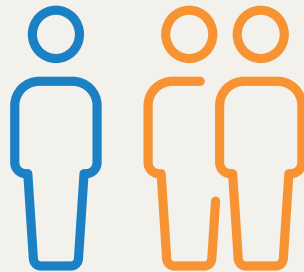


# CKD Risk Factors

Managing blood sugar and blood pressure can help keep kidneys healthy.

Diabetes and high blood pressure are the more common causes of CKD in most adults. Other risk factors include heart disease, obesity, a family history of CKD, inherited kidney disorders, past damage to the kidneys, and older age.



**1 in 3**

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

Source: Centers for Disease Control