

Chronic Kidney Disease in Utah



2022 Fact Sheet



Among Utah adults...

- **1 in 3** Utahns are at high risk of Chronic Kidney Disease (CKD).
- CKD was the **10th** leading cause of death in Utah in 2020.

More than **60,000** or **1 in 7** Utahns have CKD.

Stages of CKD

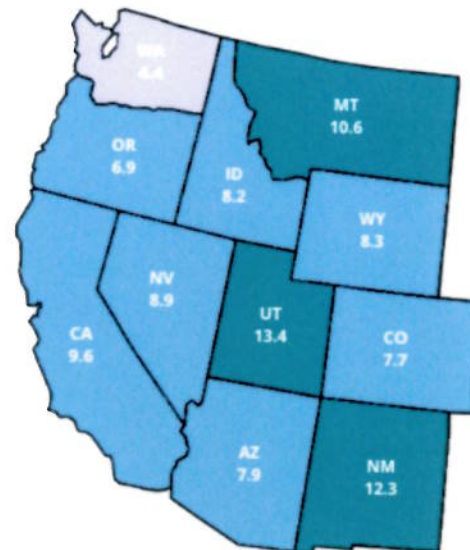
- **Stages 1 & 2** - Mild to moderate damage of the kidneys.
- **Stage 3** - Moderate damage of the kidneys.
- **Stage 4** - Moderate to severe damage and excess waste builds up in the blood.
- **Stage 5** - Severe damage and kidneys are close to failure or have stopped filtering the blood, which can cause other serious health problems.
 - **Dialysis** - Kidneys have failed and require medical equipment to filter blood. Home dialysis treatments are underutilized, but implementing these practices could help improve the patients' quality of life.

Cost of CKD

	Annual Cost/Person	% of Families Income	% of Individuals Income
Stage 3	\$16,000	21.56%	51.64%
Stage 4	\$30,000	40.43%	96.82%
Stage 5	\$70,000	94.34%	225.91%
Dialysis	\$90,323	121.73%	291.5%

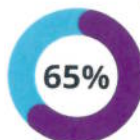
Median Household & Individual Incomes Taken From 2021 Census

Utah had the Highest CKD Mortality Rates Among Western States



2022 Age-Adjusted Rate per 100,000

Screening & Diagnosing



65% of all CKD cases are caused by diabetes and/or high blood pressure.

- **10-20%** of patients with diabetes and high-blood pressure are not screened for CKD.
- **50%** of those patients that are screened are not diagnosed and followed up with.
- Early detection and treatment can slow or prevent the progression of CKD.
- The lab results are in the electronic health records but frequently are not discussed with the patients.
- Simple blood and urine tests are needed to detect signs of CKD.
- By working with healthcare providers in Utah we can raise awareness of CKD, and its complications, promote early diagnosis and treatment of CKD, and improve outcomes.

Scan to Learn More About CKD in Utah

What is being done?

The Utah Diabetes Coalition Chronic Kidney Disease Subgroup is working to bring key partners and local health districts together to address CKD among Utahns. The group has created a short intervention resource on CKD for primary care providers across the state. To build on the work the coalition is currently addressing, a **Utah Chronic Kidney Disease Task Force** could:

- Increase preventative screenings
- Provide recommendations to kidney disease programs
- Create an outreach marketing campaign
- Hold health education workshops and seminars related to CKD prevention and treatment



Sources:

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