



HARFORD COUNTY LHIC

January 2021 Newsletter

Public Health Brief: Diabetes

Diabetes is a health condition that affects how the body turns food into energy. Most foods are broken down into glucose that gets released into our bloodstream and absorbed into our cells. The pancreas, a major organ in the body, plays a key part in diabetes because it releases insulin when blood sugar increases. When cells in the body are unable to properly absorb glucose, due to inadequate insulin production or a resistance of cells to the action of insulin, or both, then high blood glucose levels occur.

You can view the full brief [here](#).

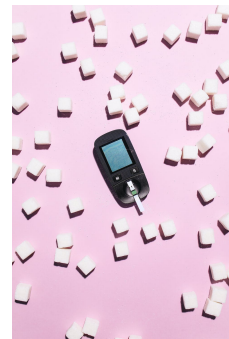


Image: Glucose meter surrounded by sugar cubes

Maryland Diabetes Action Plan

"In Maryland, over 10 percent of the adult population has diabetes. An additional 34 percent of adults are estimated to have prediabetes, a condition of high blood sugar not quite high enough to be diabetes. Diabetes is the sixth leading cause of death in Maryland, and the fifth leading cause of death for Black Marylanders in 2018. Diabetes is also a major risk factor for developing cardiovascular disease, the number one cause of death for Marylanders."

The Maryland Department of Health created a Diabetes Action Plan to reduce the burden of diabetes in Maryland. The plan is a collaborative effort between health care partners and community-based organizations to align efforts, resources and funding.

View the full plan [here](#).



Image: Diabetes Action Plan Cover Page

Living Well: Diabetes Self-Management

This free and virtual six-week program is designed for people with Type 1, Type 2, or prediabetes. Learn how to manage diabetes, increase your activity level, how certain foods affect blood sugar levels, read nutrition labels, plan balanced meals, lower stress and keep blood sugar levels in check!

Classes start January 12th and registration is required. Call HealthLink at 1-800-515-0044

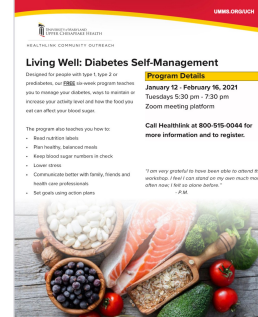


Image: Living Well: Diabetes Self-Management Flyer

Upcoming Events and Meetings

MHAAC | LHIC | OIT virtual meeting - Tuesday, January 26th, 2021 from 8:00 to 10:00am via Google Meets.

Family Health LHIC virtual meeting - Tuesday, January 12th from 8:30 to 10:00am via Google Meets.

If you would like to attend these meetings or need the Google Meets information please email Shelby Graves (Shelby.Graeves@maryland.gov)

Publications of Interest

[Telehealth Practice Among Health Centers During the COVID-19 Pandemic — United States, July 11–17, 2020](#)

Source: Morbidity and Mortality Weekly Report (MMWR)

[Diabetes in COVID-19: Prevalence, pathophysiology, prognosis and practical considerations](#)

Source: National Center for Biotechnology Information (NCBI)

[Safety and Efficacy of the BNT162b2 mRNA Covid-19 Vaccine](#)

Source: New England Journal of Medicine (NEJM)

Contact Ronya Nassar at ronya.nassar@maryland.gov with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | www.harfordcountyhealth.com

STAY CONNECTED

