

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## KIDNEY DISEASE IN TARRANT COUNTY

**KIDNEY DISEASE** also known as chronic kidney disease, refers to a partial or complete loss of kidney function (does not include kidney stones, bladder infections, or incontinence). If kidneys do not work well, toxic waste and extra fluid accumulate in the body and may lead to high blood pressure, heart disease, stroke, and early death.

Demographic	Proportion of Tarrant County adults aged 18 years and older with kidney disease, 2024*
All Adults	5%
Female	5%
Male	4%
Hispanic	@
Non-Hispanic Black	6%
Non-Hispanic White	5%
Non-Hispanic Other/Multiracial	@

@ = number too small to calculate reliable estimate

Figure 1. Prevalence of kidney disease among Tarrant County adults aged 18 years and older, 2015, 2020, and 2024\*

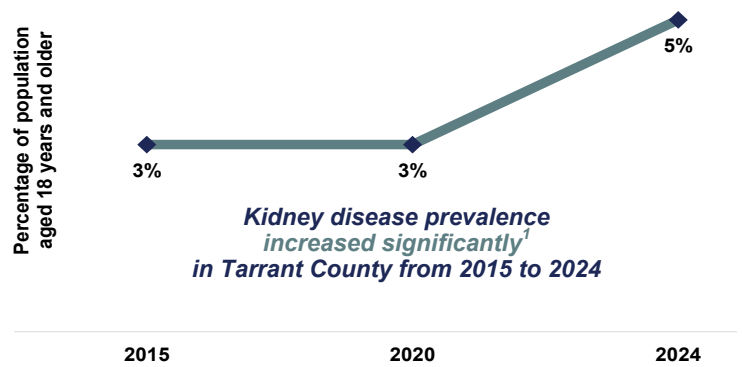


Figure 2. Kidney disease mortality rate among Tarrant County residents, 2014-2023<sup>†</sup>

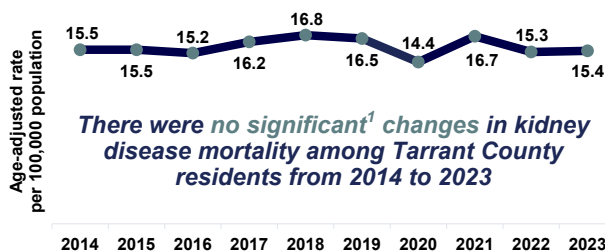


Figure 4. Kidney disease mortality rate among Tarrant County residents by selected demographics, 2023<sup>†</sup>

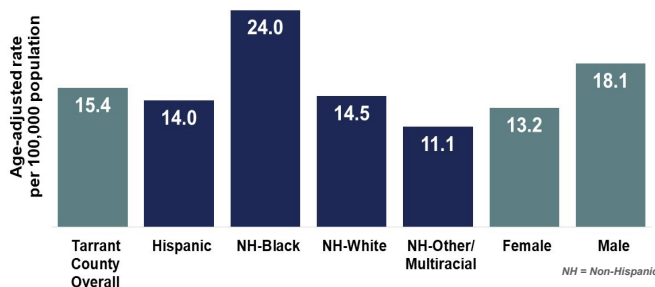
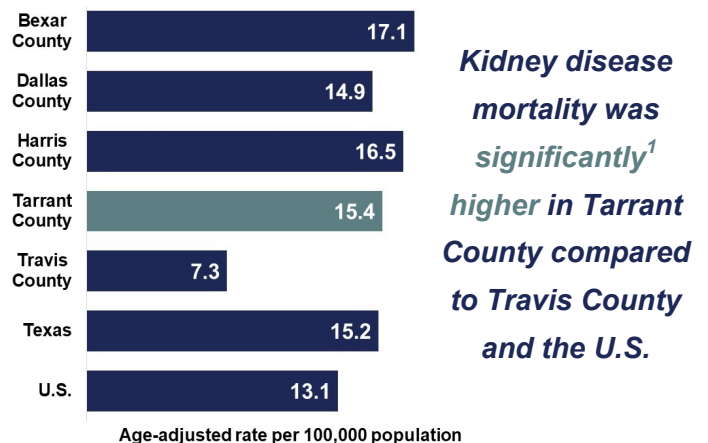


Figure 3. Kidney disease mortality rate among selected geographic areas, 2023<sup>†</sup>



*Kidney disease mortality was significantly<sup>1</sup> higher among non-Hispanic Black residents compared to non-Hispanic White and Other/Multiracial residents*

*Kidney disease mortality was higher among males than females but not significantly<sup>1</sup>*

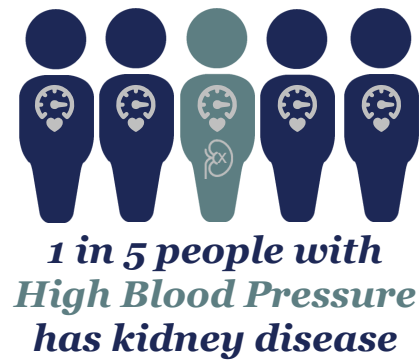
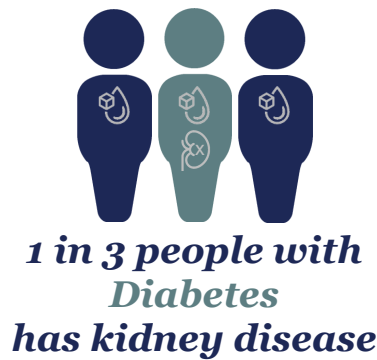
Mortality rate = Number of deaths per 100,000 population, age-adjusted to the 2000 U.S. standard population

Kidney disease mortality includes nephritis, nephrotic syndrome, and nephrosis

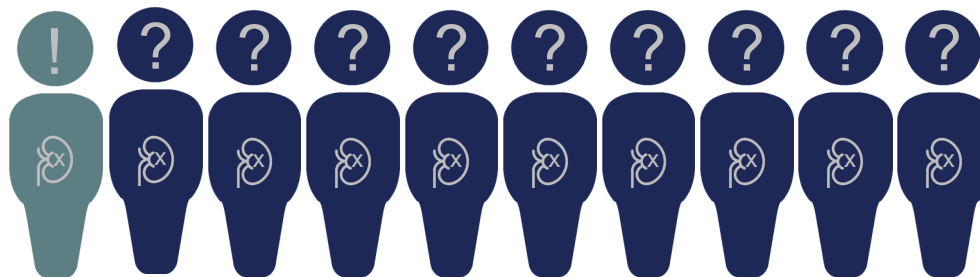
<sup>1</sup>All significant differences detected at the 95% confidence level

Data sources: \*Tarrant County Behavioral Risk Factor Surveillance System ; <sup>†</sup>Centers for Disease Control and Prevention  
Data Brief provided by: Statistical Analysis Team









*The two most common risk factors for kidney disease are Diabetes & High Blood Pressure<sup>†‡</sup>*



*As many as 9 in 10 adults who have kidney disease are not aware they have the disease<sup>‡</sup>*



**Ways to prevent or delay KIDNEY DISEASE**

-   
**Have a regular A1C test\***
-   
**Manage your Blood Pressure**
-   
**Manage your Cholesterol Levels**
-   
**Eat Fruits and Vegetables**
-   
**Be Physically Active**
-   
**Stop Smoking**
-   
**Limit Alcohol Consumption**
-   
**Maintain Healthy Weight**

**Symptoms of Kidney Disease**

- **Early Stage**  
 Early stage kidney disease does not tend to cause symptoms and is often only diagnosed when routine blood or urine tests are done for another condition
- **Late Stage**
  - Weight loss and poor appetite
  - Swollen ankles, feet, or hands (water retention)
  - Shortness of breath / Tiredness
  - Blood in urine
  - Increased need to pee (particularly at night)
  - Difficulty sleeping
  - Itchy skin
  - Muscle cramps
  - Headaches
  - Erectile dysfunction in men

**Resources and Support**

- Tarrant County Public Health:**  
**Health For Me Self-Management Classes**  
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html\]](http://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-for-me.html)
- JPS Health Network**  
[\[jpshealthnet.org/patient-tools/patient-education\]](http://jpshealthnet.org/patient-tools/patient-education)
- Texas Health and Human Services**  
[\[hhs.texas.gov/services/health/chronic-kidney-disease/kidney-health-care\]](http://hhs.texas.gov/services/health/chronic-kidney-disease/kidney-health-care)
- Centers for Disease Control and Prevention**  
[\[cdc.gov/kidney-disease/index.html\]](http://cdc.gov/kidney-disease/index.html)
- National Kidney Foundation** [\[kidney.org\]](http://kidney.org)

<sup>†</sup>Other risk factors include heart disease and a family history of kidney failure; <sup>‡</sup>U.S. estimates  
 \*Talk with your doctor about when and how often you should have a regular A1C test to measure your average blood sugar  
 Data sources: National Institute of Diabetes and Digestive and Kidney Diseases  
 Data Brief provided by: Statistical Analysis Team