



# Maryland Chronic Disease Action Plan Update

**Nkeiruka Ashiedu, MPH**

**Health and Wellness Council**

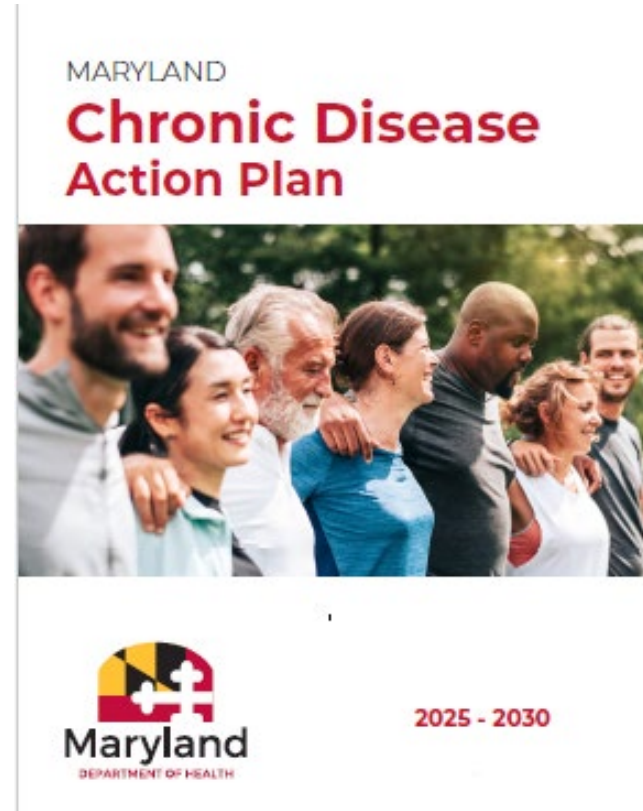
**November 19, 2025**

# What is the Chronic Disease Action Plan?

---

## Purpose

The Maryland Chronic Disease Action Plan (the Plan) is a comprehensive 5 year plan that addresses the burden of chronic disease in the state of Maryland and provides a roadmap outlining strategies to improve outcomes between 2025 and 2030.



# Disease Areas

---

- **The Plan highlights seven chronic diseases in disease profiles**
  - Heart Disease
  - Hypertension
  - Prediabetes
  - Diabetes
  - Overweight and Obesity
  - Dental Caries
  - Periodontitis

# Modifiable Risk Factors

---

- **The Plan aims to reduce the burden of chronic disease through addressing four modifiable risk factors:**
  - Alcohol Consumption
  - Tobacco Use
  - Physical Activity
  - Healthy Eating and Nutrition

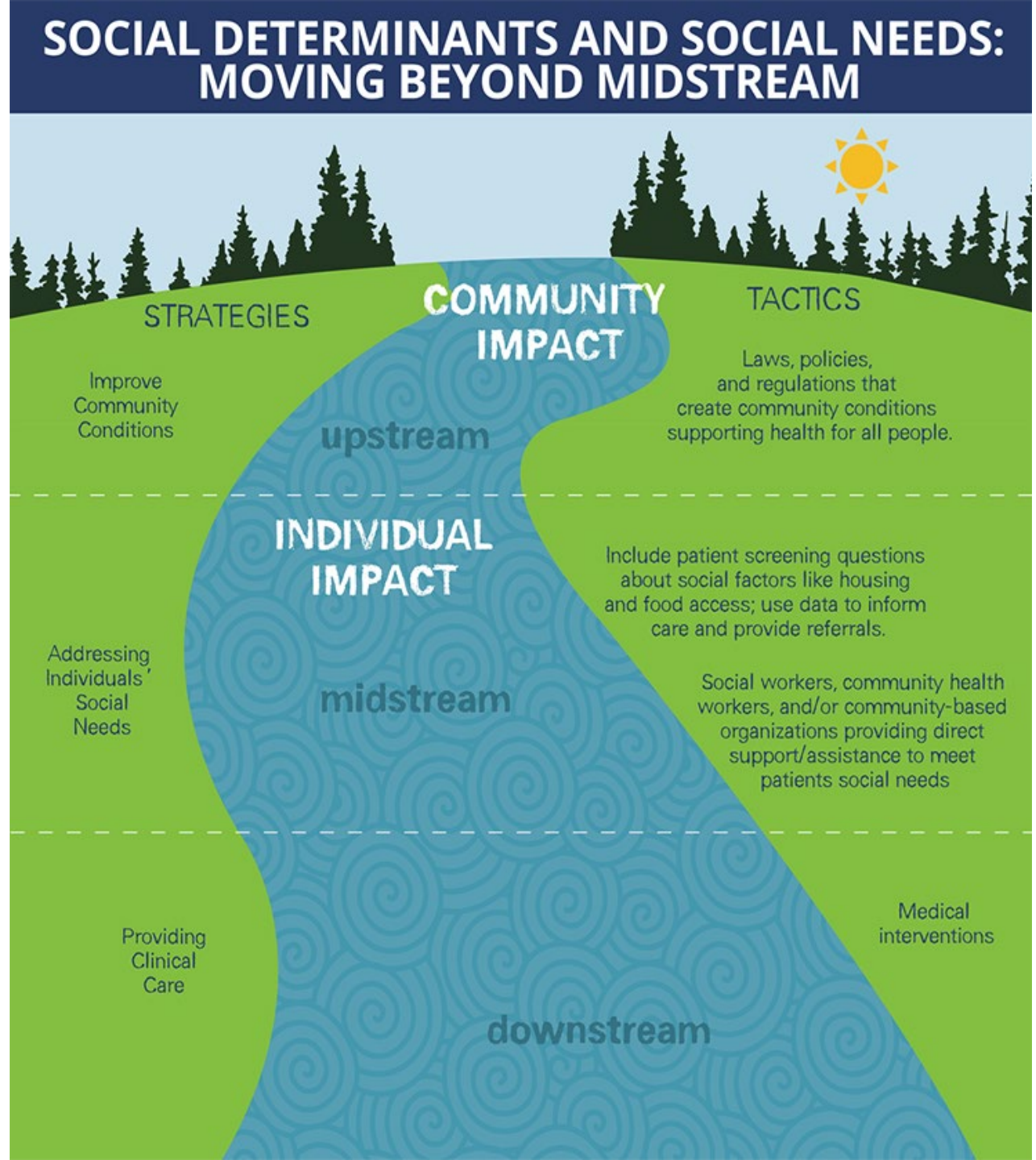
# Frameworks and Core Components

---

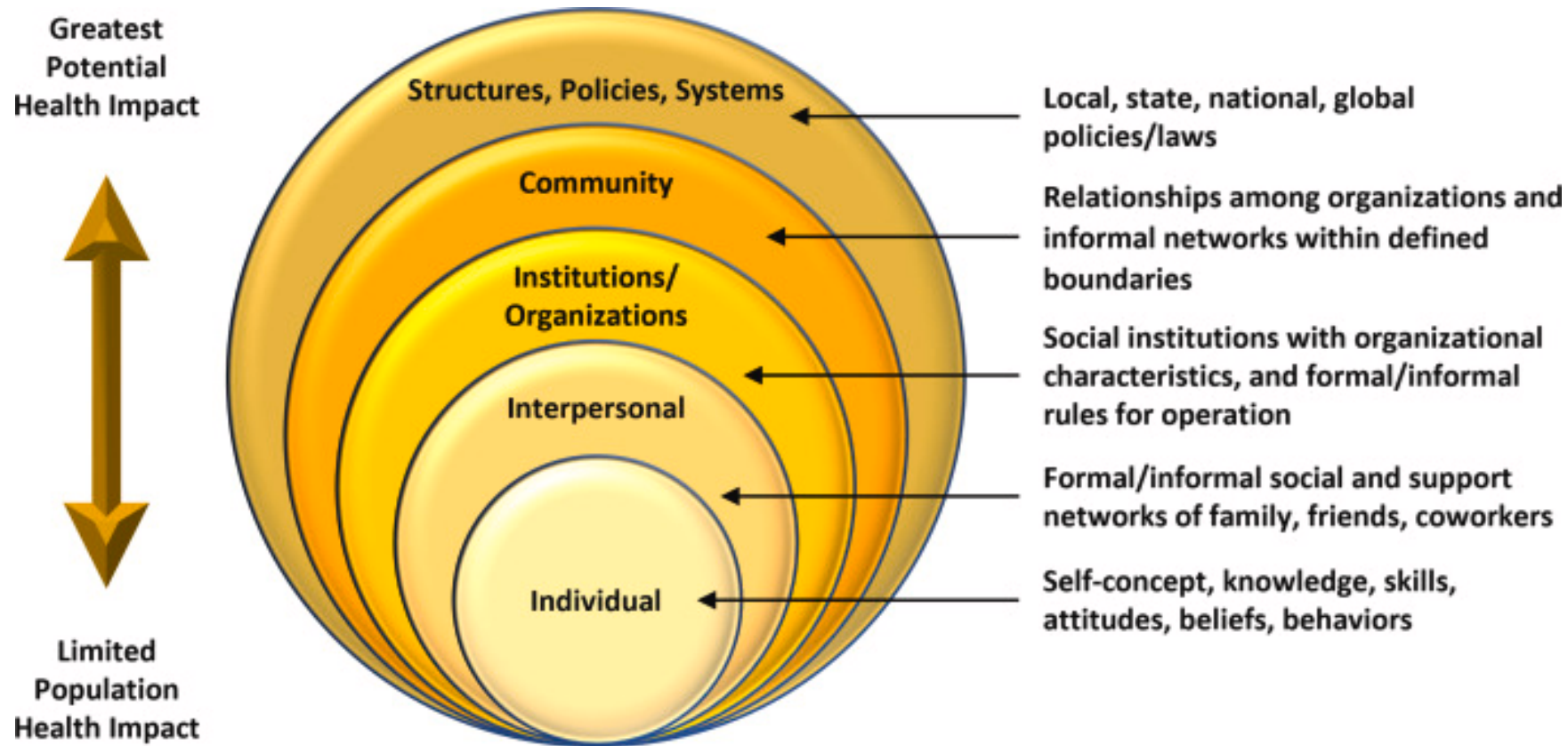
- **The Plan was developed utilizing multiple frameworks and approaches including:**
  - Upstream Prevention
  - Social Ecological Model (SEM)
  - Social Factors
  - Cross-Sector Collaboration

## Upstream Prevention

- Upstream prevention focuses on identifying and addressing the root causes of health issues before they arise, often at a population level, rather than solely treating symptoms or outcomes.



# Social Ecological Model



# Cross-Sector Collaboration

---

- Education
- Non-Profit
- Community
- Law Enforcement
- Business
- Government
- Faith Based
- Healthcare



# Goals, Objectives, and Activities

---

- The Goals, Objectives, and Activities section of the Plan is designed to guide our work in reducing the effects of chronic disease risk factors with clear and structured steps.
- **Each modifiable risk factor is organized into the following structure:**
  - Goals: provide a broad vision of the long-term impact we aim to achieve
  - Objectives: specific, measurable targets that allow us to track our progress and maintain focus on critical areas
  - Activities: the practical actions and initiatives needed to drive change

# Time Frames and Alignment

---

- All goals and activities are time bound
- Timeframes for the activities in will be denoted as follows:
  - Short-Term (ST): 1 year
  - Medium-Term (MT): 2-3 years
  - Long-Term (LT): 4-5 years
- Goals, objectives, and activities were developed to align with other MDH plans including the **State Health Improvement Plan (SHIP)** and the **Maryland Comprehensive Cancer Plan**.

# Timeline and Next Steps

---

- **The Plan is in last stages of development** - currently being designed by a graphic design vendor.
- **Release timeline** - slated for early December 2025 to guide statewide action.
- **Evaluation framework** - MDH is building a system to comprehensively measure progress on goals, objectives, and activities.

---

# Q&A and Discussion