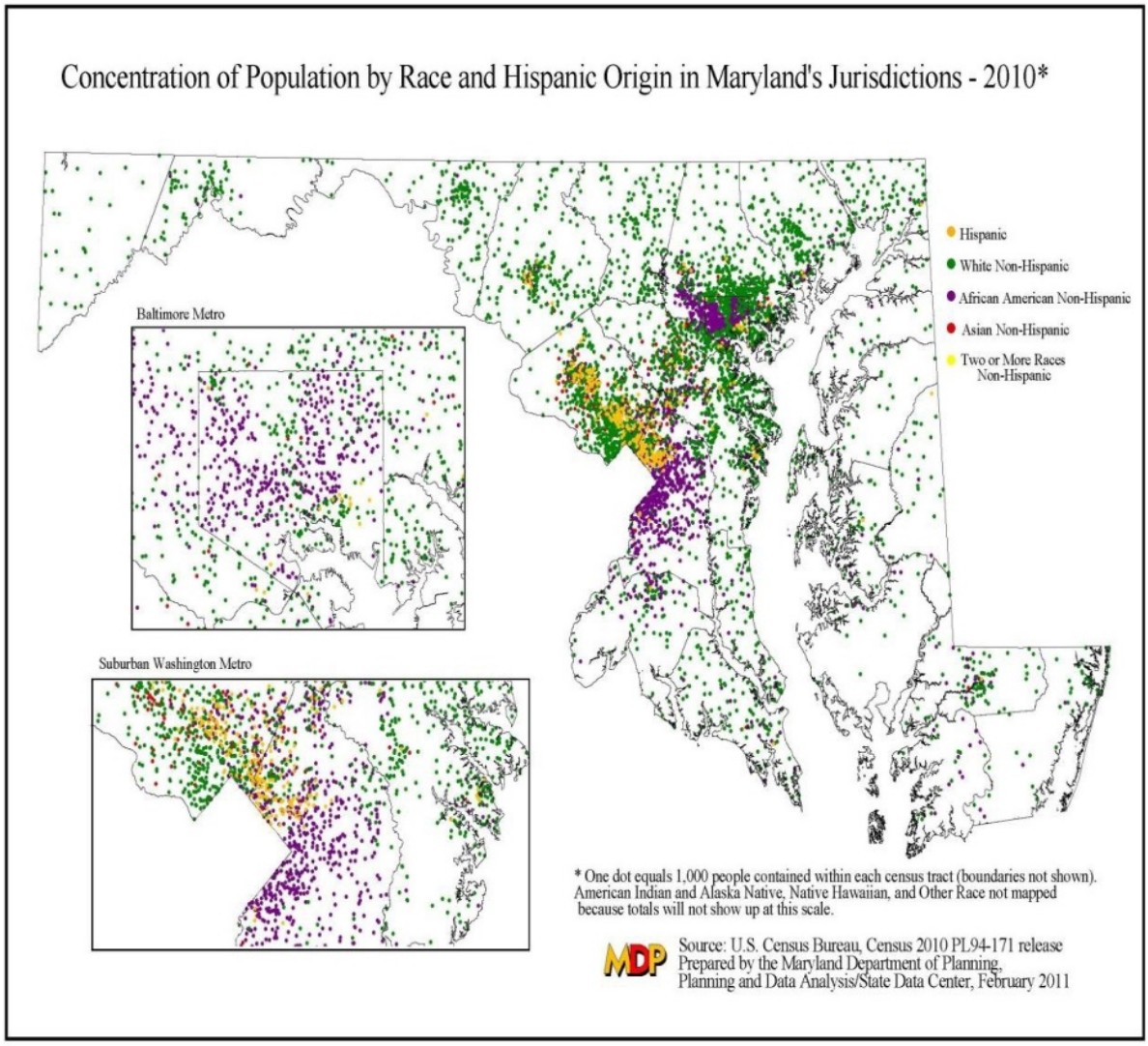
Figure 17: Concentration of Population in Maryland



Source: Maryland Department of Planning

Health Trends

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death, disability, and health care costs in Maryland. Eliminating the three risk factors of smoking, poor eating habits, and physical inactivity would prevent 80 percent of heart disease and stroke, 80 percent of Type 2 diabetes, and 40 percent of cancers.[15] In 2006, Maryland's Department of Health and Mental Hygiene developed a ten-year *Nutrition and Physical Activity Plan*. The goal of the plan is to encourage the citizens of Maryland to adopt and maintain healthy eating habits and lead physically active lifestyles to prolong the length and quality of life.

[15] Shell, Donald, Director, Cancer and Chronic Disease Bureau, Prevention and Health Promotion Administration, Maryland Dept. of Health and Mental Hygiene, Presentation "What is a Healthy Community?", Maryland Healthy Eating and Active Lifestyle Coalition Spring 2013 Meeting, May 7, 2013.