



National Kidney Foundation[™] of Illinois

2009 World Kidney Day

What is World Kidney Day?

On March 12, 2009, the National Kidney Foundation of Illinois in partnership with community organizations and leaders will be hosting a comprehensive screening and education program for at-risk individuals in the Waukegan/North Chicago area of Chicago in support and recognition of **World Kidney Day**. The majority of residents in both of these towns are African American and Latino and have seen an unusual increase in the incidence of diabetes. The main goal of this program will be to promote the message that uncontrolled and/or untreated diabetes and high blood pressure can lead to kidney disease and that if these diseases are detected early and treated aggressively, kidney disease can be avoided. The theme of World Kidney Day this year is “Talk To Your Doctor” which will be used to encourage community residents to have annual check ups with their primary care physicians and, if the participant is a known diabetic, they will be coached on how to ask questions about managing their disease.

Target Audience

Mainly, Latino and African American neighborhood residents in Waukegan and North Chicago and surrounding communities as well as those living with diabetes. The NKFI will be working closely with its program partners, the Lake County Health Department, Veteran’s Administration and Health Reach Clinic, to advertise and market this full day program to their diabetic population.

Learning Objectives

1. Community residents of Waukegan, North Chicago and surrounding areas will make appointments to see their physicians for an annual assessment.
2. Diabetic patients who live in Waukegan, North Chicago and surrounding areas will learn ways to better manage their disease, through medication understanding and compliance, healthy lifestyle changes and better doctor/patient communication.

Screening and Education Component

All participants will have their blood sugar and blood pressure tested. In addition, a urinalysis for micro-protein, red blood cells and white blood cells will be offered. For those who are either known diabetics or present with high blood sugar levels (fasting blood sugar > 100; non-fasting blood sugar > 139) the day of the screening, they will also have the opportunity to receive a HBA1c test as well as a blood draw to test for creatinine levels.

In addition to the screening, participants will be provided tours of the NKFI’s KidneyMobile which features museum-style exhibits on diabetes, high blood pressure, and kidney disease as well as a video featuring known diabetics/hypertensives who have both been successful in treating their disease proactively or have learned tragic life lessons and are now on dialysis. As last year, exercise

and cooking demonstrations will also be held through out the day featuring easy and low cost ways to eat healthy and get moving! The Waukegan Field House is a new fitness facility in Waukegan that caters to the community by offering discount gym memberships and free community classes. Trainers from the hosting facility will be offering fitness demos through the day and will be gearing their program around “Easy Yet Effective Ways to Get Moving” as well as “Keeping Fit in Your Golden Years”. Community health organizations involved in the care and treatment of diabetes will be offering educational sessions for participants regarding “Understanding Your Medications” and “Tips and Tricks for Living With Diabetes”.

Media and Awareness Component – In Process

The National Kidney Foundation of Illinois will be working with both the City of Waukegan and the City of North Chicago to promote this event as well as local media outlets, such as The Pioneer Press and WKRS, a local Spanish speaking radio station. The NKFI will work with media to promote our main message of “Talk To Your Doctor” and will have from our speakers’ bureau a pre-determined group of local physicians and patients who know the value and importance of early detection and treatment of diabetes and high blood pressure available to provide testimony and interviews. The following prominent community leaders will be invited to join us in promoting World Kidney Day and participate by being screened that day to lead by example.

VIP Guest List – In Formation

U.S. Representative Mark Kirk

Dr. Damon T. Arnold – Director, Illinois Department of Public Health

Leon Rockingham, Jr. – Mayor of North Chicago

Richard H. Hyde – Mayor of Waukegan

State Senator Terry Link

State Representative Eddie Washington