***Presentation of Multilingual Kidney Healthy Living Classes***

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**Introduction:**

An estimated 15% of U.S. adults have chronic kidney disease (CKD), yet 9 in 10 with CKD do not know they have it. Minority populations may be at an increased risk due to high rates of diabetes, hypertension, and reduced access to health care. To help address this inequity, Puget Sound Kidney Centers (PSKC) developed and introduced Multilingual Kidney Healthy Living Classes.

**Description of Project:**

Classes were created in five languages: English, Spanish, Korean, Tagalog, and Russian. Funding came from Verdant Health Commission. Each class includes a PowerPoint presentation, culturally relevant handouts, and a culturally appropriate cooking demonstration. Classes were taught by a fluent presenter. PSKC employees presented in Tagalog, Russian, and English, while our community partners taught in Korean and Spanish. In addition, animations called “What do your Kidneys Do?” were produced for each language and published on YouTube. Data collection included attendance, pre/post quiz results (English and Spanish only), and program evaluation survey (English and Spanish only). To reach a larger audience, we initially offered all classes virtually. However, we found marketing attempts to be challenging for certain classes. To adapt, we connected with local partners to present Korean, Tagalog, and Russian in person. We planned to teach all classes in 2021, however our community partner advised delaying the Russian class, which was taught during the fall of 2023.

**Outcomes:**

Attendance for each class follows: English – 14, Spanish – 12, Korean – 51, Tagalog – 45, and Russian – 15. The average quiz scores for English follow: 88% pre and 94% post. Average scores for Spanish follow: 74% pre and 89% post. For both English and Spanish classes, 100% of participants would recommend to others. This Multicultural Kidney Healthy Living project promoted kidney health to diverse and high-risk communities while strengthening community relationships. Challenges included recruiting and training chefs and presenters, marketing virtual classes, and minor technological challenges when presenting in person. Despite challenges, all program goals were met, and 100% of surveyed attendees reported they would recommend the program.

**References:**

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