

November 2025

Advancing Brain Health and Celebrating Tribal Communities and Family Caregivers This November

- ✓ [Apply to Attend the Risk Reduction Learning Collaboratives](#)
- ✓ [Sacred Minds: Supporting Brain Health in Tribal Communities Webinar](#)
- ✓ [Spotlight on Practice: Building Capacity for Brain Health in American Indian and Alaska Native Communities](#)
- ✓ [Messaging Brain Health: Public Health Strategies for Dementia Risk Reduction Webinar](#)
- ✓ [Explore Resources to Support Public Health Action on Caregiving](#)

Applications Open: Risk Reduction Learning Collaboratives

Applications Due January 16, 2026

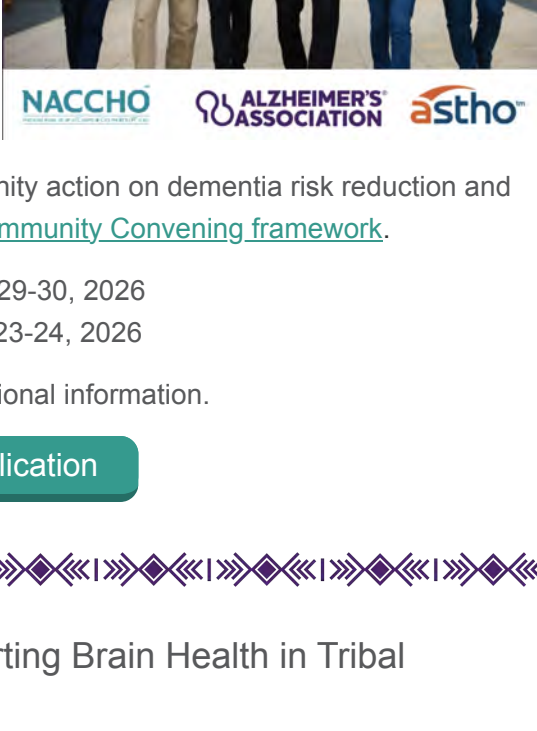
Local health departments, tribally-led health programs and urban Indian organizations are invited to apply to attend a Risk Reduction Learning Collaborative (RLC) in 2026, hosted by the Alzheimer's Association® Public Health Center of Excellence on Dementia Risk Reduction in collaboration with the Association of State and Territorial Health Officials (ASTHO) and the National Association of County and City Health Officials (NACCHO). Up to 18 public health leaders will receive travel scholarships to participate in an RLC where they will develop a plan to drive community action on dementia risk reduction and begin to implement those actions using the [Community Convening framework](#).

Local Health Departments: Atlanta, GA April 29-30, 2026

Tribal Organizations: Minneapolis, MN June 23-24, 2026

Contact CenterOfExcellence@alz.org for additional information.

[View Application](#)



This Week — Sacred Minds: Supporting Brain Health in Tribal Communities Webinar

November 20 | 3 p.m ET

Discover how tribal communities are promoting brain health and making meaningful progress in addressing Alzheimer's and other dementias. This free webinar highlights community-driven solutions, cultural strengths and innovative approaches to care and will feature the Healthy Brain Initiative Road Map Champions program.

Learn more about Alzheimer's in American Indian and Alaska Native (AI/AN) communities at alz.org/nativeamerican.

[Register](#)

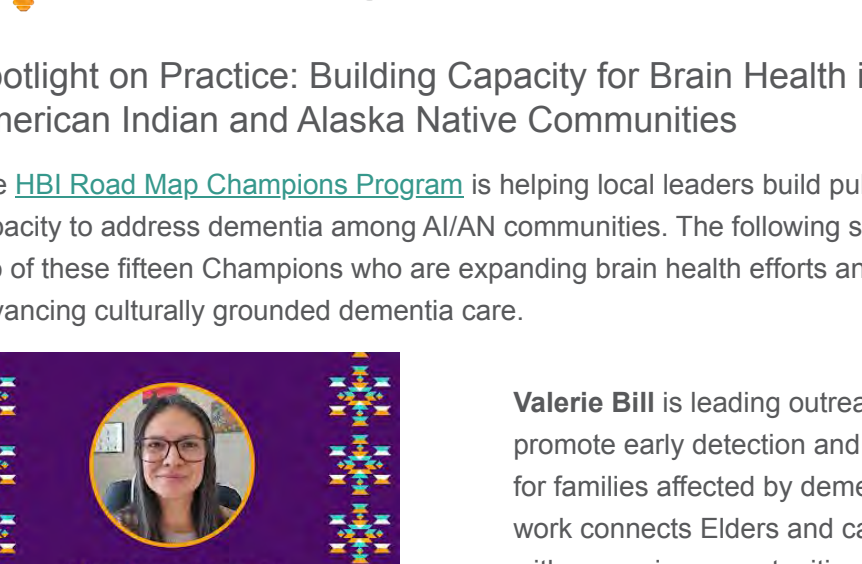


HBI Road Map for American Indian and Alaska Native Peoples Honored for Design Excellence

The Healthy Brain Initiative (HBI): Road Map for American Indian and Alaska Native Peoples received a [2025 Graphic Design USA \(GDUSA\) Health + Wellness Design Award](#), which recognizes outstanding design that advances public health and well-being.

Visit alz.org/HBIRoadMapAIAN to:

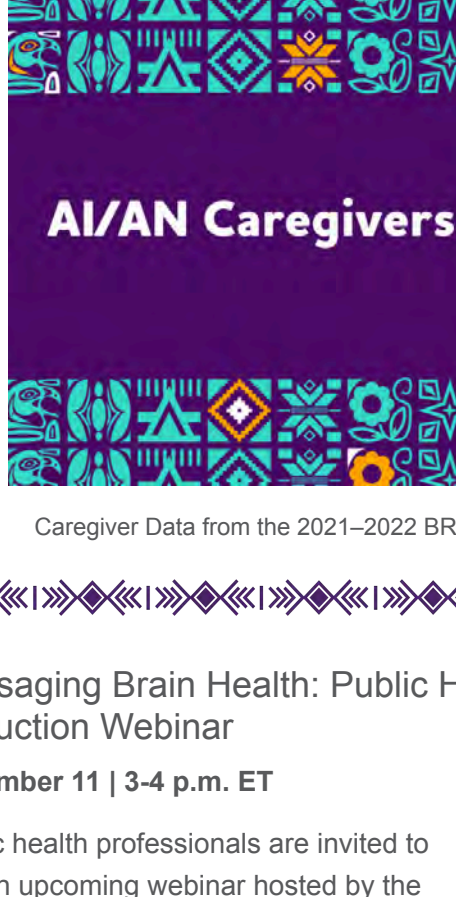
- **Download** the *HBI Road Map for American Indian and Alaska Native Peoples*.
- **View** topic-specific issue maps.
- **Watch** a short video on how the Road Map can help tribal communities.



Spotlight on Practice

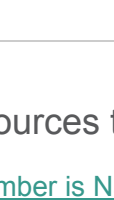
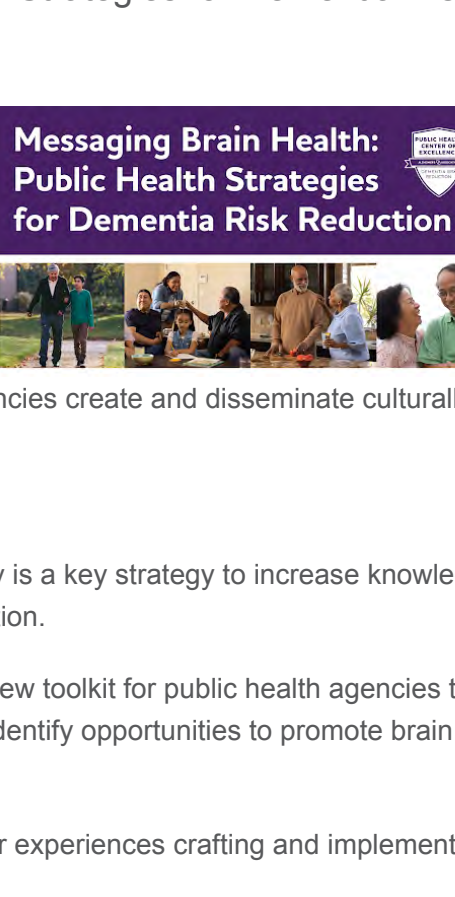
Spotlight on Practice: Building Capacity for Brain Health in American Indian and Alaska Native Communities

The [HBI Road Map Champions Program](#) is helping local leaders build public health capacity to address dementia among AI/AN communities. The following spotlights two of these fifteen Champions who are expanding brain health efforts and advancing culturally grounded dementia care.



Tracey Cordero is strengthening community understanding of dementia through education, training and partnerships. Her leadership is helping families and health professionals build knowledge about brain health while preserving the cultural traditions and intergenerational connections that sustain her community. Tracey works for the Pueblo of San Ildefonso and her personal affiliation is Cochiti Pueblo.

Valerie Bill is leading outreach to promote early detection and support for families affected by dementia. Her work connects Elders and caregivers with screening opportunities, education and local resources — helping reduce stigma and increase awareness of brain health. Valerie is a member of the Fallon Paiute Shoshone Tribe.



Data Insight

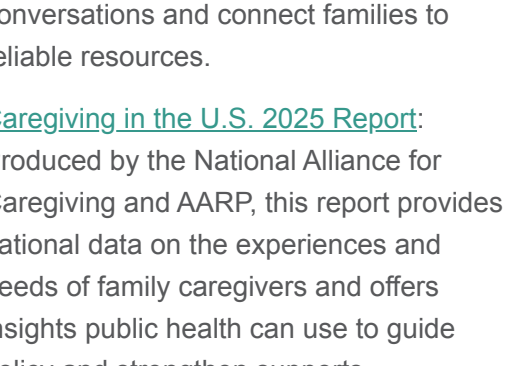


Caregiver Data from the 2021–2022 BRFSS. Analysis by the Alzheimer's Association.

Messaging Brain Health: Public Health Strategies for Dementia Risk Reduction Webinar

December 11 | 3-4 p.m. ET

Public health professionals are invited to join an upcoming webinar hosted by the BOLD Public Health Center of Excellence on Dementia Risk Reduction on public health messaging around brain health. The webinar will feature a panel discussion and showcase a new toolkit to help public health agencies create and disseminate culturally responsive messaging campaigns.



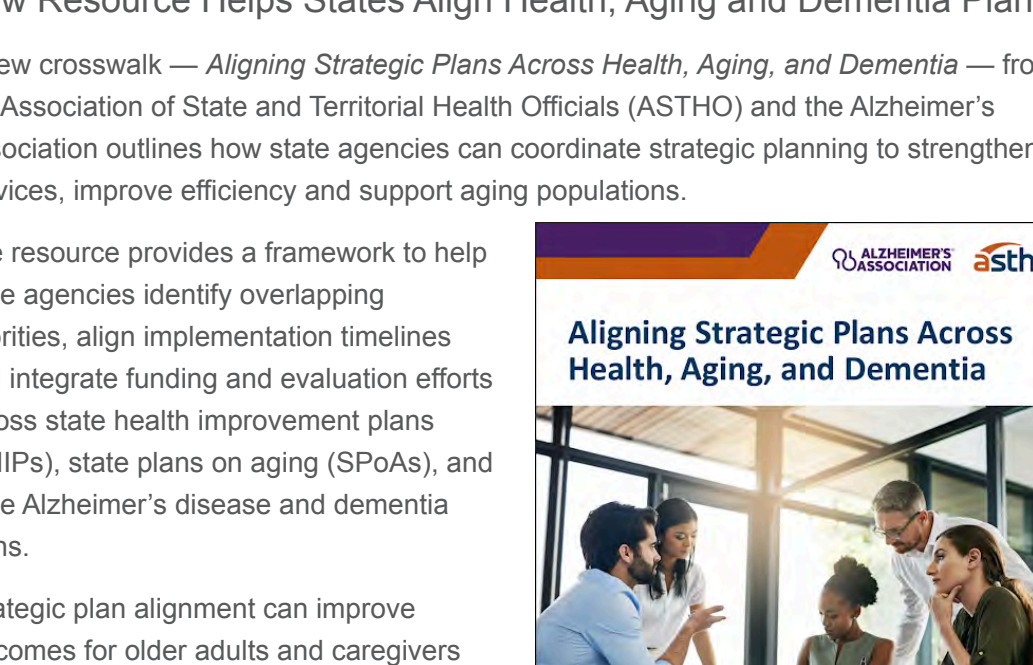
During this free webinar, participants will:

- Understand how communicating effectively is a key strategy to increase knowledge and awareness about dementia risk reduction.
- Learn how to apply key components of a new toolkit for public health agencies to understand your community's needs and identify opportunities to promote brain health.
- Hear health department leaders share their experiences crafting and implementing awareness campaigns in their states.

[Register](#)

Resources to Support Public Health Action on Caregiving

[November is National Family Caregivers Month](#) — a time to recognize the vital role of caregivers and the importance of policies and programs that support them. Public health professionals can use these resources to strengthen support for dementia caregivers:



[Supporting Caregivers Issue Map](#) for state and local public health: Provides strategies to identify, assist and support family caregivers through data-driven policy and community partnerships.

[Risk Factors for Cognitive Decline Among Dementia Caregivers](#): Developed jointly by the BOLD Public Health Centers of Excellence on Dementia Risk Reduction and on Dementia Caregiving, this resource presents data on modifiable risk factors among caregivers.

[Public Health and Dementia Caregiving Curriculum Module](#): An interactive online educational module covering why dementia caregivers are, why caregiving is a public health issue and what health departments can do. Users can earn free CHES® continuing education (CE) credits upon completion.

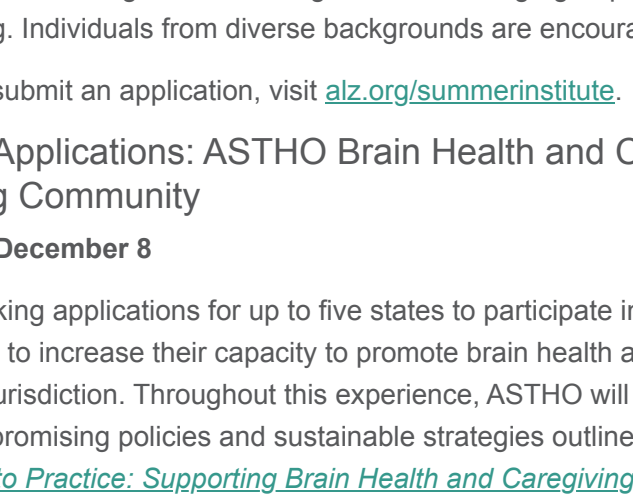
[A Guide on Advance Care Planning](#): Developed by the BOLD Public Health Center of Excellence on Dementia Caregiving, this guide outlines actions health departments can take to promote advance care planning, encourage earlier conversations and connect families to reliable resources.

[Caregiving in the U.S. 2025 Report](#): Produced by the National Alliance for Caregiving and AARP, this report provides national data on the experiences and needs of family caregivers and offers insights public health can use to guide policy and strengthen supports.

New Early Detection Curriculum Module Now Available

Public Health and Early Detection of Dementia is now available as part of the free, online *Public Health Approach to Dementia* curriculum. This latest module explores public health strategies that can be used to increase awareness and benefits of early detection of dementia.

Participants who complete the modules are eligible to earn free CHES® CE credits. Enroll in the new module and others at alz.org/publichealthcurriculum.



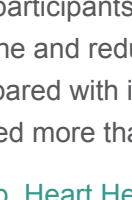
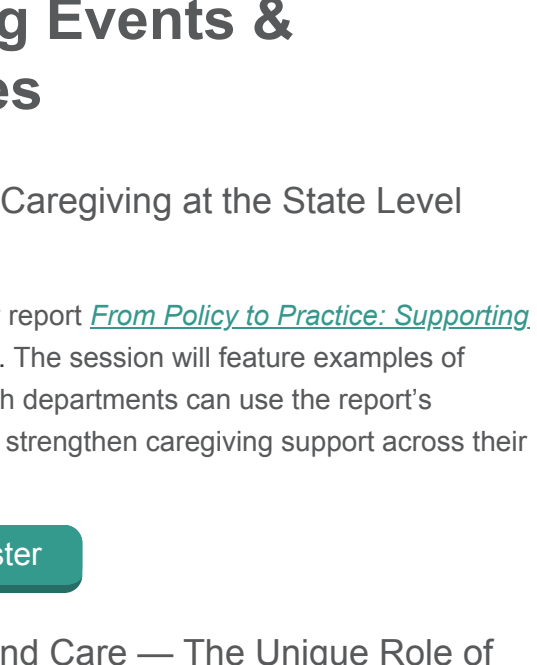
New Resource Helps States Align Health, Aging and Dementia Plans

A new crosswalk — *Aligning Strategic Plans Across Health, Aging, and Dementia* — from the Association of State and Territorial Health Officials (ASTHO) and the Alzheimer's Association outlines how state agencies can coordinate strategic planning to strengthen services, improve efficiency and support aging populations.

The resource provides a framework to help state agencies identify overlapping priorities, align implementation timelines and integrate funding and evaluation efforts across state health improvement plans (SHIPs), state plans on aging (SPOAs), and state Alzheimer's disease and dementia plans.

Strategic plan alignment can improve outcomes for older adults and caregivers by reducing duplication, fostering cross-agency partnerships and ensuring that dementia and brain health are embedded in broader health and aging efforts.

[View Crosswalk](#)

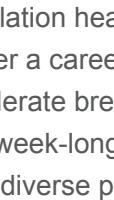


Research Highlights

[Physical Activity and Dementia Risk](#)
Older adults who engage in regular physical activity may slow the biological progression of Alzheimer's disease, according to a new study in *Nature Medicine*. Researchers found that participants who walked more than 3,000 steps per day showed slower cognitive decline and reduced tau protein buildup in the brain — a key marker of Alzheimer's — compared with inactive individuals, with the greatest benefit occurring among those who walked more than 5,000 steps per day.

[Sleep, Heart Health and Dementia Risk](#)
Poor sleep and high blood pressure may raise dementia risk by disrupting the brain's ability to clear waste, according to a study in *Alzheimer's & Dementia*. Using MRI data from more than 44,000 adults, researchers found that changes in cerebrospinal fluid flow — which removes toxins from the brain — were linked to higher dementia risk, especially among people with cardiovascular conditions.

[Alzheimer's Biomarker Research Guides Broader Brain Health Advances](#)
Decades of Alzheimer's biomarker research are informing breakthroughs across other brain disorders, according to a *Science Translational Medicine* article. The report highlights how lessons from Alzheimer's studies are advancing biomarker development and precision medicine in Parkinson's disease, Huntington's disease and other disorders.



Healthy Habit Highlight: Sleep Well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Two Opportunities to Advance Dementia Research and Public Health Practice

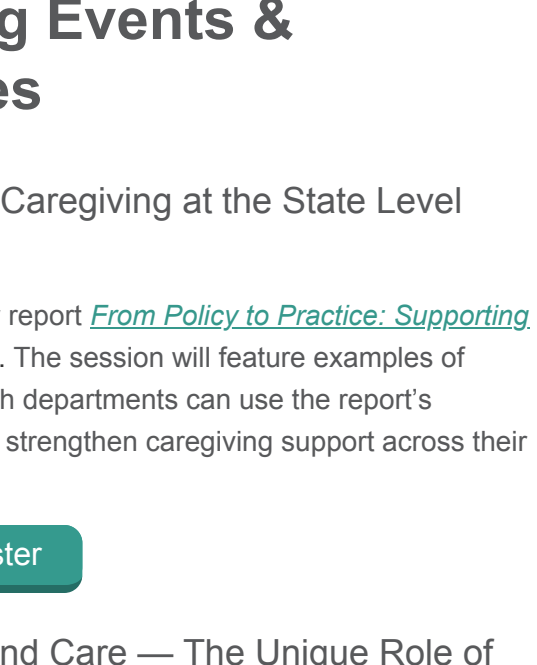
1. Advance Your Career and the Future of Dementia Research

Applications Due March 9, 2026

The Alzheimer's Association Interdisciplinary Summer Research Institute (AA-ISRI) is an immersive, no-cost opportunity for early career researchers in population health and care interventions to further a career in dementia science and accelerate breakthroughs in the field.

The week-long Institute will take place in Chicago, August 3-7, 2026, where experts will offer diverse perspectives on ground-breaking research through group sessions and individual mentoring. Individuals from diverse backgrounds are encouraged to apply.

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



2. Request for Applications: ASTHO Brain Health and Caregiving Virtual Learning Community

Applications Due December 8

ASTHO is now seeking applications for up to five states to participate in a cohort-based learning community to increase their capacity to promote brain health and support caregivers in their jurisdiction. Throughout this experience, ASTHO will lead state teams in learning about the promising policies and sustainable strategies outlined in its recent report *From Policy to Practice: Supporting Brain Health and Caregiving at the State Level*. State teams will participate in learning sessions and peer-to-peer connection calls to identify priorities and challenges, determine evidence-based/sustainable policies, and receive tailored technical assistance from ASTHO. Please see the [Request for Applications](#) for additional guidance and information on how to apply.



Upcoming Events & Resources

Today: Supporting Brain Health and Caregiving at the State Level

November 19 | 2 p.m. ET

Join ASTHO for a webinar highlighting the new report *From Policy to Practice: Supporting Brain Health and Caregiving at the State Level*. The session will feature examples of innovative state policies and explore how health departments can use the report's recommendations to advance brain health and strengthen caregiving support across their communities.

[Register](#)

Upcoming Webinar: Bridging Trust and Care — The Unique Role of Community Health Workers in Dementia Efforts

December 2 | 2 p.m. ET

Join ASTHO and the BOLD Public Health Centers of Excellence for a webinar highlighting how community health workers (CHWs) can advance brain health and dementia initiatives. The session will feature the report, [Community Health Workers: Developing Roles in Public Health Dementia Efforts in the United States](#), and an accompanying e-learning module, [Equipping Community Health Workers to Address Alzheimer's Disease and Related Dementias in Their Communities](#).

Learn how CHWs can use their skills to promote risk reduction, early detection, and caregiver support in their communities and discover strategies for integrating CHWs into public health dementia efforts.

[Register](#)

[HBI Road Map](#)

[State Resources and Data](#)

[10 Healthy Habits for Your Brain](#)

[HBI Road Map for AI/AN Peoples](#)

[Public Health and Dementia Curriculum](#)

[10 Early Signs of Alzheimer's](#)

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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 dementias — 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 dementias.

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[View Our New Programs and Resources](#)