

Chronic Disease Indicators: Rates by Year for Maryland

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	
Indicators														<i>Trend 2011-2023</i>
Adult Self-Reported Health Status (% reporting Excellent, Very Good or Good)	85.8	84.2	85.0	85.8	86.1	85.6	84.6**	84.1**	85.3**	88.7	86.3	85.0	83.5	---
Adult Smoking Prevalence (%)	19.2	16.2	16.3	14.7	15.1	13.7	13.8	12.5	12.7	10.9	10.1	9.6	9.1	↓
Adult Obesity Prevalence (%)	28.4*	27.6*	28.2*	29.7*	28.9*	29.9*	31.3*	30.9*	32.2*	31.0*	34.3*	33.2*	34.1*	↑
Adult Hypertension Prevalence (%)	31.9*	—	33.4*	—	33.1	34.4*	33.1*	—	34.9*	—	35.2*	—	35.8*	↑
Adult High Cholesterol Prevalence (%)	35.4**	—	37.0**	—	35.9**	—	32.5**	—	34.9**	—	37.6**	—	39.3**	↑
Adult Diabetes Prevalence (%)	9.6*	10.4*	9.8*	10.2	10.4	10.8*	10.4*	12.1*	11.1*	10.3*	11.2	12.1*	12.3*	↑
Adult Asthma Prevalence (%)	13.8	13.4	13.9	13.5*	13.9	14.0	15.1*	14.8*	14.6*	13.1*	14.5*	15.4	16.4*	↑
Exercise in Past 30 Days (%)	73.8**	77.0	74.8**	78.6**	75.9**	76.9**	74.4	77.1**	76.6**	79.0**	78.3**	78.8	77.3**	↑
Adult Fruit Intake (% reporting eating <1 time per day)	—	—	—	—	36.0	—	34.3*	—	37.2*	—	37.1	—	—	—
Adult Vegetable Intake (% reporting eating <1 time per day)	—	—	—	—	21.3*	—	18.3*	—	21.3*	—	19.2*	—	—	—
														<i>Trend 2011-2023</i>
Youth Smoking Prevalence (%)	12.5**	—	11.9**	8.7**	—	8.2	—	5.0**	—	—	3.6**	—	3.2**	↓
Youth Obesity Prevalence (%)	12.0*	—	11.0*	11.5*	—	12.6	—	12.8*	—	—	15.9*	—	15.7*	↑
														<i>Trend 2011-2023</i>
Total Age-Adjusted Mortality Rate (per 100,000)	715.8*	709.1*	710.4*	699.5*	705.7*	717.6*	718.1*	714.1*	704.7*	820.5*	805.5*	746.5*	708.5*	↓
Age-Adjusted Heart Disease Mortality (per 100,000)	171.2*	174.4*	172.7*	167.8*	169.3*	164.3*	164.5*	161.9*	159.3*	168.3*	165.2*	155.8*	149.7*	↓
Age-Adjusted Ischemic Heart Disease Mortality (per 100,000)	112.1*	110.0*	105.7	99.1	98.5	92.3	93.5	89.9*	86.8*	92.4*	89.2*	81.6	76.5	↓
Age-Adjusted Cancer Mortality (per 100,000)	166.1*	165.6*	162.9*	161.7*	155.0*	156.5*	151.5*	149.9*	144.4*	142.3*	139.2*	136.8*	137.8*	↓
Age-Adjusted Stroke Mortality (per 100,000)	37.8*	36.5*	36.1*	38*	37.8*	39.7*	40.2*	40.3*	41.8*	42.5*	47.3*	43.8*	43.4*	↑
Age-Adjusted Chronic Lower Respiratory Disease Mortality (per 100,000)	34.3**	32.3**	32.5**	29.4**	30.7**	30.5**	29.9**	31.0**	29.2**	27.7**	24.5**	24.5**	24.2**	↓
Age-Adjusted Diabetes Mortality (per 100,000)	21.2*	19.2*	19.1*	19.8*	18.3*	19.6*	20.3*	19.6*	20.5*	23.9*	23.2*	23.1*	23.0*	---

Racial Disparity:

- * Black>White (statistically significant based on 95% confidence intervals)
- ** Black<White (statistically significant based on 95% confidence intervals)
- Data not collected this year
- Green arrows indicate the prevalence is trending in the desired direction.
- Red arrows indicate the prevalence is trending in the direction not desired.
- Yellow squares indicate the prevalence trend has not changed significantly over time.

Data Sources:

Maryland Behavioral Risk Factor Surveillance System, 2011-2023.
 Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2011-2023.
 Centers for Disease Control and Prevention. CDC Wonder, Underlying Cause of Death 2011-2023.

Chronic Disease Indicators: Rates by Jurisdiction

	Maryland	Allegany	Anne Arundel	Baltimore County	Calvert	Caroline	Carroll	Cecil	Charles	Dorchester	Frederick	Garrett	Harford	Howard	Kent	Montgomery	Prince George's	Queen Anne's	St. Mary's	Somerset	Talbot	Washington	Wicomico	Worcester	Baltimore City
Indicators																									
Adult Self-Reported Health Status	85.6**	77.5	86.0	85.2	86.0	81.5	88.3	82.8	85.5	80.7	87.9	79.3	86.5	90.5	84.6	89.3	84.4	87.4**	84.8**	78.4	80.5**	83.2	81.7	84.9	80.3**
Adult Smoking Prevalence (%)	10.5	18.6	11.6	11.7	12.0	16.9	10.9	19.6	12.6**	16.1	8.2	18.2	12.2	4.3	13.1	5.2	7.9	13.8	13**	17.7	10.9	15.6	15.2	14.5	16.5*
Adult Obesity Prevalence (%)	33*	37.9	34*	33.5*	35*	40.9	31.0	39.1	42.2*	41.2	31.3*	35.5	34.8	25.1*	34*	23.9*	36.6*	30.4*	34.5*	44.9	32.5	38.4	38*	34.0	38.2*
Adult Hypertension Prevalence (%)	35.2*	43.1	33.9	36.4	36.3	37.4	32.7	40.7	40.0	42.1	31.5	39.5	36.7	31.9	45.8	29.5	36.8	41.1*	35.4	49.7*	42.6	38.9	36.7	43.7	37.8*
Adult High Cholesterol Prevalence (%)	36.5**	37.9	34.5	36.3**	35.7	36.7	34.7	37.6	35.1**	34.5**	38.0	43.7	38.4	38.9**	38.9	39.8**	35.0	33.0	36.5	44.0	35.5	34.3**	34.1	38.0	33.5
Adult Diabetes Prevalence (%)	11.4*	14.3	10.2	12.0	11.5	13.8	8.5	12.8	12.1	17.7	9.8	14.0	12.0	9.6	12.9	8.5	13.5*	10.3	13*	14.1	11*	13.1	12.6	14.2	13.6*
Adult Asthma Prevalence (%)	14.9*	18.2	14.2	15.6	15.7	17.6	13.2	14.8	14.8	17.1	13.6	14.3	16.0	13.3	15.2	12.5	14.7	13.2	14.4	18.6	15.4	15.0	16.1	15.9	19.5*
Exercise in Past 30 Days (%)	78.0**	66.8	79.0	75.4	81.3	72.1	77.6	71.5	77.1	69.0	81.8	73.0	79.1	84.3**	77**	82.8**	76.7	79.6	77.1	68.8	76.3	72.7	74.7	74.6	74.4**
Adult Fruit Intake (% reporting eating <1 time per day)	36.2*	43.7	38.7	37.7	39.1	37.2	35.2	38.3	40.6	44.6	34.9	41.5	35.1	33.2	39.6	28.9*	36.3	37.5	39.6	38.9	33.6	40.6	38.4	38.1	41.3
Adult Vegetable Intake (% reporting eating <1 time per day)	20.0*	18.2	18.6	22.5	16.1	22.1*	14.0	18.9	19.3	23.0	17.3*	13.5	16.9*	15.9	17.4	16.8*	25.6*	15.5	19.5	18.6	14.8	19.0	25.1*	19.1	23.7*
Youth Smoking Prevalence (%)	3.2**	5.4	3.5	3.2	4.3	4.7	5.6	4.7	2.9	6.2	2.9	8.3	3.3**	1.9	6.3	3.1	2.0	7.6	4.4	5.6	6.2	4.0	4.2	4.5	3.1
Youth Obesity Prevalence (%)	15.7*	18.1	13.8	27.0	13.4	20.4	12.2	17.0	17.8*	21.2	10.5*	19.6	13.5*	9.7	20.2	12.4	21.2	12.4	15.4*	25.1	14.1	17.3	21.4	15.9	22.9

Lower than statewide rate (statistically significant based on 95% confidence intervals)
 Higher than statewide rate (statistically significant based on 95% confidence intervals)

† Result potentially skewed by sample size
 Racial Disparity:
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Data Sources:

- Maryland Behavioral Risk Factor Surveillance System, 2019 - 2023
- Maryland Behavioral Risk Factor Surveillance System, 2019 - 2021.
- Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2022-2023.

Note: the county level estimates for mortality rates cannot be pulled any longer. CDC wonder no longer allows you to pull age adjusted county level estimates. We would need to start pulling crude estimates

Chronic Disease Indicators: Rank by Jurisdiction

Indicators	Jurisdiction	Allegany	Anne Arundel	Baltimore County	Calvert	Caroline	Carroll	Cecil	Charles	Dorchester	Frederick	Garrett	Harford	Howard	Kent	Montgomery	Prince George's	Queen Anne's	St. Mary's	Somerset	Talbot	Washington	Wicomico	Worcester	Baltimore City
Adult Self-Reported Health Status		24	8	10	7	18	3	16	9	19	4	22	6	1	13	2	14	5**	12**	23	20**	15	17	11	21**
Adult Smoking Prevalence		23	7	8	9	20	5	24	11**	18	4	22	10	1	13	2	3	14	12**	21	6	17	16	15	19*
Adult Obesity Prevalence		16	8*	7*	13*	21	4	20	23*	22	5*	14	12	2*	9*	1*	15*	3*	11*	24	6	19	17*	10	18*
Adult Hypertension Prevalence		21	5	8	7	12	4	17	16	19	2	15	9	3	23	1	11	18*	6	24*	20	14	10	22	13*
Adult High Cholesterol Prevalence		16	5	12**	11	14	7	15	9**	6**	17	23	19	20**	21	22**	8	1	13	24.0	10	4**	3	18	2
Adult Diabetes Prevalence		23	5	10	8	19	2	13	11	24	4	20	9	3	14	1	17*	6	15*	21	7*	16	12	22	18*
Adult Asthma Prevalence		22	6	15	16	21	3	10	11	20	5	7	18	4	13	1	9	2	8	23	14	12	19	17	24*
Exercise in Past 30 Days		23	7	14	4	20	8	21	9	22	3	18	6	1**	11**	2**	12	5	10	24	13	19	15	16	17**
Fruit Intake, <1 time per day		23	14	10	16	8	6	12	19	24	4	22	5	2	17	1*	7	9	18	15	3	20	13	11	21
Vegetable Intake, <1 time per day		11	13	20	6	19*	2	14	17	21	9*	1	8*	5	10	7*	24*	4	18	12	3	15	23*	16	22*
Youth Smoking Prevalence		17	9	7	12	15	18	16	4	20	3	24	8**	1	22	5	2	23	13	19	21	10	11	14	6
Youth Obesity Prevalence		15	8	24	6	18	3	12	14*	19	2*	16	7*	1	17	5	20	4	10*	23	9	13	21	11	22



† Result potentially skewed by sample size

Racial Disparity

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Data Sources:

Maryland Behavioral Risk Factor Surveillance System, 2019 - 2023

Maryland Behavioral Risk Factor Surveillance System, 2015 - 2021.

Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2022-2023.