

## Announcement

### National Kidney Month—March 2016

March is designated National Kidney Month to raise awareness about the prevention and early detection of kidney disease. Approximately 10% (20 million) of U.S. adults aged  $\geq 20$  years have chronic kidney disease (CKD), and most of them are unaware of their condition (1,2). If left untreated, CKD can lead to kidney failure, requiring dialysis or transplantation for survival.

Major risk factors for CKD include diabetes, high blood pressure, and aging (1). Furthermore, youth are being increasingly affected by diabetes (3), placing them at risk for becoming part of the adult population with CKD over time. Onset of diabetes at a young age means longer duration of diabetes in early adulthood, a powerful factor in CKD progression regardless of age, sex, or type of diabetes (4). Currently, a method of preventing type 1 diabetes is unknown. Therefore, prevention of type 2 diabetes might offer the greatest benefit for stemming the onset of CKD at any age. Among persons at risk for developing type 2 diabetes, lifestyle changes to increase physical activity, improve nutrition, and lose weight have been shown to prevent or delay its onset (5).

In collaboration with partners, CDC supports and maintains the CKD Surveillance System website (<http://www.cdc.gov/ckd/surveillance>) to document and monitor over time the burden of CKD and its risk factors in the U.S. population, including children and adolescents, and to track progress in CKD prevention, detection, and management. Information is available about kidney disease prevention and control (<http://www.nkdep.nih.gov>) and about diabetes prevention and control (<http://www.cdc.gov/diabetes>).

#### References

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### Sleep Awareness Week — March 6–12, 2016

Sleep Awareness Week, the National Sleep Foundation's annual campaign to educate the public about the importance of sleep in health and safety, will be observed March 6–12, 2016. The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18–60 years sleep  $\geq 7$  hours each night to promote optimal health and well-being (1). However, 35% of U.S. adults report typically sleeping  $< 7$  hours (2). Adults who do not get enough sleep on a regular basis are more likely to suffer from chronic conditions, such as obesity, high blood pressure, diabetes, and poor mental health (1).

Developing good sleep habits, such as going to bed at the same time each night and rising at the same time each morning; ensuring that the bedroom environment is quiet, dark, relaxing, and neither too warm nor too cool; turning off or removing distracting or light-emitting electronic devices from the bedroom; and avoiding large meals, nicotine, alcohol, and caffeine before bedtime, is an important first step toward improving one's sleep. Persons who have trouble sleeping in spite of good sleep habits, are excessively sleepy during the day, or who have symptoms of sleep disorders, such as snoring, should discuss these issues with their physician. General information about sleep and sleep disorders is available from CDC (<http://www.cdc.gov/sleep>).

#### References

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2. Liu Y, Wheaton AG, Chapman DB, Cunningham TJ, Lu H, Croft JB. Prevalence of healthy sleep duration among adults—United States, 2014. *MMWR Morb Mortal Wkly Rep* 2016;65:137–41. <http://dx.doi.org/10.15585/mmwr.mm6506a1>