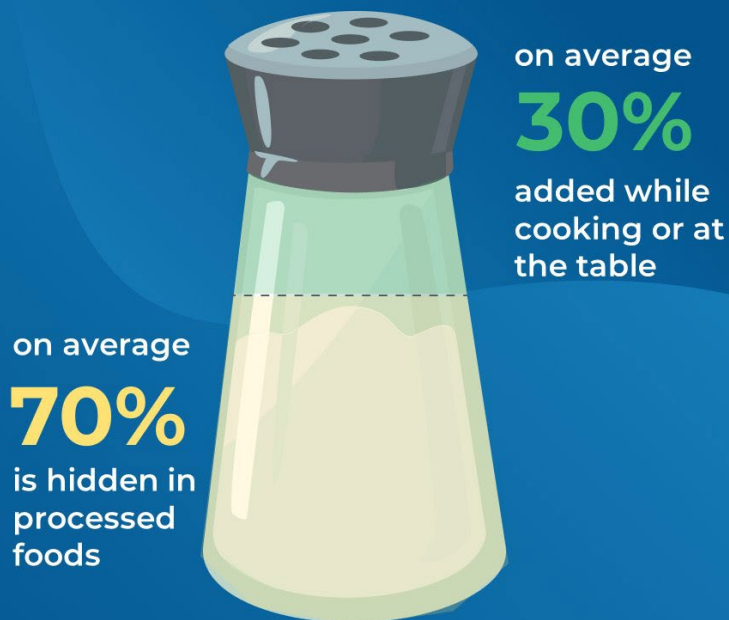
Additional support resources

Be aware of Hidden Salt



World Health
Organization
REGIONAL OFFICE FOR
Europe

Be aware of #HiddenSalt



Are you drinking enough?

Are you drinking enough?		
Colours 1-3 suggest normal urine		
1		Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day. If your urine matches 1-3, then you're hydrated.
2		
3		
Colours 4-8 suggest you need to rehydrate		
4		If your urine matches 4-8, then you're dehydrated and you need to drink more.
5		
6		If you have blood in your urine (red or dark brown), seek advice from your GP.
7		
8		Please be aware that certain foods, medications and vitamin supplements can change the colour of urine.



Kidney disease can happen to **anyone**