

## Announcements

### National Kidney Month — March 2013

March is designated National Kidney Month to raise awareness about the prevention and early detection of kidney disease. In 2011, kidney disease was the ninth leading cause of death in the United States (1). More than 10% (>20 million) of U.S. adults aged  $\geq 20$  years have chronic kidney disease (CKD), and most of them are unaware of their condition (2,3). If left untreated, CKD can lead to kidney failure, requiring dialysis or transplantation for survival (2,4).

CDC's Chronic Kidney Disease Initiative, in collaboration with partner agencies and organizations, has developed the CKD Surveillance System website (<http://www.cdc.gov/ckd/surveillance>) to document and monitor the burden of CKD and its risk factors in the United States. The website also provides the means for tracking progress toward achieving *Healthy People 2020* objectives to prevent, detect, and manage CKD and for evaluating, monitoring, and implementing quality improvement efforts by federal and nonfederal agencies.

Diabetes and high blood pressure are major risk factors for CKD, but controlling diabetes and blood pressure can prevent or delay CKD and improve health outcomes (2). Information about preventing and controlling kidney disease is available at <http://www.nkdep.nih.gov>. Information about CDC's Chronic Kidney Disease Initiative is available at <http://www.cdc.gov/ckd>.

#### References

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2. CDC. National chronic kidney disease fact sheet 2010. Atlanta, GA: US Department of Health and Human Services, CDC; 2010. Available at <http://www.cdc.gov/diabetes/pubs/factsheets/kidney.htm>. Accessed March 5, 2012.
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4. US Renal Data System. USRDS 2012 annual data report: atlas of chronic kidney disease and end-stage renal disease in the United States. Bethesda, MD: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases; 2012. Available at <http://www.usrds.org/adr.aspx>.

### National Sleep Awareness Week — March 3–10, 2013

During March 3–10, 2013, National Sleep Awareness Week will be observed in the United States. The National Sleep Foundation recommends that adults get 7–9 hours of sleep per night (1). Receiving less sleep can pose serious consequences to health and safety. In a population-based community study, those who reported an average sleep duration of  $\leq 6$  hours (6.7%) were significantly more likely to also report that they had fallen asleep while driving than were those who reported average sleep duration of 7–9 hours (2.6%) (2).

In addition to creating a risk to public safety, self-reported insufficient sleep has been associated with adverse health behaviors, such as smoking, physical inactivity, and obesity (3). The origins of insufficient sleep can, in certain cases, begin early in life and pose lasting consequences. A retrospective cohort study found that self-reported instances of neglect or abuse during childhood (i.e., adverse childhood experiences [ACEs]) were associated with frequent insufficient sleep decades after their occurrence. Specifically, the odds of frequent insufficient sleep were 2.5 times (95% confidence interval = 2.1–3.1) greater among respondents reporting five or more ACEs than among those reporting no ACEs (4). Such findings suggest the importance of sleep as a measure of both public health and safety, as well as a marker of potential household dysfunction. Additional information regarding sleep is available at <http://www.cdc.gov/sleep>.

#### References

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3. Strine TW, Chapman DP. Associations of frequent sleep insufficiency with health-related quality of life and health behaviors. *Sleep Med* 2005;6:23–7.
4. Chapman DP, Liu Y, Presley-Cantrell LR, et al. Adverse childhood experiences and frequent insufficient sleep in 5 US states, 2009: a retrospective cohort study. *BMC Public Health* 2013;13(3).