

Continuing Education Opportunities on Public Health and Dementia

→ [Public Health and Dementia Curriculum Offers Free CHES Credits](#)

→ [Webinar: Community Leaders Embedding Dementia in Public Health Practice](#)

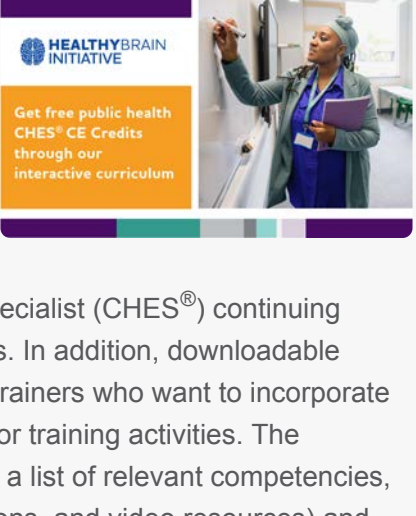
→ [March Is National Nutrition Month: Supporting Brain Health Through Food](#)

Public Health and Dementia Curriculum Offers Free CHES Credits

The Alzheimer's Association [Public Health and Dementia Curriculum](#) provides free, self-paced online training designed for public health professionals, faculty and students. Grounded in a public health approach to dementia, the curriculum supports implementation of the [Healthy Brain Initiative Road Map](#) and strengthens workforce capacity to address dementia risk reduction, early detection, caregiving and health equity.

Each module has Certified Health Education Specialist (CHES®) continuing education credits available at no cost to learners. In addition, downloadable instructor guides are available for educators or trainers who want to incorporate the content of the modules into their classroom or training activities. The comprehensive guides offer learning objectives, a list of relevant competencies, teaching aids (such as case studies, test questions, and video resources) and additional learning activities.

Learn More



CE Credits Available for Eight-Part Microlearning Series on Modifiable Risk Factors for Dementia

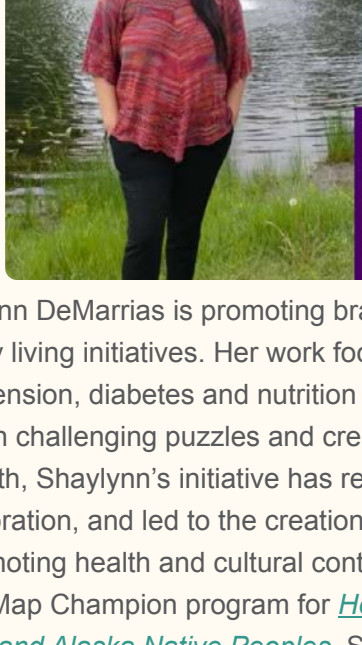
Through this free, eight-part virtual microlearning series, public health professionals and clinicians can learn about modifiable risk factors for dementia. Presented by leading dementia researchers, each video module highlights the state of the science on the risk factor and what it means for public health. Continuing education credits are available for physicians, nurses and pharmacists at no cost.

Learn More



SPOTLIGHT
ON PRACTICE

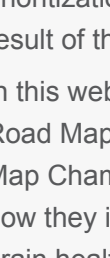
Promoting Brain Health Through Community Education



“My motivation is deeply rooted in my personal experience, specifically the influence of my grandmother. Witnessing her struggle with memory issues before she passed away served as a powerful catalyst, driving my commitment to educate the community.”

Shaylynn DeMarrias
Healthy Brain Initiative
Road Map Champion

Shaylynn DeMarrias is promoting brain health through community education and healthy living initiatives. Her work focuses on primary prevention by addressing hypertension, diabetes and nutrition while encouraging cognitive engagement through challenging puzzles and creative arts. By addressing social determinants of health, Shaylynn's initiative has reduced social isolation among Elders, fostered collaboration, and led to the creation of an Elder's committee that unites residents in promoting health and cultural continuity. In 2025 Shaylynn participated in the Road Map Champion program for [Healthy Brain Initiative Road Map for American Indian and Alaska Native Peoples](#). Shaylynn is an enrolled member of the Mandan, Hidatsa and Arikara Nation and works for Spirit Lake Nation.



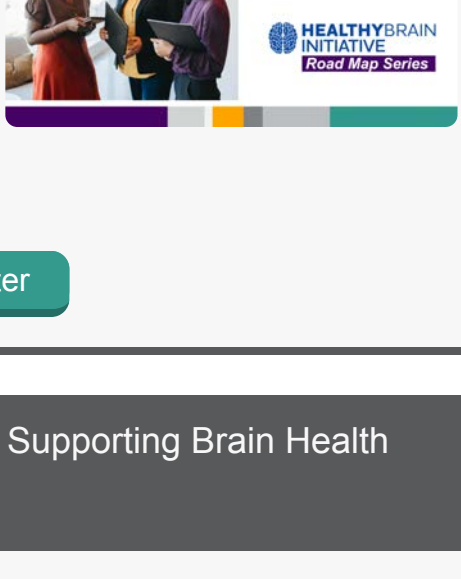
Webinar: Community Leaders Embedding Dementia in Public Health Practice

March 31 | 3 p.m. ET

The Alzheimer's Association Healthy Brain Initiative has funded 67 local and Tribal health organizations to implement the Healthy Brain Initiative Road Map within their communities. Participating organizations consistently report increased prioritization of brain health, dementia, and caregiving in their organizations as a result of their work.

In this webinar, alumni from the HBI Road Map Strategist and HBI Road Map Champion Programs will share how they initiated conversations around brain health, dementia and caregiving and how they transformed those discussions into meaningful community action. Participants will learn about what resonated with public health leadership to launch and sustain these efforts, and how they can engage with the Alzheimer's Association to support ongoing local initiatives.

Register



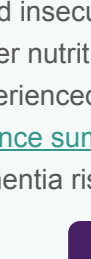
March Is National Nutrition Month: Supporting Brain Health Through Food

March is [National Nutrition Month](#), a reminder that what we eat can influence long-term brain health. The Alzheimer's Association offers several resources to support public health action on nutrition and community education.

- [Eat Right](#): This resource provides simple, actionable tips on heart-healthy eating patterns. You can also use this [Food Tracker to Support Brain Health](#).
- [Brain Health Habit Builder](#): Check your current habits – such as nutrition and physical activity – and make a plan to take charge of your brain health.
- [Diet and Nutrition Science Summary](#): This brief paper reviews the current evidence on dietary patterns and dementia risk, and includes implications for public health action. Watch the video summary below.



Modifiable Risk Reduction
Diet and Nutrition:
Healthy Dietary Patterns
for a Healthy Brain



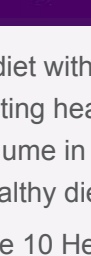
DATA
INSIGHTS

Food insecurity is increasing in the United States, creating barriers to addressing better nutrition. Data from [Healthy People 2030](#) show that 13.5% of households experienced food insecurity in 2023, up from 11.1% in 2018. Download the [science summary](#) and [infographic](#) about food insecurity and its relationship to dementia risk, and read more about [social determinants of health and dementia](#).



**NUTRITIOUS
FOODS**

IMPROVING ACCESS TO AFFORDABLE, nutritious, and culturally relevant foods is a necessary component for a healthy diet, which may lower the risk of developing dementia.



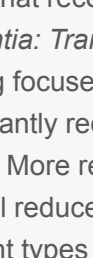
HEALTHY HABIT
HIGHLIGHT

A diet with balanced nutrition can help protect brain health. Eating healthier foods is associated with a larger brain tissue volume in the part of the brain that controls memory. A heart-healthy diet is a brain-healthy diet.

The 10 Healthy Habits for Your Brain materials are now available in [Haitian Creole](#) and are also offered in [English](#), [Spanish](#), [Chinese](#), [Vietnamese](#), [Arabic](#) and [Korean](#). Health departments can order these infographics as printed materials for community outreach.

Contact publichealth@alz.org for more information.





RESEARCH
HIGHLIGHTS

[Cognitive speed training linked to less diagnosed dementia up to 20 years later](#)

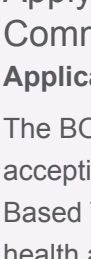
Older adults who participated in regular cognitive speed-of-processing training (the initial training plus subsequent booster training) were less likely to be diagnosed with dementia than both those who did not receive booster training and the control group that received no training, according to a study published in *Alzheimer's & Dementia: Translational Research & Clinical Interventions*. Speed-of-processing training focused on improving visual processing and reaction time, and showed a significantly reduced likelihood of being diagnosed with dementia over a 20-year period. More research is needed on the extent to which cognitive training in general reduces dementia risk, including understanding dose-response effects of different types of cognitive training.

[Does daily diet soda consumption increase dementia risk?](#)

Drinking more than one diet soda per day was associated with a 4.15-fold higher risk of developing dementia compared with drinking one or fewer per day, according to findings published in the *Journal of Alzheimer's Disease*. The analysis included 947 dementia-free adults from the longitudinal Northern Manhattan Study. The association, however, was not apparent after excluding those with obesity and diabetes, suggesting it may be the conditions that elevate dementia risk and not the soda consumption directly.

[Blood test may estimate when Alzheimer's symptoms begin](#)

A blood test measuring specific Alzheimer's-related biomarkers may help estimate when symptoms are likely to develop, according to a new study in *Nature Medicine*. Researchers found that levels of phosphorylated tau in the blood were associated with the timing of cognitive decline, offering a potential tool to identify the progression of cognitive decline in people at risk for Alzheimer's disease. Using data from multiple cohorts, investigators reported that higher biomarker levels were linked with a shorter time to the onset of symptoms.



UPCOMING EVENTS
& RESOURCES

Apply Now: Bridging Faith and Health Virtual Learning Community

Applications are due March 15 at 1 p.m. ET

The BOLD Public Health Center of Excellence on Dementia Caregiving is accepting applications for Bridging Faith and Health: A Public Health and Faith-Based Virtual Learning Community — a guided learning series to help public health agencies partner with faith-based organizations (FBOs) to advance dementia-friendly communities.

Up to three agencies will be selected to receive free training, four virtual group sessions, two individualized consultations and practical tools to conduct environmental scans and develop a 60-day FBO partnership plan. The series runs April–September 2026, with recruitment and selection taking place February–March. Local, state and Tribal health agencies are encouraged to apply.

Learn More

Heart Health and Brain Health — Two Sides of the Same Coin: Understanding the Results of the U.S. POINTER Study

March 23 | 3 p.m. ET

The National Hypertension Research Roundtable (NHCR) will host a fireside chat to review results from the U.S. POINTER study and its neurovascular ancillary study. The session will discuss what the findings may mean for hypertension control and dementia risk reduction efforts, including how a structured lifestyle intervention improved cognition in older adults at risk of cognitive decline and how researchers are examining neurovascular mechanisms that may underlie those effects.

Register

Early Detection of Dementia: What to Do Now — National Resources to Plan, Partner, and Act

April 13 | 1 p.m. ET

Public health professionals are invited to attend a free webinar hosted by the BOLD Public Health Center of Excellence on Early Detection of Dementia. This session will highlight national tools and resources to help health departments and partners strengthen early detection efforts. Speakers will share practical strategies to support planning, partnership development and action at the state and local levels.

Register

Meet Us at SOPHE 2026 Annual Conference

April 22-24 | Portland, OR | Booth #48

Meet the Alzheimer's Association public health organization in [Society of Public Health Education Annual Conference \(SOPHE 2026\)](#). Connect with us at our booth to explore public health strategies on brain health, dementia risk reduction, early detection and caregiving support.

Stop by to learn more about the public health and dementia curriculum, the Healthy Brain Initiative (HBI) Road Map Series, the Brain Health Habit Builder, community convening resources and tools to integrate brain health into chronic disease effort.

Poster Presentation: Changing the Future of Dementia Across the Lifecourse: The Role of Health Educators
April 23 | 11:45 a.m. PT