



The Maryland State Medical Society

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NOVEMBER IS AMERICAN DIABETES MONTH

BALTIMORE, November 17, 2015 — MedChi, The Maryland State Medical Society, along with Sugar Free Kids Maryland, is proud to participate in American Diabetes Month to promote diabetes prevention and control and also promote healthy living.

Sugar Free Kids Maryland is the state's leading voice in the fight against childhood obesity and teenage diabetes.

There is a growing body of research that points to sugary drinks as the prime culprit in diseases such as childhood obesity and diabetes. These drinks contribute more calories and added sugars to our diets than any other food or beverage and daily consumption is strongly linked to higher childhood obesity and type 2 diabetes rates (Institute of Medicine, 2012). People in the habit of drinking one sugar-sweetened beverage every day have an 18 percent increased risk of developing diabetes over a decade. (British Medical Journal, 2015).

The good news is that making healthy changes can greatly lower ones risk of developing diabetes. In honor of American Diabetes Month, MedChi and their affiliate Sugar Free Kids, wants to use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.
- Avoid concentrated sweets and sugary beverages such as regular soda, juice and sport drinks.
- Watch your weight by eating healthy and doing more physical activity.

Dr. Brooke Buckley, President of MedChi, states “it is important for adults to make healthy choices when it comes to diet and exercise. And while it is important for children to get enough calories and nutrients for normal growth and development, it is equally important to prevent the excessive weight that can set the stage for type 2 diabetes and other health problems.”

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.