MedChi
The Maryland State Medical Society

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NOVEMBER IS AMERICAN DIABETES MONTH

BALTIMORE, November 12, 2026 — In recognition of American Diabetes Month, MedChi, The Maryland State Medical Society, is raising awareness about diabetes risk factors and encouraging people to make healthy changes.

Diabetes remains a significant public health issue in Maryland. Per the Centers for Disease Control and Prevention (CDC), approximately 12.4% of adults in Maryland reported being diagnosed with diabetes in 2024. Additionally, 1.8 million adults in Maryland report having prediabetes, which puts them at an increased risk of developing type 2 diabetes.

"Diabetes is a terrible disease. Be proactive in taking care of yourself. Exercise, follow an 1800 calorie American Diabetic diet, see your physician routinely and get a continuous glucose monitor even if for a trial period. You will be amazed at the insights they provide," said Dr. James M. Williams, MedChi's 179th President. "Routine screenings, healthy lifestyle choices, and access to consistent, quality medical care can make a meaningful difference in preventing type 2 diabetes and helping patients manage the disease. We must continue working to ensure that all Marylanders have access to the resources and care they need." You do routine maintenance on your car - do the same for yourself. It is much less expensive and better for your outcomes than waiting for an emergency.

There are two main types of diabetes:

- Type 1 Diabetes is caused by the body's inability to produce insulin. It is often diagnosed in children and young adults and can be managed by regular insulin injections.
- Type 2 Diabetes is primarily caused by insulin resistance, often linked to being overweight or obese. It is more common in adults but is being seen in younger populations due to rising obesity rates.

While some risk factors for diabetes cannot be changed, people can take steps to reduce their risk of developing type 2 diabetes. Maintaining a healthy weight, engaging in regular physical activity, choosing nutritious foods, and attending routine medical appointments can help support overall health and reduce risk.

MedChi is using this month to encourage Marylanders to speak with their physicians about their diabetes risk, appropriate screening recommendations, and strategies for prevention and management. Increased awareness, early diagnosis, and continued access to comprehensive healthcare are essential to improving health outcomes and reducing the growing burden of diabetes throughout Maryland.

About MedChi
MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.