CKD Survey

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Under 35 | 35-50 | 51-66 | Over 66 |
| I always sit | 22 | 37 | 47 | 57 |
| I stand and sometimes walk | 19 | 31 | 44 | 54 |
| I lift light objects and climb stairs | 14 | 31 | 41 | 51 |
| I lift heavy things and work hard | 13 | 28 | 38 | 48 |

1. Find your age group and typical activity level. The box that corresponds to both characteristics is your starting point. Write your number to the right

Total

\_\_\_\_\_\_\_\_\_\_\_

1. Find your sex and race group. The box that corresponds to both characteristics will be added or subtracted from your starting point. Write your updated total.

Total

\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | White | Hispanic | Other |
| Female | +3 | -3 | +1 |
| Male | +1 | -5 | -1 |

1. If you have been diagnosed with any given condition, add the corresponding points to your final total.

Total

\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| CVD | +10 |
| PVD | +5 |
| Hypertension | +5 |
| Anemia | +10 |
| Diabetes | +5 |

If your final total is over **55 points**, you are at risk for Chronic Kidney Disease. A doctor visit to test for CKD is recommended.