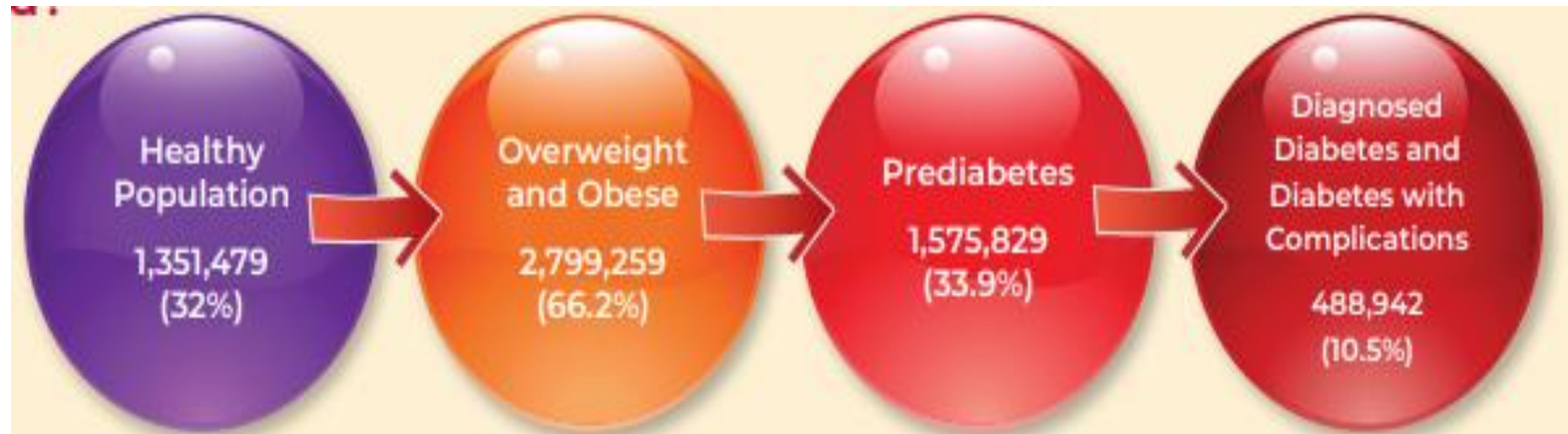


# Chronic Disease Prevention and Management Team



## Addressing the Maryland Diabetes Action Plan

# Diabetes Continuum in Maryland



# Maryland Diabetes Action Plan

## Strategy Tables and Action Steps

- Activities for Health Care Providers
- Activities for Health Systems
- **Activities for Community Groups (Faith-Based and community organizations, and local government)**
- Activities for Schools
- Activities for Employers
- Activities for Health Insurance Payers
- Activities for State Government



# Maryland Diabetes Action Plan

- Expand the implementation of healthy cooking and healthy eating education and skills building offered by evidence-based programs.
  - Hold cooking demonstrations to teach people how to cook with fresh food
- Promote the replacement of screen time with physical activity alternatives.
  - Partner with Parks and Recreation to offer free boot camps and opportunities for physical activity.
- Establish physical activity opportunities specifically for overweight/obese children and adults outside of work and school.

# Maryland Diabetes Action Plan

- Address barriers to participation in lifestyle programs (i.e. transportation, childcare, healthy food, exercise programs)
  - Purchase transportation vouchers, grocery store and farmer's market vouchers, and vouchers to local gyms
- Encourage community collaboration to implement formal walking plans.
  - Created walking maps for the community
  - Developed a walking action plan
- Offer Diabetes Prevention Program and Diabetes Self-Management Program