

December 2023

Revision Process for Next HBI Road Map for Indian Country Begins: Input Period Now Open

The Alzheimer's Association® and the Centers for Disease Control and Prevention (CDC) are partnering with tribal organizations and national leaders to develop the next edition of the Healthy Brain Initiative (HBI) Road Map for Indian Country. This guidebook advances brain health among tribal populations and enhances the public health response to Alzheimer's within American Indian and Alaska Native communities.

You can help shape the next edition of the HBI Road Map for Indian Country by providing input and feedback. Tribal organizations, their partners and interested individuals are invited to read the ***HBI Road Map for Indian Country: Opportunity for Input*** document and fill out the feedback form by **January 19, 2024**.

Please share the opportunity for input with partners and other organizations that are committed to advancing brain health in tribal communities.

[Share Your Input](#)


Public Health and Dementia Caregiving: A New Public Health Curriculum Module for Students and Professionals

December 13, 2023 | 2-3 p.m. ET

Join the Alzheimer's Association's Healthy Brain Initiative and the University of Minnesota's BOLD Public Health Center of Excellence on Dementia Caregiving for a webinar launching the new interactive public health curriculum module, *Public Health and Dementia Caregiving*.

The webinar will cover the public health context of dementia caregiving, demonstrate the module, and provide insights from educators and public health professionals on how they plan to integrate this module into their course curriculum and staff training.

The Public Health and Dementia Caregiving curriculum was developed in partnership between the Alzheimer's Association, University of Minnesota, CDC and Emory University. To learn more about it and the other curriculum modules, visit alz.org/publichealthcurriculum

[Register Today!](#)

Advance your career and the future of dementia research



Applications are now open for the 2024 Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI). The AA-ISRI is an immersive, no-cost opportunity for early career researchers in psychosocial care and public health to further a career in dementia science and accelerate breakthroughs in the field. The Institute will take place in Chicago, August 19-23, 2024, where experts will offer diverse perspectives on ground-breaking research through group sessions and individual mentoring.

Applications are due March 11, 2024. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit alz.org/summerinstitute.

This opportunity is supported by the National Institutes of Health under award #1R25AG069678-01.

[Learn More!](#)

New Toolkit to Strengthen Dementia Caregiving Initiatives in Public Health Departments

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) has released a toolkit to aid public health departments in enhancing their dementia caregiving programming and initiatives. This resource, supported by the CDC and aligned with the Healthy Brain Initiative Road Map, offers public health strategies and interventions tailored for dementia caregivers. State, local and tribal public health departments can use this new guidance to set and pursue dementia caregiving goals and interventions.

[View Toolkit](#)


Research Roundup

Sedentary Behavior Linked to Dementia Risk in Older Adults

Sedentary behavior in older adults is associated with increased incidence of dementia, according to a UK study published in the Journal of the American Medical Association. Analyzing data from 50,000 individuals aged 60 and above, this study provides insights into how lifestyle factors, such as physical inactivity, play a role in dementia risk.

[Read More](#)

The BOLD Center of Excellence on Dementia Risk Reduction released a video about the importance of physical activity in reducing the risk of Alzheimer's and other dementias. The video "Physical Activity: Is It Worth the Sweat to Protect Brain Health?" highlights the role of exercise as a modifiable risk factor for dementia and its broader implications for public health.


alz.org/RiskReduction


Webinar Recordings

Introduction to NACCHO's MAPP 2.0 Healthy Aging Indicators Guide

Explore the newly-introduced MAPP 2.0 Healthy Aging Indicators Guide from the National Association of County and City Health Officials (NACCHO) in its recent webinar. This tool for local health departments and their partners provides indicators and data sources to assist in healthy aging assessment and planning.

[Read the Guide](#)
[Watch the Recording](#)

Stroke and Dementia Among Black Americans

A recording is now available of the webinar, *Reducing Stroke and Dementia in Black Americans*, hosted by the National Association of Black Journalists and the National Institute of Neurological Disorders and Stroke. This webinar highlighted health disparities faced by Black Americans, specifically focusing on stroke and dementia, and explored the connection between high blood pressure, stroke and dementia. Learn about strategies to address hypertension from the [Mind Your Risks](#) campaign.

[Watch the Recording](#)

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The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia -- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®.

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