

DASH STUDY RESULTS

February 22, 2022



Thank you for participating!

We want to THANK YOU for participating in the DASH Diet in African Americans with Chronic Kidney Disease Focus Group Study! Your voice has been invaluable in helping us come up with ways to improve the health of patients with chronic kidney disease (CKD).

WHAT WE WANTED TO KNOW

We wanted to understand factors that make it easy or hard for African American men and women who have kidney disease to eat a diet that is rich in fruits, vegetables, whole grains, nuts, seeds, and beans, and is low in saturated fat and added sugar.

WHAT WE DID

We invited people to meet in groups and individually by phone to share their thoughts and opinions about the challenges they face to eat a healthy diet.



WHO WAS IN THE STUDY



**13 FEMALE
9 MALE**



**AVERAGE AGE: 61 YEARS OLD
RANGE: 41-73 YEARS OLD**



**CKD STAGE 3: 13
CKD STAGE 4: 9**



**DIABETES: 11
HYPERTENSION: 19
OVERWEIGHT/OBESE: 15**



WHAT WE LEARNED

- Most people reported that they had never received information from a health care professional about what a person with kidney disease should eat.
- Some people reported that having other health conditions, like diabetes or heart failure, plus kidney disease makes choosing the right diet confusing and difficult.
- Several people reported that changing their diet would be difficult because healthy food is expensive, they did not know how to cook well, they did not know how to measure serving sizes, and they would have trouble controlling their cravings for unhealthy food.



WHAT THESE RESULTS MEAN

A program designed to help African Americans with CKD eat healthy diets should:

- Inform them about which foods may be helpful or harmful for their kidneys.
- Give advice on how to select and prepare foods that are affordable and easy to find in local stores and markets.
- Provide recipes that use familiar ingredients and are easy to follow.
- Avoid “one-size-fits-all” advice because African American men and women have a wide variety of eating and cooking styles.
- Be respectful of a person’s individual tastes and preferences.



OUR NEXT STEPS

We heard your voice! We have developed a 12-week program to help African American men and women with kidney disease make healthier food choices. We plan to test the effects of this program on blood pressure and kidney health in a new research study.