

National Kidney Foundation Highlights Kidney Disease Prevention in New Video Series

The series highlights prevention, education and risk factors for chronic kidney disease in Latinos.

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In recognition of Hispanic Heritage Month, the National Kidney Foundation (NKF) has collaborated with celebrities and Latino health professionals on a [series of educational videos](#) highlighting the risks of [chronic kidney disease](#) in Latino adults, according to [an NKF news release](#).

Kidney disease occurs when a person's kidneys begin to lose their function. Chronic kidney disease (CKD) worsens over time. Although there is no cure for CKD, steps can be taken to preserve function for as long as possible.

The [video series](#) emphasizes the importance of [early detection](#) and prevention when it comes to CKD, which affects nearly 35 million U.S. adults. Some groups are at increased risk for developing CKD; in fact, about one in three Latinos are at risk of developing CKD.

The series includes a panel offering resources available to families affected by the disease, a Q & A with a licensed dietitian about practical tips for kidney-healthy meals and a public service announcement (PSA) featuring Puerto Rican singer, composer and producer Don Omar, who recently announced that he is cancer-free following a kidney cancer diagnosis.

People with kidney disease often have no symptoms. Typically, people are unaware anything is wrong until they've lost much of their kidney function. In fact, about 90% of people in the United States don't know they have kidney disease, according to the news release.

In the PSA, Omar addresses the importance of knowing risk factors for CKD, which include diabetes, high blood pressure, obesity, heart disease and family history, all of which can be mitigated via changes in diet and exercise.

Additionally, a special Q & A session with licensed dietitian María Eugenia Rodríguez, MS, offers practical tips for making traditional Latin meals that protect kidney health. A [kidney-friendly diet might include](#) limiting protein, eating foods that reduce blood cholesterol levels and limiting sodium (salt) and potassium intake.

The “Healthy Kidneys, Happy Family” panel discussion highlights the challenges facing Latino communities regarding kidney health, including lack of health insurance, language barriers and cultural insensitivity.

[Click here](#) to watch the video series on YouTube.

To learn more, click [#Chronic Kidney Disease](#). There, you’ll find headlines such as “[Chronic Kidney Disease May Increase Risk of Cardiac Arrest in Latinos](#),” “[U.S.-Born Latinos More Vulnerable to Chronic Diseases Than Foreign-Born Peers](#)” and “[Finally, There’s a Race-Free Test to Check Kidney Function](#).”

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