

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE
March 19, 2015

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National Kidney Month Reminds Residents To Make Getting Healthy A Priority

TALLAHASSEE—March is National Kidney Month and the Florida Department of Health is raising awareness about kidney health by encouraging Floridians to learn about their risk and ways to reduce it. According to the National Kidney Foundation, one in three American adults are at risk for kidney disease.

“Focusing on healthy weight is critical to preventing kidney disease,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “By making small, achievable healthy choices, day in and day out, you can improve your overall wellbeing and better maintain healthy kidneys.”

Kidney disease means that the kidneys are no longer able to remove waste from the blood, which can affect other normal bodily functions. Major risk factors for developing kidney disease include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Many of these risk factors can be prevented or minimized by eating healthy, exercising regularly, eliminating alcohol and quitting smoking. Achieving and maintaining a healthy weight can also lessen the risk factors associated with other chronic illness including diabetes.

You can take the National Kidney Foundation’s Risk Quiz to find out if you may be at risk: www.kidney.org/kidneydisease/selfAssessmentQuiz. Additionally, you can attend a free KEEP Healthy Check-up Clinic or Kidney Walk hosted by the National Kidney Foundation. For information on how to participate check out <https://www.kidney.org/news>.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

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