



March 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



## March is Chronic Kidney Disease Awareness Month!



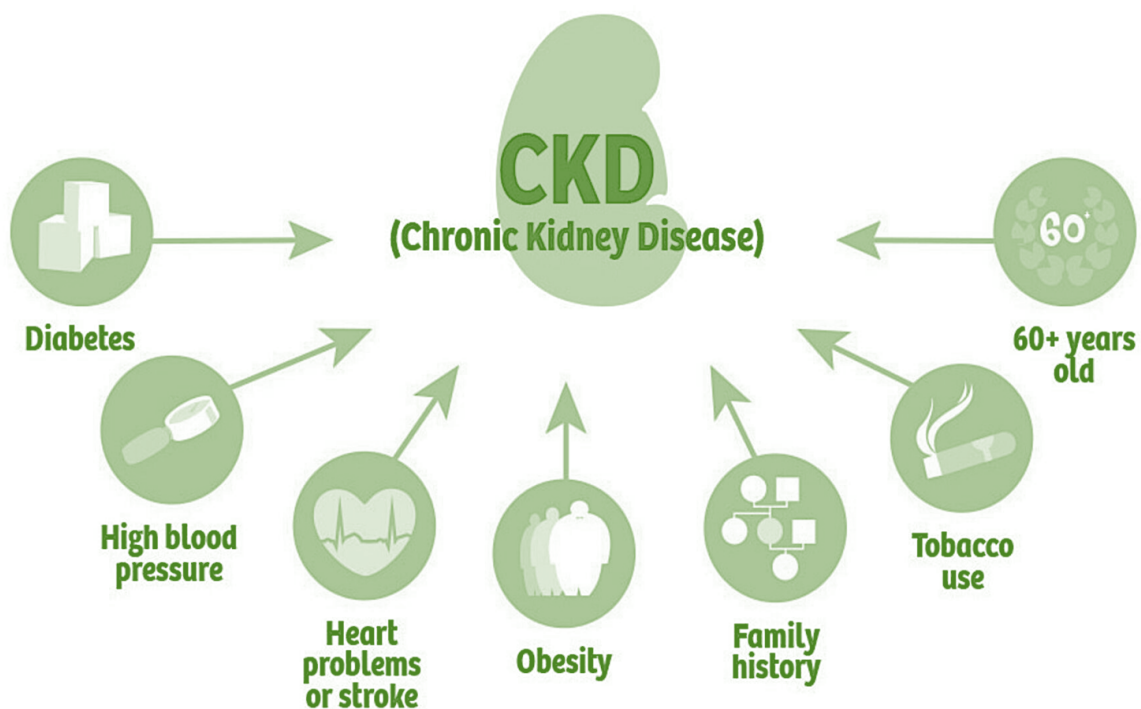
The kidneys are important organs that filter all the blood in your body. Kidneys remove toxins, waste, and extra fluid that the body no longer needs. Additionally, they help to regulate your blood pressure, help with bone health, help create red blood cells, and keep your body and blood clean and healthy!

Below is some helpful information to learn more about Chronic Kidney Disease (CKD), and ways that you can help keep your kidneys and overall body healthy.

- [What is CKD?](#)

Chronic Kidney Disease (CKD) is a condition when the kidneys can no longer filter blood and fluid normally. This causes a buildup of extra toxins and fluid in the body and can cause other health related conditions (such as heart disease, stroke, etc.)

CKD is different for everyone but can lead to kidney failure and other diseases if not treated. If the CKD becomes very serious and kidneys stop working, then a kidney transplant or dialysis is needed to keep that person alive.



- Ways to prevent CKD

Not everyone who has CKD needs a kidney transplant or dialysis; and talking to your healthcare provider can help decrease your risk of CKD.

Getting tested (through a blood/urine test) when recommended by your provider, along with a healthy lifestyle is important to decreasing your risk of CKD. Those who have diabetes, high blood pressure, heart disease, obesity, and family history of CKD are at a higher risk of developing CKD.

## PROGRESSION OF CHRONIC KIDNEY DISEASE (CKD)



- Live well with CKD

If you have CKD, then lifestyle changes can help to keep your kidneys healthy. Eating/drinking healthy, exercising, and proper use of healthcare provider prescribed medications are all ways to manage your kidneys.

To learn more about ways to live well with your CKD, visit:

<https://www.cdc.gov/kidneydisease/publications-resources/live-well-with-chronic-kidney-disease.html>



**1 in 3**

**Approximately 1 in 3 adults with diabetes (and 1 in 5 adults with high blood pressure) may have chronic kidney disease.**



**More than 1 in 7**

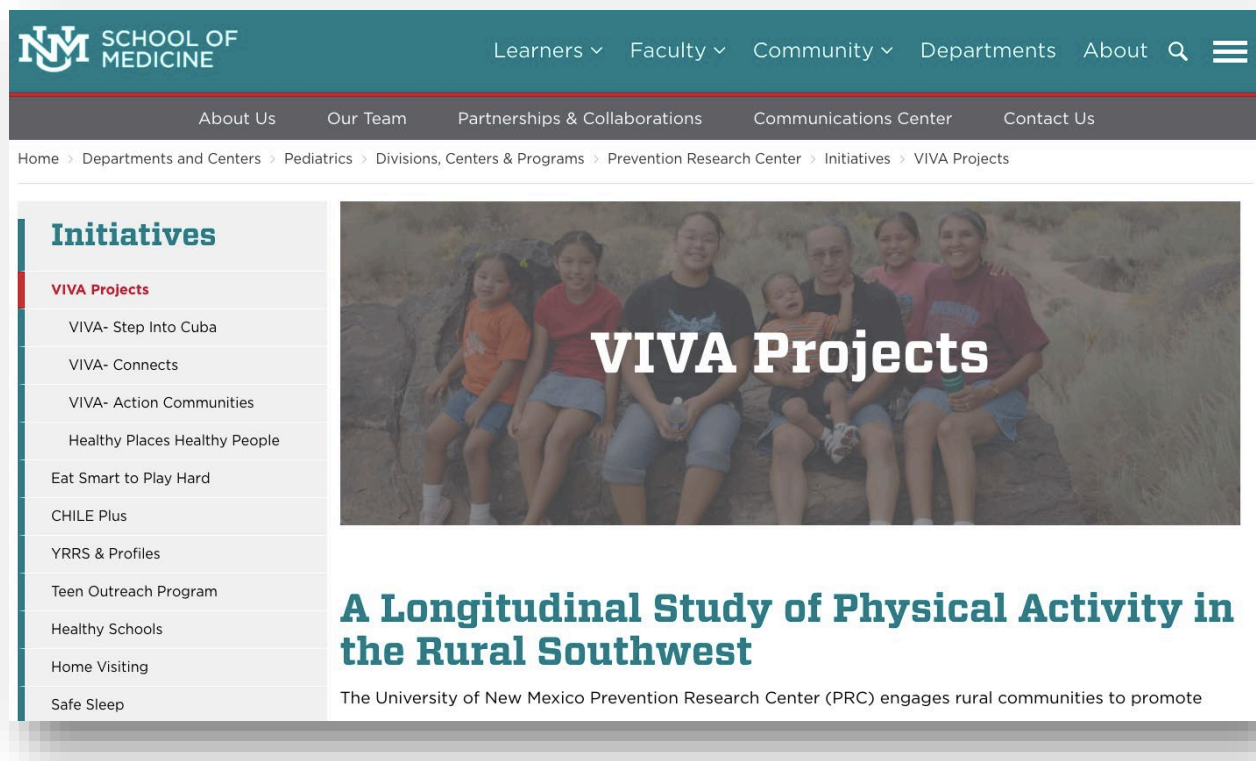
15% of US adults are estimated to have chronic kidney disease, that is about 37 million people.

# Exciting News! New VIVA Connects Webpage!

Did you know that VIVA Connects is one of many projects created to help New Mexico communities and community members?

Visit our new website and learn more about the work that VIVA Connects and the other programs do around New Mexico! On the VIVA Connects webpage you will find lots of helpful information about the work that communities do, past newsletters, toolkit information to help you complete projects, and much more!

<https://hsc.unm.edu/medicine/departments/pediatrics/divisions/pps/initiatives/viva/>



The screenshot shows the VIVA Connects webpage. At the top is the University of New Mexico School of Medicine logo and navigation links: Learners, Faculty, Community, Departments, About, and a search icon. Below this is a secondary navigation bar with links: About Us, Our Team, Partnerships & Collaborations, Communications Center, and Contact Us. A breadcrumb trail reads: Home > Departments and Centers > Pediatrics > Divisions, Centers & Programs > Prevention Research Center > Initiatives > VIVA Projects. On the left is a sidebar titled 'Initiatives' with a list of projects: VIVA Projects (highlighted), VIVA- Step Into Cuba, VIVA- Connects, VIVA- Action Communities, Healthy Places Healthy People, Eat Smart to Play Hard, CHILE Plus, YRRS & Profiles, Teen Outreach Program, Healthy Schools, Home Visiting, and Safe Sleep. The main content area features a large image of a group of people sitting outdoors with the text 'VIVA Projects' overlaid. Below the image is the title 'A Longitudinal Study of Physical Activity in the Rural Southwest' and a sub-headline: 'The University of New Mexico Prevention Research Center (PRC) engages rural communities to promote'.

*Stay safe, mask up, and get outside!*

*Sincerely,*

*The VIVA Connects Team*

Compiled by Laurel Fimbel for VIVA Connects

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