



In Favor of: Senate Bill 35 State Supplemental Nutrition Assistance Program

Monica Billger
Director, State Government Affairs
American Diabetes Association
March 22, 2024

Dear Chairman Barnes and Honorable Members of the House Appropriations Committee:

On behalf of the American Diabetes Association (ADA) and the almost half million Marylanders living with diabetes and additional 1.6 million adults with prediabetes, I am writing in **support** of **Senate Bill 35** – repealing the minimum age of household member eligibility and increasing the supplemental benefit to \$95 per month.

SNAP provides a modest level of nutritional support to individuals and families and has repeatedly been shown to be effective at reducing food insecurity. Healthy eating is essential to both diabetes prevention and treatment. A healthy diet is a key factor in preventing the onset of type 2 diabetes, even in individuals at high risk. There is strong and consistent evidence that obesity management can delay the progression from prediabetes to type 2 diabetes and is highly beneficial in treating type 2 diabetes.¹

Food insecurity is also a risk factor for diabetes incidence and complications. The risk for type 2 diabetes is increased twofold in those with severe food insecurity, and by 21% in those with mild food insecurity.² We know that one in three Marylanders face food insecurity³ – a statistic that must be addressed if we hope to curb hunger and stem the rising tide of chronic disease associated with lack of food access and/or poor nutrition.

As such ADA supports Senate Bill 35 and requests your support. We would be pleased to provide you with additional information should you have any questions. We look forward to working with your office and being a resource on matters that impact Marylanders with diabetes.

Sincerely,

A handwritten signature in black ink that reads "Monica Billger".

mbillger@diabetes.org

¹ American Diabetes Association: Standards of Medical Care in Diabetes 2024, Diabetes Care 47: Supp. 1, p S145, (January 2024).

² Seligman HK, Bindman AB, Vittinghoff E, Kanaya AM, Kushel MB. Food insecurity is associated with diabetes mellitus: results from the National Health Examination and Nutrition Examination Survey (NHANES) 1999–2002. J Gen Intern Med 2007;22:1018– 1023.

³ <https://mdfoodbank.org/hunger-in-maryland/>