

Chronic Disease Indicators: Rates by Year for Maryland

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	
Indicators																<i>Trend 2011-2020</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	■
Adult Smoking Prevalence (%)	—	—	—	—	—	19.2	16.2	16.3	14.7	15.1	13.7	13.8	12.5	12.7	10.9	▼
Adult Obesity Prevalence (%)	—	—	—	—	—	28.4*	27.6*	28.2*	29.7*	28.9*	29.9*	31.3*	30.9*	32.2*	31.0*	▲
Adult Hypertension Prevalence (%)	—	—	—	—	—	31.9*	—	33.4*	—	33.1	34.4*	33.1*	—	34.9*	—	▲
Adult High Cholesterol Prevalence (%)	—	—	—	—	—	35.4**	—	37.0**	—	35.9**	—	32.5**	—	34.9**	—	▼
Adult Diabetes Prevalence (%)	—	—	—	—	—	9.6*	10.4*	9.8*	10.2	10.4	10.8*	10.4*	12.1*	11.1*	10.3*	▲
Adult Asthma Prevalence (%)	—	—	—	—	—	13.8	13.4	13.9	13.5*	13.9	14.0	15.1*	14.8*	14.6*	13.1*	▲
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**	▲
Adult Fruit/Vegetable Intake (% reporting eating 5+/day)	—	—	—	—	—	16.6	—	17.1	—	18.5	—	—	—	—	—	—
Adult Fruit Intake (% reporting eating <1 time per day)	—	—	—	—	—	—	—	—	—	36.0	—	34.3*	—	37.2*	—	—
Adult Vegetable Intake (% reporting eating <1 time per day)	—	—	—	—	—	—	—	—	—	21.3*	—	18.3*	—	21.3*	—	—
																<i>Trend 2007-2018</i>
Youth Smoking Prevalence (%)	—	16.8	—	11.9**	—	12.5**	—	11.9**	8.7**	—	8.2	—	5.0**	—	—	▼
Youth Obesity Prevalence (%)	—	12.9*	—	12.0*	—	12.0*	—	11.0*	11.5*	—	12.6	—	12.8*	—	—	■
																<i>Trend 2006-2017</i>
Total Age-Adjusted Mortality Rate (per 100,000)	795.9*	784.0*	769.6*	750.2*	728.6*	715.8*	709.1*	710.4*	699.5*	705.7*	717.6*	718.1*	714.1*	704.7*	820.5*	▼
Age-Adjusted Heart Disease Mortality (per 100,000)	206.6*	203.0*	195.1*	190.8*	182.2*	171.2*	174.4*	172.7*	167.8*	169.3*	164.3*	164.5*	161.9*	159.3*	168.3*	▼
Age-Adjusted Ischemic Heart Disease Mortality (per 100,000)	142.4*	140.9*	133.1*	127.4*	121.2*	112.1*	110.0*	105.7	99.1	98.5	92.3	93.5	89.9*	86.8*	92.4*	▼
Age-Adjusted Cancer Mortality (per 100,000)	187.0*	180.5*	180.1*	176.7*	171.2*	166.1*	165.6*	162.9*	161.7*	155.0*	156.5*	151.5*	149.9*	144.4*	142.3*	▼
Age-Adjusted Stroke Mortality (per 100,000)	43.8*	42.9*	41.4*	39.4*	38.8*	37.8*	36.5*	36.1*	38*	37.8*	39.7*	40.2*	40.3*	41.8*	42.5*	■
Age-Adjusted Chronic Lower Respiratory Disease Mortality (per 100,000)	34.4**	35.2**	35.7**	36.3**	35.0**	34.3**	32.3**	32.5**	29.4**	30.7**	30.5**	29.9**	31.0**	29.2**	27.7**	▼
Age-Adjusted Diabetes Mortality (per 100,000)	22.4*	23.4*	21.6*	20.6*	19.9*	21.2*	19.2*	19.1*	19.8*	18.3*	19.6*	20.3*	19.6*	20.5*	23.9*	▼

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, 2011-2020.
 Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2007-2018.
 Centers for Disease Control and Prevention. CDC Wonder, Underlying Cause of Death 2006-2020.

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 (% reporting Excellent, Very Good or Good)	85.6**	78.1	86.9	84.3	86.8	80.7	88.1	84.3	86.1	80.2	87.8	82.1	85.7	91.9	86.1	88.5	84.5	88.7**	87.1**	78.8	85.2	82.8	83.7	84.8	80.2**
Adult Smoking Prevalence (%)	12.8	20.0	13.7	13.7	15.1**†	20.8	14.0	21.6	13.5**	22.7	11.8	18.6	15.9	6.2	14.8	6.7	9.3	15.5	16.0**	22.4	12.3	18.5	17.0	16.4	20.5*
Adult Obesity Prevalence (%)	31.1*	35.4	31.2*	30.9*	34.1	39.9	30.5	35.6	39.5	41.1*	28.5	32.0	30.4	23.1*	33.5*	21.9*	35.9*	27.9	34.9*	44.0	31.7*	37.6	34.6*	34.7*	36.4*
Adult Hypertension Prevalence (%)	33.5*	46.0	30.9	35.7	33.1	34.2	36.6	37.9	35.2	39.3	29.9	39.2	35.5	28.5	42.8*	26.4	34.3	36.1*	36.0	55.2	37.2	36.9	38.1	37.3*	38.5
Adult High Cholesterol Prevalence (%)	33.2**	35.0	30.5	33.5**	33.3	32.4	36.3	34.7	32.2**	32.6	33.9	37.0	36.1	36.2	41.0	33.5**	31.9**	33.5	34.5	47.0	33.7	36.7	32.4**	38.4	30.3
Adult Diabetes Prevalence (%)	11*	15.6	10.3	10.8*	11.0	13.9	9.8	10.6	10.9	18.9	9.2	12.3	11.2	8.2	12.6	8.2*	13.4	9.3	12.0*	16.1	11.5*	13.6	11.1	14.1	13.2*
Adult Asthma Prevalence (%)	14.3*	16.4	14.7	15.5*	15.6	14.1	12.3	14.1	14.9	17.9	14.4	13.1	14.5	12.4	12.4	11.3	13.7	12*	12.6	16.8	15.4	16.5	15.6	13.4	18.9*
Exercise in Past 30 Days (%)	76.9**	69.3	78.7	75.2	78.4	70.3	76.8	72.6	74.2	64.7	79.5	73.7	76.2	82.6	73.5	81.1**	75.7**	77.6	77.3	65.5	78.0**	72.2	74.7	71.4**	73.5**
Adult Fruit Intake (% reporting eating <1 time per day)	35.9*	43.6	37.1	37.7	39.1	37.3	35.1	36.5	39.3	46.2	35.3	38.4	32.7	30.4	38.0	28.3	37.2	37.4	38.7	38.6	33.0	41.9	38.7	37.4	42.5
Adult Vegetable Intake (% reporting eating <1 time per day)	20.4*	17.8	18.8	23.2	16.0	22.0*	13.1	19.5	18.4	25.5	16.9	13.2	16.8	16.6	14.5	17.0*	26.2*	15.5	20.0*	20.3	13.1	19.9	26.6	21.9	23.9*
Youth Smoking Prevalence (%)	5.0**	10.8	6.0	4.2	5.8	7.9**†	5.8	6.6	5.0**	11.7	4.8	13.7	4.9	2.7	6.8	3.7	4.0	8.1	7.3	9.7**	5.1	7.4**	6.9**	7.7**	6.0
Youth Obesity Prevalence (%)	12.8*	18.2	12.5*	13.2	11.5	16.0	9.5	12.8	14.6	20.3	9.9	18.3	11.5	7.4*	17.8	8.6	16.8	10.3	14.0	20.6	15.6	15.0	18.5	13.4*	19.5
Total Age-Adjusted Mortality Rate (per 100,000)	735.6*	927.5	726.6*	792.8*	719.4*	892.1*	788.5	918.3*	769.5	890.6*	689.7	802.9	761.2*	546.3*	775.7*	500.5*	731.7	686.4*	764.1*	932.2	642.7*	865.9	890.4*	719.0*	1055.4*
Age-Adjusted Heart Disease Mortality (per 100,000)	163.7*	217.3	157.9*	180.6	174.6	206.7	164.0	210.0	166.4	208.7*	151.4	227.7	166.2	112.8	180.5	100.4*	170.0	153.5*	162.3	295.0	143.5*	190.2	237.4	187.8*	227.8*
Age-Adjusted Ischemic Heart Disease Mortality (per 100,000)	91.0*	135.1	82.1	108.0	105.2	121.3	94.0	114.3	83.5	102.8	95.7	156.0	95.5	60.4	106.6	52.2	82.8	88.8	91.0	241.8	71.4	108.8	158.9	108.3*	121.2
Age-Adjusted Cancer Mortality (per 100,000)	148.8*	161.7	149.9*	161.8	166.4	174.5	152.1	179.6	157.3	182.7	139.3	124.7	155.8	114.3	142.6	111.3	147.0	142.5	164.1	186.5	125.0	161.2	186.6	154.6	192.3*
Age-Adjusted Stroke Mortality (per 100,000)	40.9*	47.8	49.7*	45.5*	29.1	43.0*	43.4	57.5*	30.9*	54.6	35.1	33.8	38.2*	35.2*	33.9	25.4*	45.5	32.6	33.5	45.7	27.8	41.0	67.3	45.1	54.4*
Age-Adjusted Chronic Lower Respiratory Disease Mortality (per 100,000)	29.6**	49.4	32.6**	30.9**	29.8	47.0	47.5	57.1	34.4**	41.5	33.5	45.2	38.3**	15.8**	40.8	15.2	20.1**	35.1	42.5	39.3	27.3	55.9	39.6**	29.4	34.9**
Age-Adjusted Diabetes Mortality (per 100,000)	20.8*	19.9	18.1*	19.4*	19.6*	20.0	19.8	23.7	28.8*	28.6	19.1*	30.2	18.6*	13.1*	18.2	12*	27.7*	16.6	27.6*	22.3	14.3	33.8	22.5*	18.7*	33.2*

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, 2016 - 2020.

Maryland Behavioral Risk Factor Surveillance System, 2015 - 2019.

Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2018.

Centers for Disease Control and Prevention. CDC Wonder, Underlying Cause of Death 2016-2020.

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Indicators	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	7	15	8	20	4	16	9	21	5	19	11	1	10	3	14	2**	6**	23	12	18	17	13	22**
Adult Smoking Prevalence	19	7	8	11**†	21	9	22	6**	24	4	18	13	1	10	2	3	12	14**	23	5	17	16	15	20*
Adult Obesity Prevalence	16	8*	7*	12	22	6	17	21	23*	4	10	5	2*	11*	1*	18*	3	15*	24	9*	20	13*	14*	19*
Adult Hypertension Prevalence	23	4	10	5	6	13	17	8	21	3	20	9	2	22*	1	7	12*	11	24	15	14	18	16*	19
Adult High Cholesterol Prevalence	16	2	9**	8	6	19	15	4**	7	13	21	17	18	23	10**	3**	11	14	24	12	20	5**	22	1
Adult Diabetes Prevalence	22	6	8*	10	20	5	7	9	24	3	15	12	2	16	1*	18	4	14*	23	13*	19	11	21	17*
Adult Asthma Prevalence	21	15	18*	20	12	3	11	16	23	13	8	14	4	5	1	10	2*	7	22	17	6	19	9	24*
Exercise in Past 30 Days	22	4	12	5	21	9	18	14	24	3	15	10	1	16	2**	11**	7	8	23	6**	19	13	20**	17**
Fruit Intake, <1 time per day	23	8	13	19	10	5	7	20	24	6	15	3	2	14	1	9	11	17	16	4	21	18	12	22
Vegetable Intake, <1 time per day	11	13	20	6	19*	1	14	12	22	9	3	8	7	4	10*	23*	5	16*	17	2	15	24	18	21*
Youth Smoking Prevalence	22**	11	4	9	19	10	13	7**	23	5	24	6	1	14	2	3	20	16	21**	8	17**	15**	18**	12
Youth Obesity Prevalence	19	8*	10	7	16	3	9	13	23	4	20	6	1*	18	2	17	5	12	24	15	14	21	11*	22
Total Age-Adjusted Mortality Rate	22	8*	15*	7*	20*	14	21*	12	19*	5*	16	10*	2*	13*	1*	9	4*	11*	23	3*	17	18*	6*	24*
Age-Adjusted Heart Disease Mortality	20	6*	14	12	17	8	19	10	18*	4	21	9	2	13	1*	11	5*	7	24	3*	16	23	15*	22*
Age-Adjusted Ischemic Heart Disease Mortality	21	4	15	13	20	9	18	6	12	11	22	10	2	14	1	5	7	8	24	3	17	23	16*	19
Age-Adjusted Cancer Mortality	15	9*	16	18	19	10	20	13	21	5	3	12	2	7	1	8	6	17	22	4	14	23	11	24*
Age-Adjusted Stroke Mortality	19	20*	16*	3	13*	14	23*	4*	22	9	7	11*	10*	8	1*	17	5	6	18	2	12	24	15	21*
Age-Adjusted Chronic Lower Respiratory Disease Mortality	22	8**	7**	6	20	21	24	10**	17	9	19	13**	2**	16	1	3**	12	18	14	4	23	15**	5	11**
Age-Adjusted Diabetes Mortality	13	6*	10*	11*	14	12	17	21*	20	9*	22	7*	2*	5	1*	19*	4	18*	15	3	24	16*	8*	23*



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Racial Disparity

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