



VOLUNTEERS

VIRTUAL VOLUNTEERS

Qualified individuals are trained to facilitate NKFH presentations on kidney related health subjects to health care professionals and community groups.

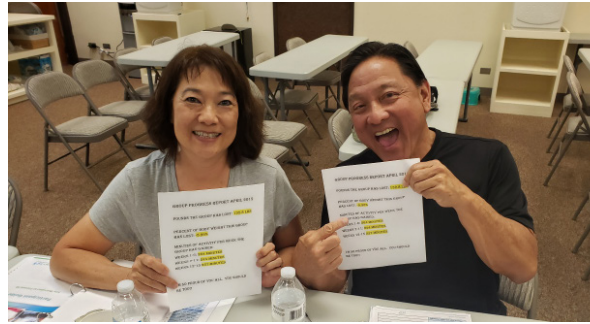
HEALTH CLINIC

NUTRITIONAL SERVICES

Build a positive relationship with food and establish healthy eating habits.

CHRONIC ILLNESS MEDICAL SERVICES & MANAGEMENT

Improve your control of chronic kidney disease, diabetes, high blood pressure, and gout.



CONTACT US

VISIT US

NATIONAL KIDNEY FOUNDATION OF HAWAII
1314 S. King St. #1555
Honolulu, HI 96814

(808) 593-1515 | programsekidneyhi.org
Visit our online Events Calendar at
kidneyhi.org/upcoming-events.

DONATE

Your donations fund Hawai'i's complimentary kidney awareness, treatment, and prevention programs. *Please consider donating today!*

I CARE ABOUT KIDNEY HEALTH

donationsekidneyhi.org | (808) 593-1515
To donate online, visit us at **kidneyhi.org**.

CLOTHING & RECYCLABLES

kidneyclothes.org | (808) 596-7575
To schedule your pick-up, please call or visit us online.

KIDNEY CARS

Big Island (808) 593-1515
Maui (808) 270-8890
Oahu (808) 930-8890



KIDNEYHI.ORG

follow us!    @kidneyhi



Awareness. Treatment. Prevention.

ADULT EDUCATION

KIDNEY101

An educational presentation on kidney disease, risk factors, and prevention for professionals and the general public.

KIDNEY CARE WORKSHOPS

A series of four interactive classes designed to help individuals at the early stages of kidney disease develop skills to prevent the further development of chronic kidney disease.

KIDNEY OPTIONS FOR PATIENT EMPOWERMENT

Learn about warning signs, various treatment options, and how one can change their lifestyle accordingly after being diagnosed.

CHOOSING TREATMENT OPTIONS

A program for newly diagnosed pre-dialysis patients that provides information on the options for treatments.



ADULT EDUCATION (cont.)

DIABETES PREVENTION PROGRAM

A one year program for pre-diabetic participants. Learn how to make nutritious meals, cope with stress, exercise with a busy schedule, and more.

DIABETES SELF-MANAGEMENT PROGRAM

A series of six classes for diabetic patients. Topics include: skin & foot care, diabetic meal planning, stress-management, and more.

BETTER CHOICES, BETTER HEALTH A six week on line workshop to learn how to take control of your health. Learn how to manage long-term health conditions like diabetes, hypertension, heart disease, arthritis and others to improve your quality of life.

KNOCK OUT GOUT

Learn to identify and manage gout symptoms and triggers, how diet can reduce gout attacks, and gain self-management skills.

EATING SMART FOR YOUR KIDNEYS

Four interactive workshops that will help in planning kidney friendly diets by learning about kidney disease, how diet effects kidneys, and lifestyle changes to manage disease progression.

YOUTH EDUCATION

SHAPING HEALTHY INDIVIDUALS FOR TOMORROW

Students learn about the importance of kidney health, transplantation, and general nutrition through interactive activities.

HEALTHY WEIGHT AND YOUR CHILD

A 12 week program to empower families (child and adult) to explore, learn, and adopt methods for a healthier lifestyle through fun and educational activities.



PATIENT SERVICES

SUPPORT GROUPS

For dialysis patients and individuals at the early stages of chronic kidney disease.

TEAM HAWAI'I

Represent Hawai'i and join organ transplant recipients, donor families, and living donors in the national Transplant Games of America, an Olympic-style athletic competition.