

# Why Is Racial & Ethnic Diversity Important In Kidney Disease Clinical Trials?

## What Are Clinical Trials?

Clinical trials (CTs) study the safety and effectiveness of new drugs and treatments. Before any new drug is available to treat a disease, it must be studied for years.<sup>1</sup>

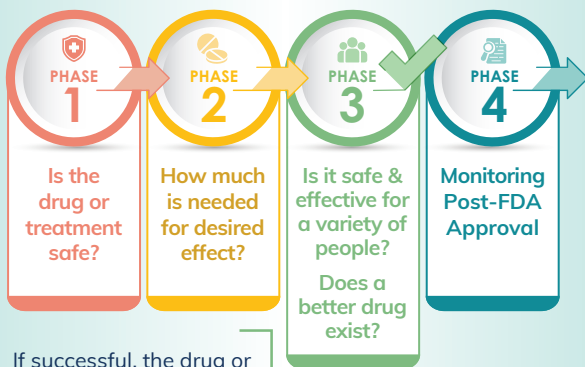


## 1/5 New Approved Drugs Affect Certain Racial/Ethnic Groups Differently

Doctors know that a person's race and ethnicity can affect how their body responds to drugs. 1 in 5 new drugs approved (during 2008-2013) affected people differently. **With this finding, drug dosages were adjusted for the different races/ethnicities.**<sup>4</sup>



## 4 Phases Of Clinical Trials Seek To Answer Questions:



If successful, the drug or treatment is submitted for FDA approval.



## Do You Know?<sup>1</sup>



> People of color are more likely to have kidney failure, but few participate in CTs.



> **Factors That Impact Medication Reactions:** Race, ethnicity, gender, age, & genetics



> Some CTs need healthy people; others need patients with a specific health condition.

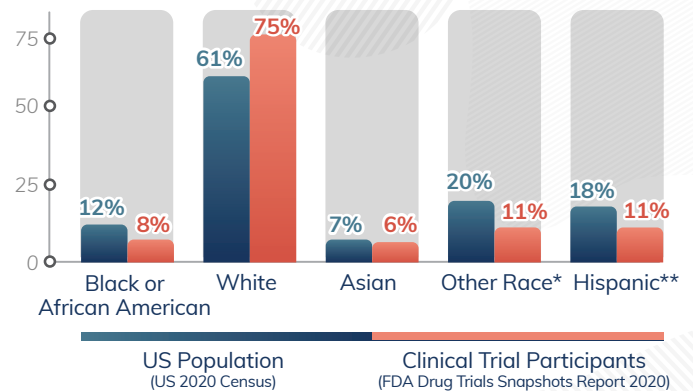


> Without diversity in CTs, doctors do not know if drugs are safe and effective for everyone.

## 1 in 10 Is Not Enough

More than one third of people with kidney failure are Black, but only 9% of CT participants are Black. Hispanic communities are nearly 1.5 times more likely to have kidney failure compared to non-Hispanics. Only 10% of CT participants are Hispanic compared to non-Hispanics at almost 70%.<sup>1</sup>

## Racial & Ethnic Representation In Clinical Trials<sup>2,3</sup>



## What Will You Do?

Share your knowledge about the importance of clinical trial diversity so you can ensure that your community and people like you are represented. If you are interested in participating in a clinical trial, talk to your healthcare team to see if there is a clinical trial that is right for you.



### References:

- <https://www.kidneyfund.org/treatments/clinical-trials/diversity-clinical-trials/> Accessed April 2022.
- <https://www.census.gov/library/stories/2021/08/improved-race-ethnicity-measures-reveal-united-states-population-much-more-multiracial.html/> Accessed March 2022.
- <https://www.fda.gov/media/145718/download/> Accessed March 2022.
- <https://doi.org/10.1002/cpt.61/> Accessed April 2022.

The information provided through NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for, medical care, advice, or professional diagnosis. Users seeking medical advice should consult with a health care professional.