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**Kidney Health Fest for African American families
educates the community to prevent and treat kidney disease**

Seattle, WA (March 2, 2011): Northwest Kidney Centers on Saturday, May 7, 2011, will hold its 9th annual **Kidney Health Fest for African American Families**, featuring free health screenings, entertainment and healthy food samples made by local celebrity chefs.

The free event runs from 9 a.m. to 2 p.m. at Van Asselt Elementary (formerly the African American Academy), 8311 Beacon Ave. S., in Seattle. With the theme of "*Back to Our Roots: Healthy Eating, Healthy Cooking*," this event features free health screenings and private consultations with a doctor, healthy food made by local celebrity chefs, and an educational program emceed by Angela Russell, KIRO 7 Eyewitness News anchor. The day also includes entertainment, music, exhibits, fitness demonstrations, an obstacle course and a chance to win prizes.

Co-host churches are Damascus Baptist, First AME, Goodwill Missionary Baptist, Immaculate Conception, Mt. Zion Baptist, New Beginnings Christian Fellowship, Southside Church of Christ, Tabernacle Missionary Baptist and Walker Chapel AME.

Everyone is welcome to attend the Fest!

The Fest is an opportunity to receive essential screenings for kidney disease and other health conditions, and to confer privately with a physician about the result – all on site and at no charge. Northwest Kidney Centers will provide these three simple tests to assess a participant's risk of kidney disease:

- Blood pressure check
- Test for protein in a urine sample
- Test for creatinine in a blood sample

"The Fest will help you learn how to become or stay healthy. When you get a free screening for kidney disease and focus on your health for a moment, it can empower you to make beneficial changes in your life," said Dr. Bessie Young, a Seattle kidney

specialist who has chaired the community organizing committee since the Fest began. “The Fest is also a fun opportunity to have a great time with your neighbors and kids.”

One in seven American adults has kidney disease. In the African American community, the number increases four-fold. Although African Americans make up 12 percent of the U.S. population, 35 percent of individuals with kidney failure are African American. In addition, African American men are 10 to 14 times more likely to develop kidney failure due to high blood pressure than Caucasian men in the same age group.

Participants in the **Kidney Health Fest** will learn how to improve their lives to avoid kidney disease. This includes:

- Treating high blood pressure and diabetes, two of the leading causes of kidney failure.
- Quitting smoking.
- Reducing added salt and processed, packaged and fast food.
- Eating healthy to avoid obesity, or elevated body mass index.
- Exercising at least 30 minutes a day, five days a week.
- Avoiding the overuse of pain relievers such as ibuprofen and naproxen, which can damage kidneys.

For more information about the event, visit www.nwkidney.org/fest.

About Northwest Kidney Centers: Northwest Kidney Centers keeps people in the Seattle area alive with dialysis care, educates the public about kidney health, and collaborates with UW Medicine in the Kidney Research Institute. It is one of very few community-based, nonprofit dialysis providers in the country. Founded in 1962, it was the first out-of-hospital dialysis program in the world. Its mission remains critical today. One in seven American adults now has kidney disease, up 30 percent in the last decade. Learn more at www.nwkidney.org.

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