

# BUILDING A HEALTHIER MARYLAND

## STATE HEALTH IMPROVEMENT PLAN



Public Health Services Administration

Monday, September 29, 2025

### SHIP Newsletter Update

The Building a Healthier Maryland (BAHM) team will now publish the SHIP Newsletter quarterly rather than monthly. This schedule enables us to provide more in-depth updates that highlight statewide health priorities, share resources, and showcase progress being made across Maryland communities.

Stay up to date with the latest news and updates by subscribing to our newsletter [here!](#)

### Program Spotlights:

This section highlights programs and upcoming events that support the [State Health Improvement Plan](#) (SHIP) health priorities and goals. In this issue, you'll find local and statewide efforts across Maryland that address Chronic Disease and Women's Health.

## SHIP Health Priority Spotlight: Chronic Disease

**Goal 1:** Enhance primary prevention of chronic disease



### **Project Power for Youth: Fueling Healthy Futures**

### **Project Power for Youth: Fueling Healthy Futures**

[Project Power for Youth](#) is an initiative of the American Diabetes Association (ADA) that helps youth ages 5-12 combat childhood obesity. Obesity in children and young adults is

a leading cause of type 2 diabetes, which continues to increase in children across the nation. MDH's Cancer and Chronic Disease Bureau (CCDB) is working to educate families about the increase in type 2 diabetes in children and youth. To help with these efforts, in 2024, CCDB provided a \$50,000 grant to the ADA to start Project Power for Youth in Maryland.

Through Project Power, the ADA reached more than 300 youth in Maryland and 9,927 nationwide in 2024. They partnered with three organizations, utilizing five locations in Baltimore City, Prince George's, and Montgomery Counties, to start the program in Maryland.

The Project Power for Youth curriculum is taught in schools, focusing on nutrition education, fitness education, and family engagement. One tool provided is the [GO-SLOW-WHOA tool](#), which places foods in one of three categories. Children and families can use the GO-SLOW-WHOA tool to guide healthful food choices. The overall message is that all foods can fit into a healthy diet, which consists of more "GO" foods than "SLOW" foods, and more "SLOW" foods than "WHOA" foods.

The Living Classrooms Crossroads School in Baltimore City, pictured below, is one of the ADA's partners. The Project Power curriculum has been integrated into their health and physical education classes. During their class time, students take a break from sitting at desks and join in an exercise activity focusing on healthy foods – using the My Plate and GO-SLOW-WHOA tools. Parents and caregivers receive the same tools at home along with information about healthy eating and physical activity. Learn more about Project Power for Youth by visiting the ADA's [website](#).



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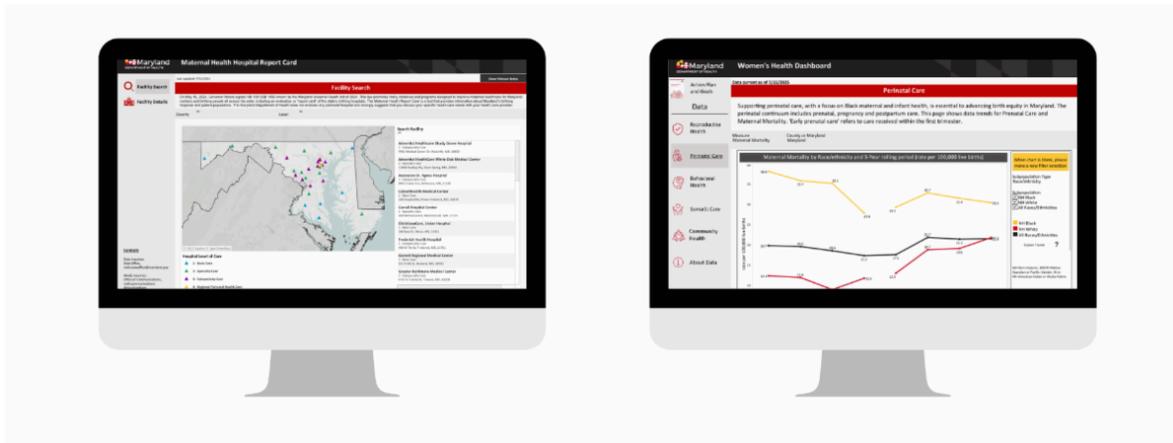
## SHIP Health Priority Spotlight: Women's Health

- **Goal 1:** Improve maternal health outcomes through improved maternal care before, during and after pregnancy
- **Goal 2:** Increase breast and cervical cancer prevention, screening, and care

The Maryland Department of Health has released two new tools to enhance public awareness and understanding of women's health in the state: [the Maryland Women's Health Data Dashboard](#) and [the Maternal Health Hospital Report Card](#). These tools provide user-friendly, easy-to-understand insights into outcomes and trends, which the Department will use to guide decisions about new and existing maternal and child health programs and services.

The dashboard shows the latest data for the state, analyzing subpopulations by age, race, and jurisdiction, and allowing for timely tracking and monitoring of key health outcomes and geographic differences related to women's health in Maryland.

Data-informed decision making is critical when implementing successful strategies to address SHIP priorities. Check out the [dashboard](#) and [report card](#) to review the data!



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## Community Health in Action:

Local Health Departments and Local Health Improvement Coalitions lead community health improvement through a process of conducting a Community Health Assessment (CHA), sometimes referred to as a Community Health Needs Assessment (CHNA), and developing a Community Health Improvement Plan (CHIP). Using primary and secondary data, the CHA/CHNA provides a comprehensive picture of a community's current health status, factors contributing to poorer health outcomes, and community resources available to improve health. After a CHA/CHNA is conducted, a CHIP is developed with community partners and stakeholders to identify health improvement priorities and direct implementation of strategies and activities to address these priorities.

The process takes time and dedication. Therefore we are thrilled to highlight the following LHDs and LHICs who have reached recent CHA/CHIP milestones. **Read on to learn more about local CHA/CHIP efforts across Maryland!**

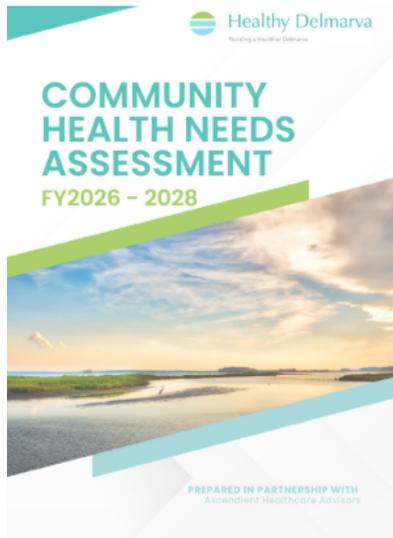
## Baltimore City Publishes 2024-2025 CHA:

Baltimore City has released its 2024-25 [Community Health Assessment and Dashboard](#), the first major update since 2017. This report offers critical insights into the health status and needs of Baltimore City, based on data and feedback gathered throughout the community.

**Want to get involved?** Join the Baltimore City Local Health Improvement Coalition (LHIC) by completing the [Expression of Interest Form](#).

## Baltimore City LHIC

Local Health Improvement Coalition



## Healthy Delmarva Publishes FY 2026-2028 CHNA & CHIP:

The [Healthy Delmarva Collaborative](#), which includes Somerset Health Department, Wicomico Health Department, and Tidal Health, published its [FY 2026-2028 Community Health Needs Assessment](#) (CHNA) in June. In the upcoming months, the Healthy Somerset Local Health Improvement Coalition and the Wicomico Local Health Improvement Coalition will use the [FY 2026-2028 Community Health Improvement Plan \(CHIP\)](#) to plan and implement community improvement strategies and activities that address priority health needs across the region.

## Howard County Publishes FY 2026-2028 CHIP Strategic Plan:

The [Howard County Local Health Improvement Coalition](#) published their FY 2026-2028 Community Health Improvement Plan (CHIP) in July. The CHIP focuses on three priority areas: Healthy Beginnings, Healthy Living, and Healthy Minds. Check out the [CHIP Action Plan](#) for more information about improvement strategies and

## Howard County LHIC

Local Health Improvement Coalition



activities. Community members can stay informed by signing up for the [HCLHIC newsletter](#) or get involved by completing the [membership application](#) on the coalition's [website](#)



### **Harford County Working Towards Implementing 2025-2030 CHIP:**

The Harford County Local Community Health Improvement Coalition published the [2025-2030 Community Health Improvement Plan](#) in January, 2025 and is now implementing local priority work

plans. Stay informed about work plan performance metrics through the Harford County Health Department [Clear Impact Scorecard](#).

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## **Save the Date!**

Mark your calendars for the events below!



### **Step Into Walktober!**

October is Walktober, Maryland's month-long celebration of walking and active transportation, led by Maryland Department of Transportation. Walktober highlights Walk Maryland Day on October 1st, encouraging residents to get outside, enjoy the fresh air, and connect with their communities.

You can register to lead a walk as a Walk Leader or sign up to join one as a Sole Mate. Walks can be short or long, solo or with a group. Whatever gets you moving!

Walking boosts health, builds community, and promotes safer, more walkable streets. Learn more and get involved at [mdot.maryland.gov](https://mdot.maryland.gov).

## **Join rural health focused professionals from around the state at the [Maryland Rural Health Association's Annual Conference](#):**

Turning the Tide: Rural Health Solutions for a Changing Maryland | October 19 - 21, 2025 | Annapolis, Maryland

Join us October 19 - 21, 2025 at the DoubleTree by Hilton Annapolis Hotel for the 2025 Maryland Rural Health Conference. This year's theme is: ***Turning the Tide: Rural Health Solutions for a Changing Maryland***. This exciting event brings together rural health leaders from across the state to discuss pressing rural health issues, challenges, new emerging innovative solutions, and promoting best practices. Network in-person with peers and make new connections. You will gain important insights and resources.

### **Rural Maryland Council:**

The Rural Maryland Council (RMC) is excited to announce the upcoming ***2025 Rural Summit: Elevating Maryland through Stronger Rural Communities*** on November 19th and 20th in Annapolis, Maryland. Don't miss this opportunity to connect, learn, and lead. More details and registration info coming soon but information can be found on the [Rural Maryland Council website](#)! This year's Summit will offer:

- Insight into current issues and potential legislation impacting rural areas
- Valuable networking opportunities with up to 300 participants, including many of the State's top elected and appointed officials
- Voices from across rural Maryland, sharing experiences, challenges, and success stories

Rural Health Resources: [RHIHub](#) and [3RNet](#)

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