

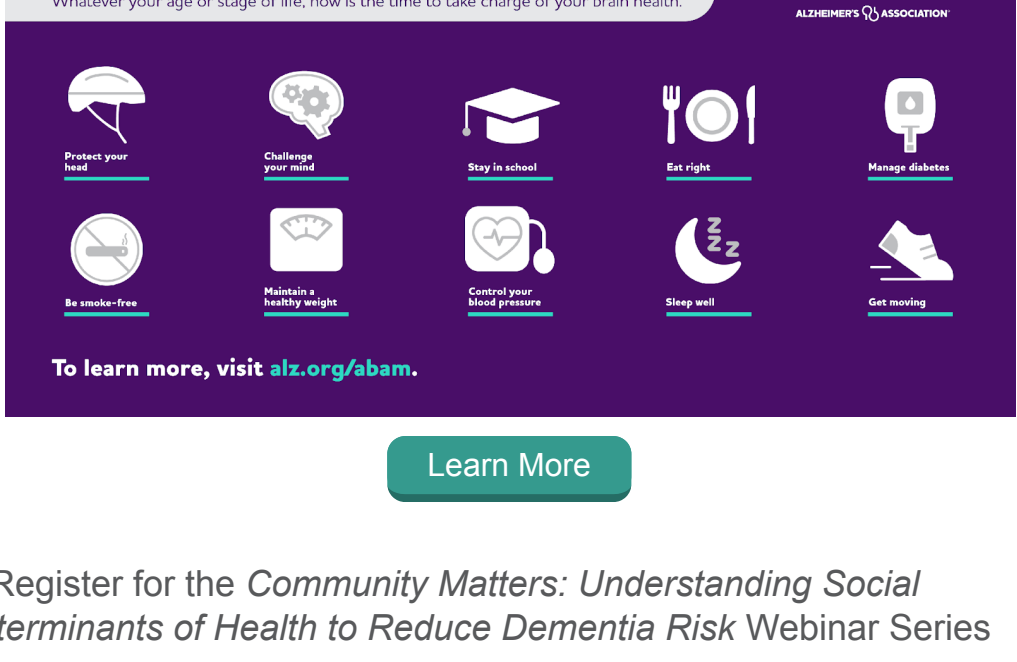
June 2024

Alzheimer's & Brain Awareness Month: 5 Actions for Public Health

June marks [Alzheimer's & Brain Awareness Month](#), emphasizing the importance of brain health and early detection of Alzheimer's. Here are five actions public health practitioners can take to help those in their communities take charge of brain health:

1. Promote Brain Health in Communities

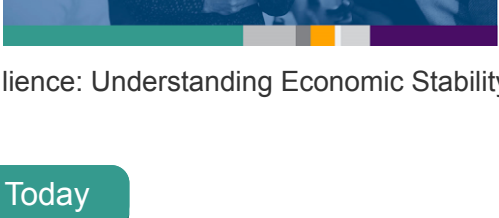
Promote the [10 Healthy Habits for Your Brain](#), a public awareness campaign from the Alzheimer's Association® that encourages individuals of all ages to take everyday actions that can keep their brains healthy and potentially lower the risk of developing dementia.



[Learn More](#)

2. Register for the *Community Matters: Understanding Social Determinants of Health to Reduce Dementia Risk* Webinar Series

Register for the four-part webinar series exploring the connection between social determinants of health and dementia risk. The Alzheimer's Association [Public Health Center of Excellence on Dementia Risk Reduction](#) will kick off the series



on June 26 with the first webinar, Building Resilience: Understanding Economic Stability to Reduce Dementia Risk, from 3-4 p.m. ET.

[Register Today](#)

3. Apply to Attend a Risk Reduction Learning Collaborative

Local health departments are invited to join Risk Reduction Learning Collaboratives (RLC) to enhance capacity for hosting community action planning meetings that improve brain health. The Center, in collaboration with the [Association of State and Territorial Health Officials](#) and the [National Association of County and City Health Officials](#), will host up to 70 local health department leaders to participate in one of seven nationwide RLCs over the next calendar year. Applications for all RLCs are due August 2, 2024. Visit the [application page](#), contact CenterOfExcellence@alz.org or register for an [open forum](#) (July 10, 2024, from 3-4 p.m. ET) for more information.

[View Application](#)

4. Review Videos on Modifiable Risk Factors

Three new videos highlight the science of [diet and nutrition](#), [cognitive engagement](#) and [traumatic brain injury](#) as modifiable risk factors for cognitive decline. These videos are part of a series exploring the public health implications of these risk factors, showing the need for effective risk reduction strategies across the life course.

[Watch Video Series](#)

5. Advance Public Health's Role in Addressing Dementia

Share the new infographic, [Alzheimer's: A Public Health Issue](#), to highlight the role of public health in promoting brain health, increasing access to early detection, and supporting individuals living with dementia and their caregivers.

[Learn More](#)

Travel Reimbursements Still Available for Workshop on *Improving Public Health Action on Brain Health*

Philadelphia, PA | July 26, 9 a.m.-4 p.m. ET

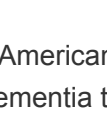
A workshop at the [Alzheimer's Association International Conference®](#) (AAIC®) 2024, sponsored by the Public Health Center of Excellence on Dementia Risk Reduction, offers an opportunity to learn and discuss the research around effective public health actions for brain health. It is open to researchers and public health practitioners who want to learn more about how public health can drive behavior change. Attendance is free, and a limited number of travel scholarships are still available for state, local, and tribal public health officials. Workshop attendance does not require participation in the full AAIC conference.

[Register](#)

The Next Edition of the *HBI Road Map for American Indian and Alaska Native Peoples* is in Development

The development of the second edition of the [Healthy Brain Initiative: Road Map for Indian Country](#) — to be renamed the *Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples* — is underway. Read about the development process and how this new document will build on the advances and momentum of public health conversations about dementia among American Indian and Alaska Native peoples.

[Read Update](#)



Research Roundup

Cognitive Impairment and Dementia Among American Indian Peoples

Older American Indian (AI) adults may have higher prevalence of cognitive impairment and dementia than previously suspected, according to [new research](#). Analysis of the Strong Heart Study, a population-based cohort of 11 tribes, showed over half (54%) of older AI individuals aged 70-95 have cognitive impairment, including 10% with dementia. Unlike some previous analyses, this result shows a significant disparity compared with other Americans. The study also found that vascular injury and Alzheimer's disease were about equally responsible for the dementia cases, with many individuals having both causes. The vascular risk suggests that targeted efforts to address certain modifiable risk factors — such as hypertension, obesity and diabetes — should be prioritized to improve the brain health of the AI population.

[Read the Study](#)

IHS Announces Funding Opportunity for Dementia Care — Applications Due July 16

The Indian Health Service (IHS) is now accepting applications for grant funding to develop tribal and urban-specific models of comprehensive dementia care. This funding opportunity aims to enhance culturally relevant dementia care services for American Indian and Alaska Native individuals, their caregivers and communities. Read the IHS Funding Opportunity for more information.

[Read Announcement](#)

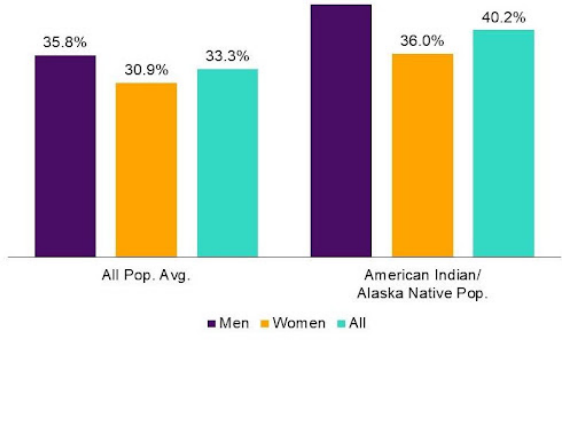


Data Spotlight

American Indian and Alaska Native Individuals Have Higher Rates of Hypertension

Analysis of data from the 2021-2022 [Behavioral Risk Factor Surveillance System](#) (BRFSS) shows:

- American Indian and Alaska Native (AI/AN) individuals have higher rates of hypertension — a risk factor for cognitive decline and possibly dementia.
- AI/AN individuals are 21% more likely to experience hypertension than the overall population.
- AI/AN men are particularly affected and are 24% more likely to have hypertension than AI/AN women.



Addressing Dementia and Abuse on World Elder Abuse Awareness Day

World Elder Abuse Awareness Day was June 15 and highlighted the increased risk of abuse faced by people living with dementia. Public health practitioners can address abuse and neglect by raising awareness and enhancing partnerships. Several resources can support this work, including:

- [The Mistreatment of People with Dementia Research Brief](#) from the National Center on Elder Abuse (NCEA), outlining strategies to advance education, research, policies and practices to prevent abuse and improve interventions.
- NCEA [blog post](#) exploring state policies to address abuse and their connection to the [Healthy Brain Initiative Public Health Road Map](#).
- The Alzheimer's Association [website](#) and 24/7 Helpline (800.272.3900) provide information on recognizing signs of abuse and accessing help.



Upcoming Events

AMA Webinar on *Alzheimer's Therapeutics and Best Practices* July 1 at 1 p.m. ET

Understand the landscape of available therapeutics and best practices in caring for patients with Alzheimer's disease and related dementias in a free webinar from the American Medical Association (AMA). In this third session of the *Navigating Brain Health and Dementia* series, experts will discuss the treatment of Alzheimer's disease, including the [Guiding an Improved Dementia Experience](#) (GUIDE) care model currently being piloted by the Centers for Medicare & Medicaid Services (CMS).

[Register](#)

Showcasing the Alzheimer's Association Public Health Efforts at NACCHO360 in Detroit, MI

Detroit, MI | July 23-26 — Booth #135

Explore the public health work of the Alzheimer's Association at the [NACCHO360](#) conference. Meet the Association's public health team and learn about local strategies for integrating Alzheimer's and dementia care into public health action.

Health Equity Across the Life Course Through Community Health Improvement at NACCHO360

Detroit, MI | Thursday, July 25 at 1:30 p.m. ET

This in-person NACCHO360 session will educate attendees about healthy aging, dementia and community health improvement. The session will highlight two public health guides that incorporate healthy aging and brain health into the community health improvement process. Add this session to your NACCHO360 agenda. Learn more about both guides:

- [Indicators of Healthy Aging: A Guide to Explore Healthy Aging through Community Health Improvement](#)
- [Integrating Brain Health Into Health Improvement Planning: The Healthy Brain Initiative Road Map and MAPP 2.0](#)

Resources

Alzheimer's Disease and Related Dementias in Primary Care: Addressing Risk Factors, Early Diagnosis and Care Planning

The primary care workforce can learn strategies for identifying dementia risk factors, supporting early diagnosis and implementing comprehensive care plans with this free, online module created by the [Colorado Department of Health and Environment](#) and the University of Colorado School of Medicine. Participants will earn two American Academy of Family Physicians CME credits upon completion. Access the module with the code "ADRD."

[View Module](#)



HBI Road Map



State Resources and Data



10 Healthy Habits for Your Brain



HBI Road Map for Indian Country



Public Health and Dementia Curriculum



10 Early Signs of Alzheimer's