

Who We Are

American Liver Foundation (ALF) was established in 1976 as the nation’s largest patient advocacy organization for people with liver disease. ALF’s mission is to promote education, advocacy, support services and research for the prevention, treatment, and cure of liver disease.

Impact of Liver Disease

More than 80-100 million Americans are affected by fatty liver disease, also known as nonalcoholic fatty liver disease (NAFLD), but most remain undiagnosed. Significant risks for NAFLD are obesity, type 2 diabetes, and high cholesterol/high triglycerides. These conditions affect large portions of our national population:

- Obesity affects 100.1 million adults and 14.7 million children
- Type 2 diabetes affects 35 million Americans
- High cholesterol affects 94 million Americans

What is Think Liver Think Life?

Think Liver Think Life is ALF’s national public health campaign. Its goal is to ensure every American understands their risk for liver disease, receives the appropriate diagnostic testing and care coordination and feels well-informed and supported throughout their liver journey.

Think Liver Think Life takes a proactive approach to improving the liver health of Americans through: education provides public health screenings, education, and resources. It also provides information about nutrition, physical activity, and diabetes prevention.

Are You At Risk for NAFLD?

To learn if you are at risk for fatty liver disease, take the quiz at thinkliverthinklife.org/liver-health-quiz.

For more information about Think Liver Think Life and to see if there are screenings or education and awareness events in your area, visit thinkliverthinklife.org.

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For questions about liver wellness and disease, or for emotional support to patients at the point of crisis and information on local resources including physician referrals, please contact our Helpline at 1-800-465-4837.

