

DIABETES IN MARYLAND

According to the Maryland Behavioral Risk Factor Surveillance System, 10.5 percent of Maryland adults have diabetes, with obesity or overweight being the most significant contributing factors (65.2 percent) to diabetes risk. Thirty-four percent, or approximately 1.6 million, of Maryland adults have prediabetes.*

*According to the Centers for Disease Control and Prevention



Risk factors for diabetes include:

- Being overweight or obese
- Age and gender (risk increases as age increases)
- Race or ethnicity
- Poor nutrition and lack of physical activity
- Tobacco use
- Prediabetes and gestational diabetes
- Social determinants such as income and education level

DIABETES ACTION PLAN

The Maryland Department of Health created a Diabetes Action Plan to reduce the burden of diabetes in Maryland. The plan recommends a multi-faceted strategy, including:

- Expanding options for nutrition and obesity prevention programs in every community
- Sharing data among health care providers, program providers and state agencies
- Supporting healthy eating at worksites, health systems and school cafeterias
- Assessing the food supply chain to address food pricing and access to healthy foods
- Increasing opportunities for students for physical activity during and after the school day
- Referring overweight children and adults to evidence-based weight and lifestyle counseling
- Engaging partners to support state-of-the-art diabetes care including the use of telemedicine, case managers and community workers

The plan is a collaborative effort with healthcare partners and community-based organizations to align efforts, resources and funding.

PUBLIC HEALTH ADMINISTRATION: CENTER FOR CHRONIC DISEASE PREVENTION AND CONTROL

The Maryland Department of Health's Public Health Administration (PHA) protects, promotes and improves the health and well-being of Marylanders through leadership and community-based public health efforts in the areas of infectious disease, maternal and child health, cancer and chronic disease and environmental health. PHA partners with local health departments, health care practitioners, community-based organizations and both public and private sector agencies to give special attention to at-risk and vulnerable populations.

GET MORE INFORMATION

For more information about Maryland's Diabetes Action Plan, including diabetes prevention and treatment resources, visit health.maryland.gov/diabetes-action-plan.

TAKING STEPS TO PREVENT AND MANAGE DIABETES

With the help of a health care professional, Marylanders have the power to both prevent and manage diabetes.

- 1. ASSESS RISK**
 Prevent the onset of prediabetes and type 2 diabetes. The first step is to determine risk. Free screening is available at doihaveprediabetes.org.
- 2. MAKE A PLAN**
 Use the **Diabetes Action Plan's recommendations** so more Marylanders can take steps to reduce prediabetes and type 2 diabetes risk.
- 3. LEARN MORE**
 Help raise awareness and reduce the prevalence of prediabetes and type 2 diabetes. Visit health.maryland.gov/diabetes-action-plan.

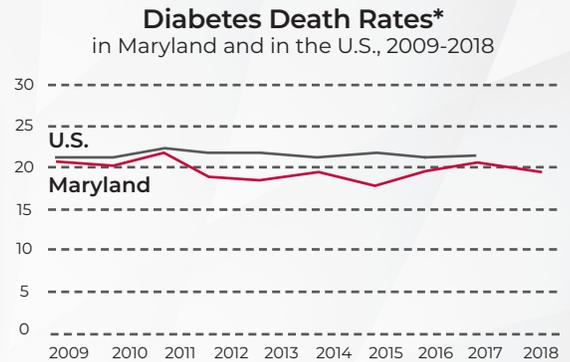
DIABETES BY THE NUMBERS

\$4.9B

Estimated annual medical costs for Maryland as the result of prediabetes and type 2 diabetes.

Source: American Diabetes Association

Diabetes is now the sixth leading cause of death in Maryland and is a risk factor for other leading causes of death in the U.S.



*Source: Maryland Vital Statistics Administration, 2017. Rates are per 100,000 population, age-adjusted to the 2000 U.S. standard population.

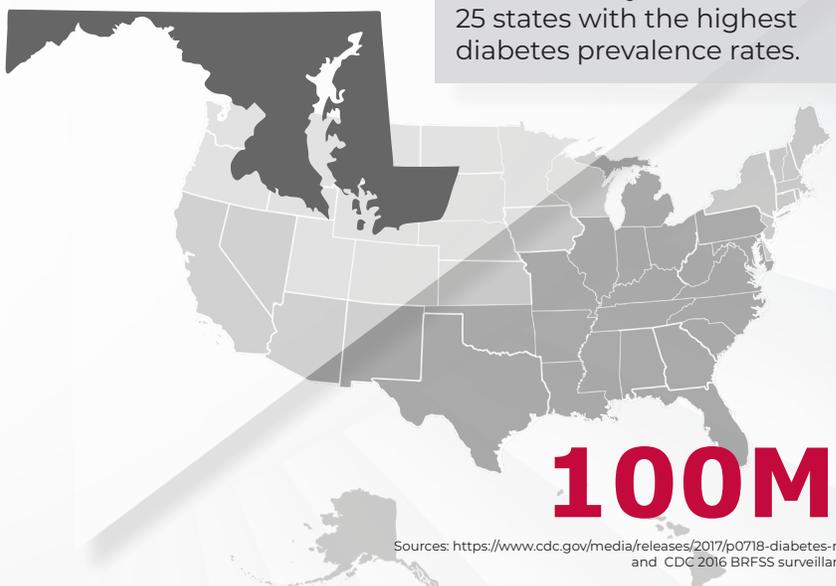
\$2B

Annual loss in Maryland economic productivity as the result of prediabetes and type 2 diabetes.

Source: American Diabetes Association

2.1M

The estimated number of adults who have diabetes or prediabetes, in Maryland and across the country. Maryland is consistently one of the 25 states with the highest diabetes prevalence rates.



1.6M

The approximate number of **adults in Maryland who have prediabetes.**



500K

The approximate number of **adults in Maryland who have diabetes.**



100M+

Sources: <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html> and CDC 2016 BRFSS surveillance reports.