Kidneys that function properly are critical for maintaining good health, however, more than one in seven American adults are estimated to have kidney disease and most are not aware of their condition. Untreated kidney problems can lead to kidney failure, which requires either dialysis or transplantation for survival.

Risk factors for developing kidney disease include diabetes, high blood pressure, obesity, and heart disease. Controlling blood pressure and diabetes can prevent or delay the onset of kidney disease. In addition, simple lifestyle changes, such as eating a healthy diet, exercising regularly, and maintaining a healthy weight can improve your chances of avoiding kidney problems.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.