

# ND HEALTH & HUMAN SERVICES NORTH STAR



**1** HEALTHIEST CITIZENS ON THE PLANET 

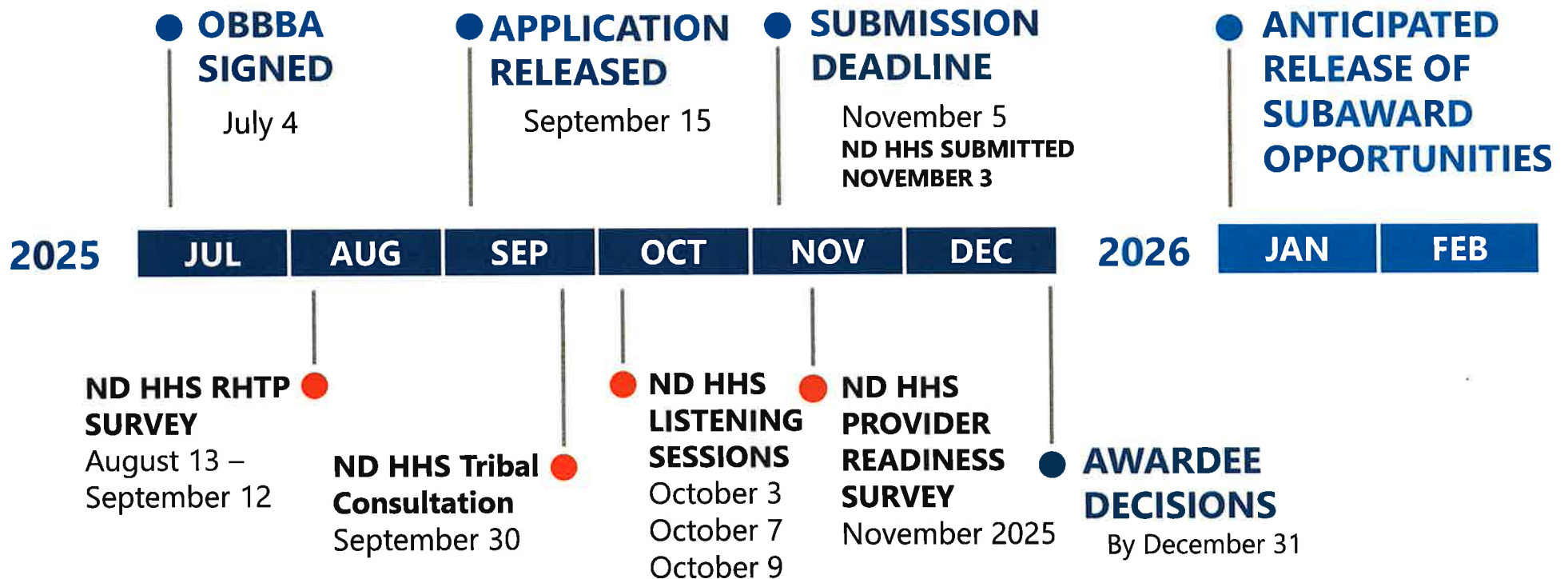
**2** MODEL OF EFFICIENCY AND EFFECTIVENESS 

**3** HEALTHIEST, HIGHEST PERFORMING TEAM 

December 2025

# Award and Implementation Timeline

## Rural Health Transformation Program



# ND Rural Health Transformation Plan

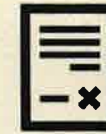
| Initiative                                      | Percentage  | Total funds under a hypothetical \$500M total RHTP budget | Total funds under a hypothetical \$1B total RHTP Budget |
|---|-------------|---|---|
| Strengthen and Stabilize Rural Health Workforce | 16.2%       | \$81M   | \$162M  |
| Make ND Healthy                                 | 8.6%        | \$42.4M   | \$84.8M   |
| Bring High-Quality Health Care Closer to Home   | 58.4%       | \$291.7M  | \$583.4M  |
| Connect Tech and Data for a Stronger ND         | 16.8%       | \$84.9M   | \$169.9M  |
| <b>Grand Total</b>                              | <b>100%</b> | <b>\$500M</b>   | <b>\$1B</b>   |



**Note:** Budget is under development; allocation percentages may change. Final funding amounts dependent on CMS scoring and award.

# Anticipated Award Processes

HHS anticipates using several mechanisms to award funds:



All awards will require an agreement between HHS and the entity awarded funds.

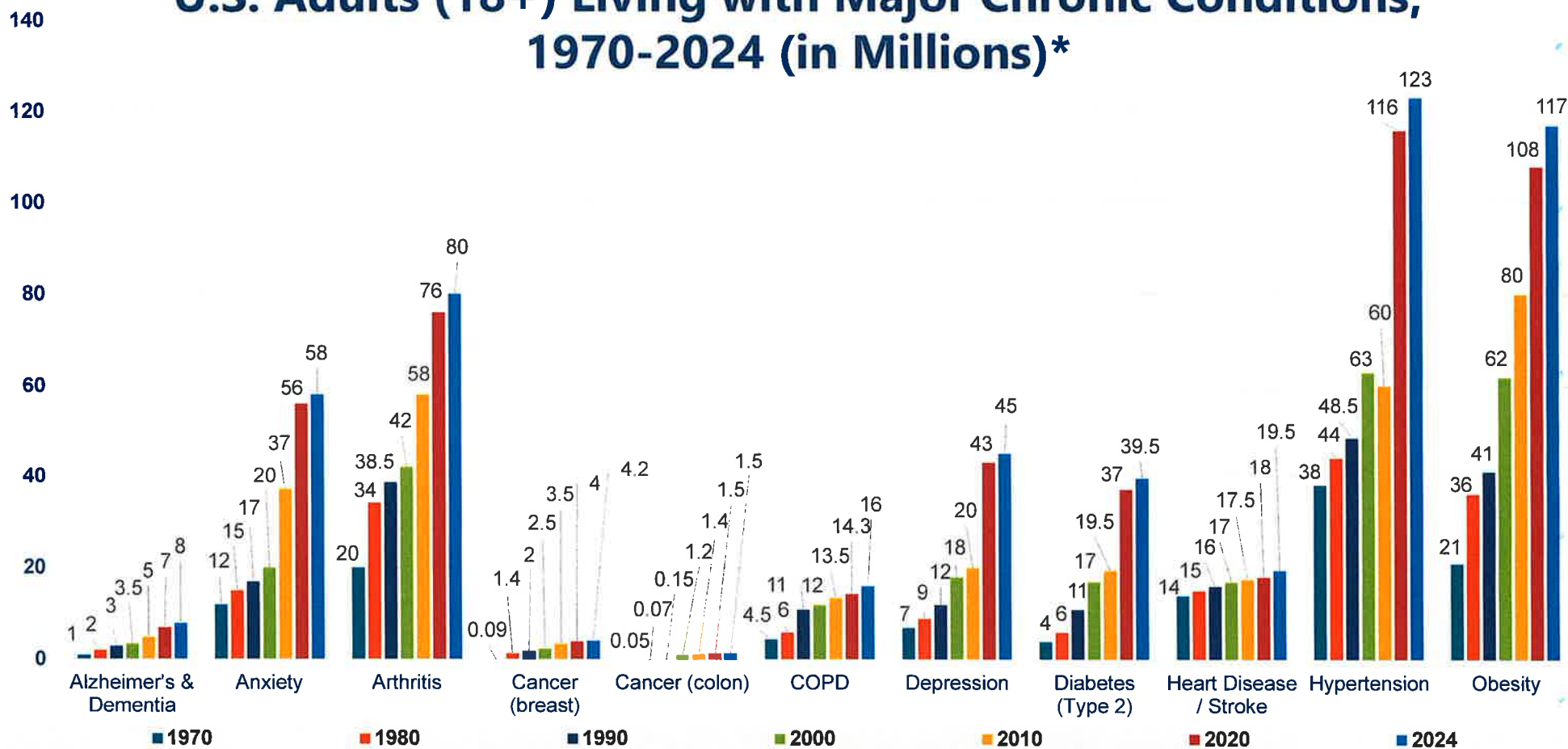
| Direct Contracts | Grants | Requests for Information (RFI) | Requests for Proposal (RFP) |
|------------------|--------|--------------------------------|-----------------------------|
|------------------|--------|--------------------------------|-----------------------------|

- Award process will include a mechanism to ensure funding is prioritized relative to impacts to communities in need and/or rural/frontier communities.
  - Awards will be guided by subject matter experts in relevant HHS divisions.
- HHS intends to limit administrative burden as much as possible within the award process. All awards will require reporting and monitoring in compliance with federal guidance and state law or any waivers of state law.
- HHS is prioritizing stakeholder, provider, and community engagement in the award process to ensure that awards meet rural provider and community needs.



**Note:** Funding awards must be made in compliance with any federal award guidance and requirements. CMS has indicated that all sub-awards will be approved by CMS.

# U.S. Adults (18+) Living with Major Chronic Conditions, 1970-2024 (in Millions)\*



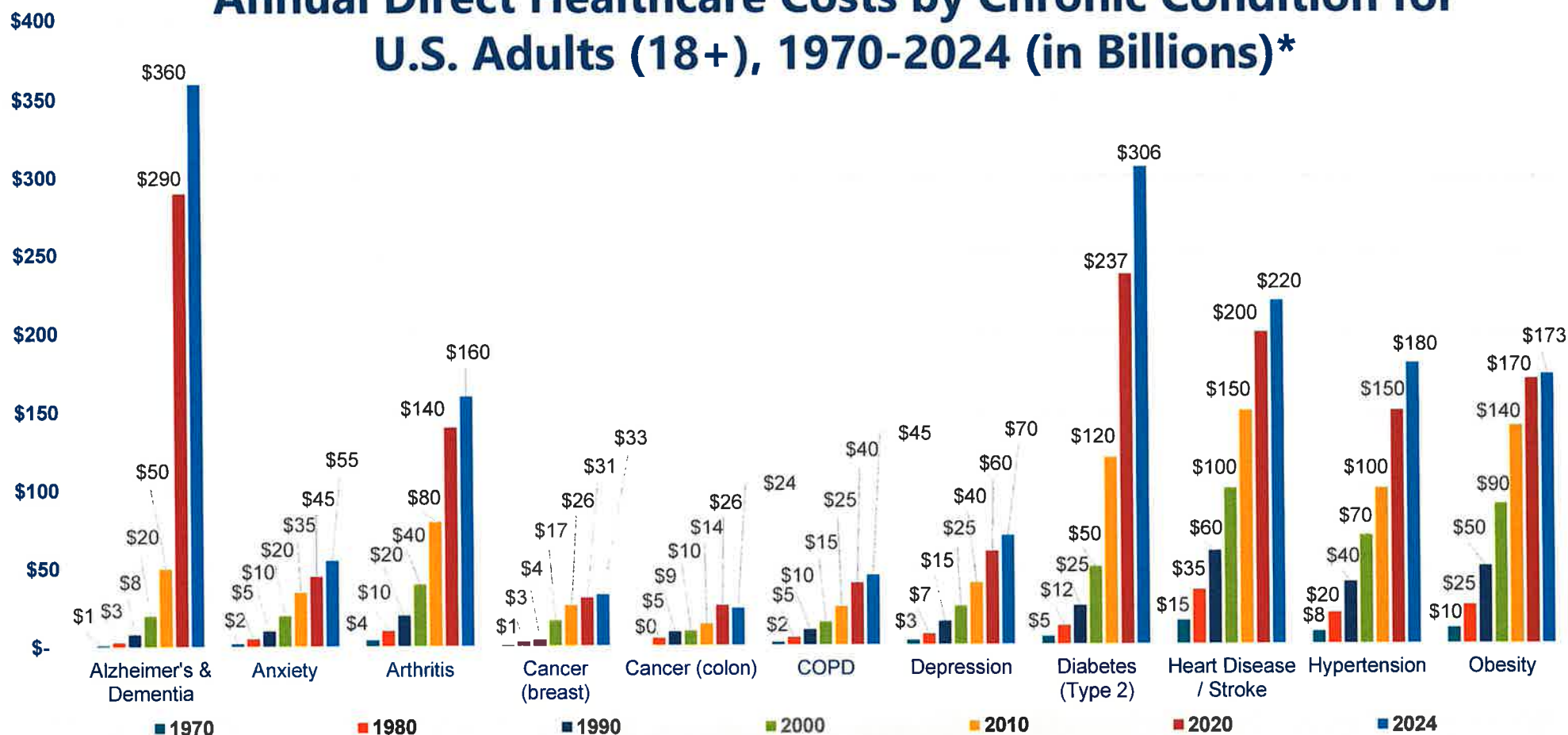
## Source Citation

The figures are primarily derived from data collected through national health surveys, specifically the **National Health Interview Survey (NHIS)** and the **Behavioral Risk Factor Surveillance System (BRFSS)**, which are analyzed and published by the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH).

*\*DRAFT – Under review of ND DHHS, December 2025.*



# Annual Direct Healthcare Costs by Chronic Condition for U.S. Adults (18+), 1970-2024 (in Billions)\*



## Source Citation

These figures are primarily based on analyses from the National Cancer Institute (NCI) and data from the Centers for Disease Control and Prevention (CDC).

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# ND MOVES TOGETHER

## Annual Direct Healthcare Costs by Chronic Condition for U.S. Adults (18+), 1970-2024 (in Billions)



| Chronic Disease                | 1970           | 1980            | 1990            | 2000            | 2010            | 2020            | 2024            | TOTALS          |
|--------------------------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Alzheimer's & Dementia         | \$ 1           | \$ 3            | \$ 8            | \$ 20           | \$ 50           | \$ 290          | \$ 360          | ~\$ 732         |
| Anxiety                        | 2              | 5               | 10              | 20              | 35              | 45              | 55              | ~ 172           |
| Arthritis                      | 4              | 10              | 20              | 40              | 80              | 140             | 160             | ~ 454           |
| Cancer (breast)                | 1              | 3               | 4               | 17              | 26              | 31              | 33              | ~ 115           |
| Cancer (colon)                 | 0              | 5               | 9               | 10              | 14              | 26              | 24              | ~ 87            |
| COPD                           | 2              | 5               | 10              | 15              | 25              | 40              | 45              | ~ 142           |
| Depression                     | 3              | 7               | 15              | 25              | 40              | 60              | 70              | ~ 220           |
| Diabetes (Type 2)              | 5              | 12              | 25              | 50              | 120             | 237             | 306             | ~ 755           |
| Heart Disease / Stroke         | 15             | 35              | 60              | 100             | 150             | 200             | 220             | ~ 780           |
| Hypertension                   | 8              | 20              | 40              | 70              | 100             | 150             | 180             | ~ 568           |
| Obesity                        | 10             | 25              | 50              | 90              | 140             | 170             | 173             | ~ 658           |
| <b>Totals (approximately):</b> | <b>~ \$ 51</b> | <b>~ \$ 130</b> | <b>~ \$ 251</b> | <b>~ \$ 456</b> | <b>~ \$ 780</b> | <b>~\$1,389</b> | <b>~\$1,626</b> | <b>~\$4,683</b> |

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# ND MOVES TOGETHER

## The single most impactful thing Americans could do to prevent chronic diseases:

Become and stay physically active – specifically, meet the full Physical Activity Guidelines (150+ minutes moderate aerobic plus 2+ days strength training per week).



| OUTCOME                | RISK REDUCTION FROM REGULAR PHYSICAL ACTIVITY | SOURCE                           |
|------------------------|---|----------------------------------|
| Diabetes (Type 2)      | 30-58% reduction                              | CDC, Diabetes Prevention Program |
| Heart Disease / Stroke | 30-40% reduction                              | AHA, NHS England meta-analysis   |
| Hypertension           | 30-50% lower incidence                        | ACSM position stand              |
| Obesity                | 30-50% lower risk of obesity                  | NIH / WHO                        |
| Colon Cancer           | 24-40% reduction                              | NCI / IARC                       |
| Breast Cancer          | 12-30% reduction                              | ACS                              |
| Depression             | 20-35% reduction                              | JAMA Psychiatry                  |
| Anxiety                | 25-35% reduction                              | Lancet Psychiatry                |
| Dementia / Alzheimer's | 28-45% reduction                              | HHS Physical Activity Guidelines |
| All-cause Mortality    | 19-35% reduction                              | Multiple studies                 |

If every Americans did only one thing, getting 30-40 minutes of brisk walking (or equivalent) most days plus two short strength sessions per week would prevent more heart disease, diabetes, cancer, depression, and dementia than any drug, diet, or policy ever invented.



**The Tragedy: Only ~24% of U.S. adults currently do it – and it's essentially free.**



# ND MOVES TOGETHER

## Annual Direct Healthcare Costs by Chronic Condition for U.S. Adults (18+), 1970-2024 (in Billions)



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# THE BATTLE FOR OUR ATTENTION

## Study Probes Connection Between Excessive Screen Media Activity and Mental Health Problems in Youth

March 21, 2023



"Youth who spent the most time on their digital technology were statistically more likely to exhibit...depression, anxiety, social anxiety, somatic complaints, and other concerns. This association between frequent screen time and mental health problems was mediated by specific changes in brain development."

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NEWS NORTH CAROLINA

### New cellphone ban has helped students focus and connect, says Grand Forks Central High School principal

The statewide ban went into effect this year, banning students from using cellphones anytime during the school day.



Grand Forks Herald file photo of Grand Forks Central High School