



In Favor of: Senate Bill 866 with House Amendments
Disclosure and Notice to Customers of Sodium and Added Sugars

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Chair Bagnall, Vice Chair Cullison and Distinguished Members of the House Health Committee:

On behalf of the American Diabetes Association (ADA), the over half million Marylanders living with diabetes and approximately 33% of Maryland adults living with obesity, I am writing in **support of Senate Bill 866 with House (HB 1048) Amendments** – effectively requiring chain restaurants to label menus with icons depicting high-sodium and high added sugar items.

Individuals seeking to manage costly and devastating diseases like diabetes have the right to know what they are consuming. Providing awareness of menu items containing more than 50% of daily recommended allowance of added sugar, the Informed Dining Act - as amended and passed in the house through HB 1048 – supports critical consumer choice to help make the best decisions for themselves and their family.

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 also 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.

What consumers don't know, *can* hurt them. With the obesity rate for Maryland adults ages 25 and older projected to reach 61% for females and 55% for males by 2050,ⁱ it's more crucial than ever to pass smart policies that support health literacy.

As such ADA supports Senate Bill 866 with House (HB 1048) Amendments.

ⁱ Ng, M. et al. (2024). National-level and state-level prevalence of overweight and obesity among children, adolescents, and adults in the USA, 1990–2021, and forecasts up to 2050. *The Lancet*, 404(10469), 2278-2298. doi:10.1016/s0140-6736(24)01548-4