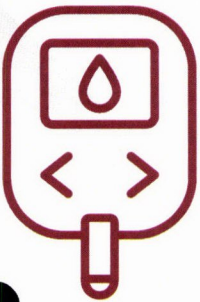


PUBLIC HEALTH ADMINISTRATION: CENTER FOR CHRONIC DISEASE PREVENTION AND CONTROL

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.

DIABETES IN MARYLAND

According to the Maryland Behavioral Risk Factor Surveillance System, 11 percent of Maryland adults have diabetes, with obesity and being overweight being the most significant contributing factors (69 percent) to diabetes risk. Thirty-four percent, or approximately 1.6 million, of Maryland adults have prediabetes.*



Determinants and risk factors for diabetes include:

- Being overweight and obese
- Age and sex
- Poor nutrition and lack of physical activity
- Tobacco use
- Gestational diabetes developed during pregnancy
- Social determinants of health including race, income and education

*According to the Centers for Disease Control and Prevention

DIABETES ACTION PLAN

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

- Expanding 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
- Referrals for overweight children and adults to evidence-based weight and lifestyle counseling
- Exploring expanded public and private insurance coverage for clinically supervised weight control

The plan is a collaborative effort with healthcare partners and community-based organizations to align efforts, resources and funding to address the diabetes crisis in Maryland.

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.



Maryland

DEPARTMENT OF HEALTH

TAKING STEPS TO PREVENT AND MANAGE DIABETES

With the help of a health care provider, 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

Doctors and patients can **use the Diabetes Action Plan's resources** to achieve and maintain a healthy weight and reduce prediabetes and type 2 diabetes risk.

3.

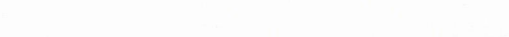
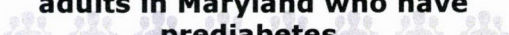
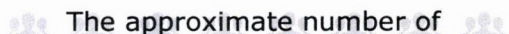
PLEDGE SUPPORT

Help raise awareness and reduce the prevalence of prediabetes and type 2 diabetes by pledging support at health.maryland.gov/diabetes-action-plan.

\$2B

Estimated annual loss in Maryland economic productivity as the result of prediabetes or type 2 diabetes.

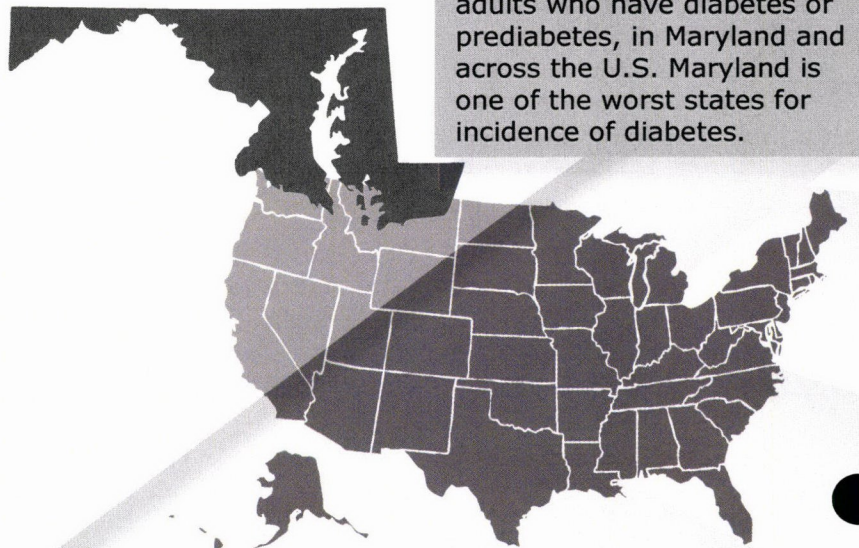
XM



1.6

million

The approximate number of adults in Maryland who have prediabetes.



XX.XM