

KIDNEY DISEASE ADVISORY COMMITTEE 2024 ANNUAL REPORT



State of Nevada

Department of Health and Human Services

Division of Public and Behavioral Health

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INTRODUCTION

In compliance with NRS 439.261, this annual report provides an update on the activities, progress, and challenges encountered while addressing race-based health disparities related to kidney disease in Nevada. This effort concentrates on improving early detection, promoting kidney transplantation, and mitigating the exacerbation of kidney diseases in racially diverse communities.

By February 1st, each year, as required, we compile this report to update the Legislative Counsel Bureau on the status and progress of grant applications and initiatives undertaken. The report summarizes past achievements and outlines the strategic directions and legislative insights necessary for ongoing progress. Through these comprehensive efforts, the Kidney Disease Advisory Committee is committed to advancing health equity and improving kidney health outcomes across the diverse communities in Nevada.

OVERVIEW OF INITIATIVES

In Nevada, chronic kidney disease (CKD) affects an estimated 4.3% of the adult population, mirroring national trends in which diabetes and hypertension are leading contributors to the prevalence of the disease. Existing state health initiatives focus on integrating CKD management within broader chronic disease programs, although challenges remain regarding rural healthcare access and public awareness. Current policies emphasize preventive care through screening and education. However, there is a need for more targeted legislative support to ensure equitable access to healthcare and improved resource allocation for CKD-specific interventions. Proposals for new initiatives include expanding community health worker programs to facilitate early detection and management, enhancing integrated health campaigns for at-risk populations, and seeking dedicated funding through partnerships to support comprehensive CKD outreach and educational efforts across the state.

GRANT APPLICATIONS AND STATUS:

The Chronic Disease Prevention and Health Promotion Section of the Bureau of Child Family and Community Wellness has adopted a focused strategy to tackle chronic kidney disease (CKD) by

seamlessly incorporating it into broader health programs. Although specific CDC funding for CKD is scarce, the Bureau has leveraged various financial resources to integrate CKD prevention and management into initiatives targeting cardiovascular health, diabetes, and smoking cessation.

Despite these financial limitations, the KDAC and Bureau remain dedicated to advancing CKD-related initiatives. Ongoing program activities continue to prioritize CKD education, prevention, and management, ensuring that these elements are interwoven into the existing health campaigns. This proactive approach not only boosts the efficacy of wider public health programs, but also underscores the significance of CKD awareness and intervention.

KDAC endorses the exploration of a wide range of funding avenues to strengthen CKD initiatives. By continuously seeking innovative financial sources and collaborations, the KDAC aims to maintain and expand its efforts to combat CKD despite the constraints on dedicated funding from conventional sources.

- **Innovative Cardio and Diabetes Grants:** The Bureau targets key risk factors associated with kidney disease by embedding CKD initiatives within cardiovascular- and diabetes-focused grants. This integrated strategy not only enhances disease prevention efforts, but also amplifies CKD awareness and management among at-risk populations.
- **National Tobacco Grants and Funds for a Healthy Nevada. Tobacco Cessation:** Recognizing the impact of smoking on kidney health, the Bureau has capitalized on tobacco-related grants to indirectly combat CKD. By reducing tobacco use, these initiatives contribute significantly to lowering the CKD progression rates, particularly in high-risk groups.
- **PHHS Block Grants:** Through Preventive Health and Health Services Block Grants, the Bureau has adopted a flexible and comprehensive approach to public health. These grants support initiatives that tackle health disparities across various chronic diseases, including CKD, by fostering community-driven programs and preventive strategies.

ESTABLISHMENT OF ADVISORY COMMITTEE

Following the guidelines set forth in NRS 439.261(2), a diverse advisory committee was formed to tackle the issue of chronic kidney disease (CKD). This group, which convenes regularly, comprises healthcare professionals, Washoe Tribe delegates, representatives from national kidney organizations, such as the National Kidney Foundation, and other essential stakeholders.

The committee's ongoing discussions have been crucial for establishing a long-term framework for CKD education and awareness. A key priority has been to ensure that services funded by grants are not only efficient but also culturally appropriate and tailored to the specific needs and values of the target communities. By harnessing the collective knowledge and perspectives of its members, the committee aims to develop strategies that maximize the effectiveness and scope of CKD initiatives and promote a more comprehensive and well-informed approach to kidney health prevention and management.

KEY ACTIVITIES AND ACCOMPLISHMENTS

Educational Outreach:

To combat kidney health disparities, stakeholders have proposed a range of educational initiatives aimed at raising awareness and encouraging preventative actions across diverse populations. These programs will be customized to address the specific linguistic and cultural characteristics of the target communities, ensuring that educational materials are both comprehensible and pertinent. The strategy involves organizing community-based workshops in familiar settings and providing complementary health screenings, with the objective of delivering immediate health insights and fostering proactive engagement with healthcare services. Additionally, the inclusion of online seminars expands accessibility, enabling individuals to participate remotely and overcome obstacles, such as transportation issues or scheduling conflicts. The KDAC initiative benefits from the ongoing backing of the National Kidney Foundation, which provides additional resources and expert guidance to enhance the content and outreach methods.

Despite considerable progress, these educational efforts remain in a state of continuous development. Participant feedback is essential for guiding real-time adjustments and enhancements to better address community needs. Ongoing challenges, such as maintaining consistent attendance and accommodating varying levels of health literacy, are being addressed through innovative approaches and community input mechanisms. The KDAC remains dedicated to refining these programs, reaffirming its commitment to delivering equitable health education and support. Future plans involve expanding the initiative's reach and improving strategies with the aim of creating a sustainable impact on kidney health outcomes through ongoing community engagement and education.

Early Detection and Intervention

A strategy for enhancing kidney health incorporates efforts to boost the early detection of renal disease through targeted health fairs and community screenings, particularly focusing on minority groups. These events are organized in partnership with local entities and conducted at easily accessible community locations to maximize participation. By offering complementary health checks for blood pressure, glucose levels, and kidney function, these programs seek to identify potential health concerns at an early stage when interventions can be most beneficial. The information collected from these screenings not only helps individuals understand their current health condition, but also contributes to broader community health strategies aimed at reducing the prevalence of kidney disease.

The integration of Community Health Workers (CHWs) is crucial in promoting wider community involvement and ensuring effective follow-up care for high-risk populations. These trained professionals act as trusted intermediaries between healthcare providers and community members, helping overcome cultural and communication barriers. CHWs play a critical role in conducting outreach, educating people about kidney health, and motivating them to participate in screening and health fairs. Additionally, they provide support with follow-up care, guide individuals through the healthcare system, assist with appointment scheduling, and promote adherence to prescribed treatments. This personalized approach not only enhances the efficacy of screening initiatives, but also cultivates a community-wide ethos of proactive health management and awareness.

CHALLENGES AND CONSIDERATIONS

The absence of dedicated funding to tackle these obstacles further impedes progress in addressing these issues. The advisory committee, recognizing the urgent need for more resources, is actively exploring innovative approaches and establishing comprehensive support networks. This involves forging strategic alliances with community groups, public health entities, and medical providers to improve access to services and to alleviate the financial strain associated with obtaining care. The committee is championing increased financial support and structural improvements to broaden outreach efforts, enhance screening initiatives, and bolster educational programs.

FUTURE DIRECTIONS AND RECOMMENDATIONS

Addressing kidney health disparities remains a key focus of continued efforts to broaden the impact of grant-funded initiatives and explore new funding avenues. We strive to enhance the reach and effectiveness of our programs by actively seeking additional financial resources, enabling the implementation of more extensive screening, educational, and interventional measures. These endeavors are vital for improving the early detection and management of kidney disease, particularly in underserved populations with limited access to healthcare resources.

Concurrently, we are enhancing our partnerships with academic institutions to collect comprehensive, evidence-based data that will inform and enhance our intervention strategies. This collaboration allows us to utilize scholarly expertise to assess program efficacy and identify tailored best practices for specific community requirements. The knowledge gained from these research partnerships guides our methodology, ensuring that our interventions are both impactful and long lasting.

To achieve sustained progress, the KDAC recommends pursuing legislative support and insights into new policies aimed at promoting health equity in kidney disease outcomes. By championing policy changes that tackle systemic obstacles and promote fair access to healthcare, the aim is to cultivate an environment where kidney health can be optimized for all individuals, regardless of their socioeconomic background. These legislative initiatives are crucial for fostering enduring, systemic changes that improve healthcare delivery and ensure equitable opportunities for health enhancement across diverse communities.

CONCLUSION

The February 1, 2025, report concludes that despite notable progress in tackling race-related health inequalities in kidney disease, persistent issues demand ongoing attention and action. The past year's diverse initiatives have established a robust groundwork for improving the early identification, education, and prevention of kidney disease across Nevada's multicultural population. These efforts have been bolstered by actively seeking funding opportunities, forging key alliances, and implementing culturally sensitive programs. Although substantial advancements have been achieved, the need for continued dedication to address these disparities remains evident.