Caring for Caregivers

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Supporting the Health of Dementia Caregivers

November is National Family Caregivers Month, a time to recognize the nearly 13 million family members and friends who provide unpaid care to people living with dementia. In 2025, these caregivers provided more than 19 billion hours of care valued at more than $446 billion, according to the *2026 Alzheimer's Disease Facts and Figures* report.

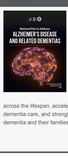
Caregiving can also affect caregivers' own health. In an analysis of Behavioral Risk Factor Surveillance System (BRFSS) data conducted by the BOLD Public Health Centers of Excellence on Dementia Risk Reduction and Dementia Caregiving, dementia caregivers were more likely than the overall population to have several risk factors for cognitive decline, including obesity, diabetes, poor sleep, smoking and hypertension.

The Center of Excellence on Dementia Caregiving at the University of Minnesota helps state, local and Tribal public health agencies put caregiving actions into practice. The Center offers tools, technical assistance and peer learning to support agencies in building and strengthening caregiver programs. Its latest toolkit, *Engaging People with Lived Experience in Public Health Response to Dementia*, offers practical strategies for involving people living with dementia and their caregivers in program design, policy and implementation. During the launch webinar, health department officials from Vermont and Iowa shared how they integrate lived experience into their work.

Ways that public health agencies can support dementia caregivers are included in the Supporting Caregivers issue map from the Healthy Brain Initiative, along with several examples from the field. The Alzheimer's Association also provides resources for individual caregivers.

Access the Caregiving Center's Resources

2026 National Plan to Address Alzheimer's Disease Now Available



The updated *National Plan to Address Alzheimer's Disease and Related Dementias* is now available. It will guide federal priorities and investments in Alzheimer's and other dementia over the next decade. Developed by the U.S. Department of Health and Human Services (HHS) under the National Alzheimer's Project Act (NAPA), the plan reflects public comments and listening sessions with people living with dementia, caregivers, researchers and clinicians. The 2026 update reorganizes the plan around four goals: promote dementia risk reduction across the lifespan, accelerating discovery and treatment, advancing high-value dementia care, and strengthening services and supports for people living with dementia and their families.

Read the Plan

Recognizing Veterans Living with Dementia and Their Caregivers This Veterans Day

Veterans who have experienced traumatic brain injury (TBI) or post-traumatic stress disorder (PTSD) have a higher risk of dementia compared with those who have not. Support and resources for veterans and their caregivers are available from both the Alzheimer's Association and the Department of Veterans Affairs (VA). Public health professionals can share these resources with veteran-serving partners in their communities.

Learn More

Implementing the HBI Road Map in American Indian and Alaska Native Communities

Tribal communities are strengthening caregiver support and expanding culturally relevant approaches to dementia care through partnerships supported by the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's program award. This video features the Northwest Portland Area Indian Health Board Summit, where Tribal leaders, providers and families came together to elevate brain health and dementia as community priorities.



SPOTLIGHT ON PRACTICE

Advancing Brain Health in Tribal Communities



Genelle R. S. Lamont, Ph.D., MPH (Bad River Ojibwe), is an epidemiologist and assistant professor at the University of Minnesota Medical School, where she builds community capacity to address healthy aging and dementia in American Indian, Alaska Native and Native Hawaiian populations. Genelle attended the 2024 Alzheimer's Association Interdisciplinary Summer Research Institute, which supported her move to academia with advanced dementia training and mentorship. Through her work, Indigenous communities in Minnesota are learning more about dementia and ways to reduce their risk. By taking part in conversations about needed programs, services and studies, they are also helping shape a research agenda that honors Tribal sovereignty. "Trusted bi-directional, authentic relationships are key to successful community-engaged research," she shared.

Bringing Advances in Brain Health and Dementia Care into Everyday Clinical Care

ALZHEIMER'S ASSOCIATION BRAIN HEALTH & QUALITY CARE INITIATIVE

The Alzheimer's Association recently launched the Brain Health & Quality Care Initiative (BHQCI), a national program to make quality brain health and dementia care a core part of everyday practice within systems across the country. BHQCI is developing a blueprint that defines quality cognitive care, along with professional education, tools, implementation support and peer learning to help health systems put evidence into practice. Further information, including how public health can promote better dementia care, will be available as the work develops.

Learn More

RESEARCH HIGHLIGHTS

Dementia Incidence Set to More Than Double by 2050

An estimated 11.4 million new dementia cases occurred worldwide in 2023, a number projected to reach 24.7 million in 2050, according to a meta-analysis published in *JAMA Neurology*. Researchers pooled data from 22 population-based cohorts in 18 countries and territories. Women had higher incidence than men, and incidence was higher in low- and middle-income countries. The 2050 projection assumes incidence rates remain constant, but other studies have shown that in some populations, incidence rates can decline with improved cardiovascular health and increased education levels.

Midlife Vascular Health Linked to More Dementia-Free Years

Adults with hypertension, diabetes and current smoking in midlife averaged 12.6 fewer dementia-free years from age 55 compared with adults who had none of these risk factors, according to a study published in *Neurology Open Access*. The analysis followed 12,409 participants in the Atherosclerosis Risk in Communities Study for a median of 26 years and estimated dementia-free years through age 95. At every risk level, women had more dementia-free years and Black participants had fewer dementia-free years compared with the study population overall.

Caregiver Resource Awareness in a Midwest Tribal Nation

In a Tribally-led survey of 481 Oneida Nation members and affiliates, about half of current caregivers were aware of caregiver training and support, according to a study published in the *Journal of Community Health*. Awareness was higher for transportation and household help; services that support Elders at home but are not caregiver-specific. The authors suggest a broad public health approach to sharing resource information with the whole community.

HEALTHY HABIT HIGHLIGHT

Manage Diabetes

November is National Diabetes Month. Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary. Eating well and staying active can help manage blood sugar.

DATA INSIGHTS

Type 2 diabetes — a risk factor for cognitive decline — is more common as individuals age, with the steepest increase occurring through midlife, according to data from the 2025 Behavioral Risk Factor Surveillance System survey.



Source: Behavioral Risk Factor Surveillance System, 2025, does not include CA, MS and NV.

UPCOMING EVENTS & RESOURCES

Walking Together for Brain Health: Partnerships with Native Communities
Nov. 19 | 4 p.m. ET

Join the Alzheimer's Association and the Indian Health Service for a free webinar in recognition of National Native American Heritage Month. Participants will learn about Alzheimer's and brain health and explore public health strategies and actions to support Native communities, including the *HBI Road Map for American Indian and Alaska Native Peoples*.

Register

Reminder: Complete Your HBI Road Map Report
Reporting period closes Dec. 15, 2026

The annual reporting period for the *HBI State and Local Road Map for Public Health, 2023-2027* is still open. State health departments and local BOLD program grant recipients are encouraged to work with their local Alzheimer's Association chapter to complete the report using the HBI Road Map Evaluation Tool. A pre-populated Excel version is available by request at publichealth@alz.org. The information submitted will be shared back as a state-specific report for your own use.

Access the Evaluation Tool

Free ECHO Program on Dementia Risk Reduction for Health Departments
Registration now open for two upcoming sessions

Register today for the 2027 cohorts of the Alzheimer's and Dementia Care ECHO® Program for Public Health Professionals. This free, virtual program connects local and county health department teams with experts in dementia risk reduction through six interactive, case-based sessions. Participants can also earn free Community Health Education Specialist (CHES) continuing education credits.

Register

HBI ROAD MAP | HBI ROAD MAP FOR AI/AN PEOPLES | STATE SPECIFIC RESOURCES & DATA | PUBLIC HEALTH & DEMENTIA CURRICULUM | BRAIN HEALTH RESOURCES | 10 EARLY SIGNS OF ALZHEIMER'S

The Healthy Brain Initiative is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $3,000,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.

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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