

May 2025

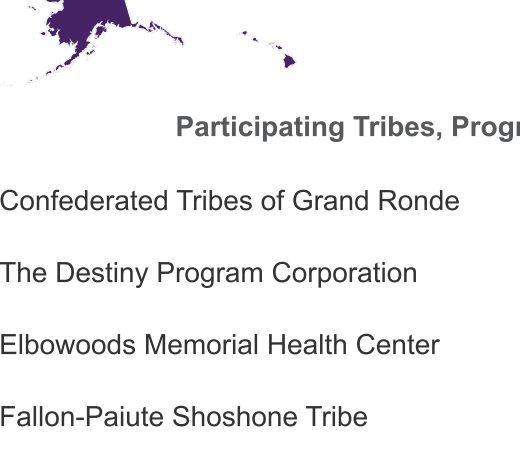
In This Edition:

- ✓ [HBI Road Map Champions Program Launches to Advance Brain Health in American Indian and Alaska Native Communities](#)
- ✓ [New translated materials to support AAPI community outreach](#)
- ✓ [Spotlight on dementia public health leadership in Hawaii](#)
- ✓ [National BRFSS data on caregiver mental health and public health tools to support dementia caregivers](#)
- ✓ [Research highlights on a new Alzheimer's blood test, hypertension, emergency room waits, and traumatic brain injury](#)

HBI Road Map Champions Program Launches to Advance Brain Health in American Indian and Alaska Native Communities

The Alzheimer's Association®, in partnership with the American Indian Public Health Resource Center at North Dakota State University, launched the inaugural cohort of the [Healthy Brain Initiative Road Map Champions Program](#) last month. This new initiative supports community-led efforts among American Indian and Alaska Native populations by providing training and technical assistance during a nine-month capacity building program.

Nationwide, 15 local leaders are Road Map Champions, dedicated to implementing strategies from [The Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples](#). As part of the program, Road Map Champions will:



- Share dementia-related knowledge with community members.
- Assess local strengths and needs.
- Lead local action to address brain health, caregiving and dementia.

Participating Tribes, Programs and Organizations:

- Confederated Tribes of Grand Ronde
- The Destiny Program Corporation
- Elbowoods Memorial Health Center
- Fallon-Paiute Shoshone Tribe
- Forest County Potawatomi Community
- Great Lakes Inter-Tribal Epidemiology Center: Michigan
- Great Lakes Inter-Tribal Epidemiology Center: Minnesota
- Great Lakes Inter-Tribal Epidemiology Center: Wisconsin
- Juaneño Band of Mission Indians Acjachemen Nation
- Minneapolis American Indian Center
- Native American Development Corporation
- Northwest Washington Indian Health Board
- Rising REZilience
- San Ildefonso Pueblo
- Spirit Lake Tribe

[Learn more](#)

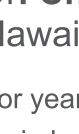
Translated Resources to Support Asian American Communities

1. 10 Healthy Habits for Your Brain

Infographics are available in [Chinese](#), [Vietnamese](#) and [Korean](#). Health departments can order these printed materials for community outreach. Contact publichealth@alz.org for more information.

2. 2025 Alzheimer's Disease Facts and Figures

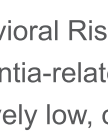
Infographic is available in [Chinese](#).



Spotlight on Practice

Dr. Christy Nishita, Interim Director at the University of Hawaii's Center on Aging

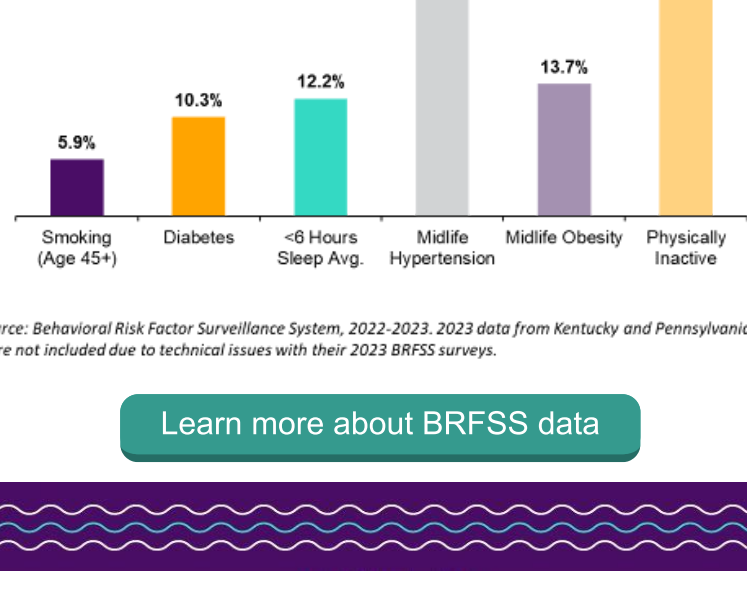
For years, Dr. Nishita has advanced brain health through public health action. She led the development of Hawaii's Alzheimer's state plan, enhanced the local workforce through training and education, and launched the [Healthy Brain Tracker](#), Hawaii's first dementia data dashboard. Dr. Nishita leads the evaluation for the Hawaii BOLD Program and spearheads projects on workforce development and data action.



Data Spotlight:

Dementia Risk Factors Among Asian Americans and Pacific Islanders (AAPI)

Behavioral Risk Factor Surveillance System (BRFSS) data reveal a complex picture of dementia-related risk factors among AAPI adults. While smoking and diabetes rates are relatively low, other risk factors stand out. Hypertension affects nearly 31% of AAPI adults, and nearly 40% report being physically inactive.



Source: Behavioral Risk Factor Surveillance System, 2022-2023. 2023 data from Kentucky and Pennsylvania were not included due to technical issues with their 2023 BRFSS surveys.

[Learn more about BRFSS data](#)

Caring for Caregivers: A Public Health Priority

May is [Mental Health Awareness Month](#) — an opportunity to recognize the intersection between dementia caregiving and mental health. Dementia caregivers face higher rates of poor mental health, according to data from the [BRFSS Caregiver Module](#):

- More than 1 in 4 dementia caregivers report ever having been diagnosed with depression — a rate 33% higher than the overall population.
- More than 1 in 5 (21.7%) dementia caregivers report spending at least 14 days of the previous 30 days in poor mental health.

Dementia caregivers play a vital role in supporting individuals living with dementia; however, caregiving often negatively affects their own health. Public health strategies can help reduce stress, promote well-being, and ensure caregivers have the resources they need. As the number of caregivers continues to rise, integrating caregiver support into public health planning is essential.



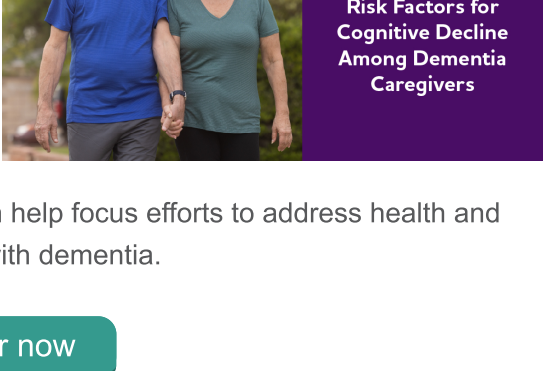
View the [Healthy Brain Initiative Supporting Caregivers Issue Map](#) to learn how caregiving fits within a public health framework.

Three Learning Opportunities to Make Caregiving a Public Health Priority

1. Risk Factors for Cognitive Decline Among Dementia Caregivers

June 12 | 2-3 p.m. ET

This webinar explores the connection between caregiving and cognitive health. Co-hosted by the BOLD Public Health Centers of Excellence on Dementia Risk Reduction and Dementia Caregiving, the session will review newly-released data on dementia risk factor prevalence among dementia caregivers and explore how data can help focus efforts to address health and wellbeing among caregivers for people living with dementia.

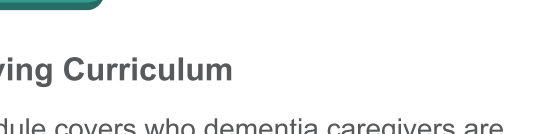


[Register now](#)

2. Ask the Expert: LGBTQIA+ Caregiving

June 24 | 1-2 p.m. ET

This webinar will cover challenges such as aging in place, caregiver stress and the unique experiences of LGBTQIA+ caregivers.

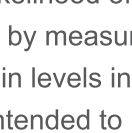


[Learn more](#)

3. Public Health and Dementia Caregiving Curriculum

This free, interactive public health learning module covers who dementia caregivers are, why dementia caregiving is a public health issue, and what public health organizations can do to support dementia caregiving.

[Start module](#)



Research Roundup

[FDA Clears First Blood Test to Help Diagnose Alzheimer's](#)

The U.S. Food and Drug Administration has approved the first blood test to support the diagnosis of Alzheimer's disease. The test estimates the likelihood of amyloid plaques in the brain by measuring beta-Amyloid and pTau protein levels in the blood. While the test is not intended to be used alone in diagnosing Alzheimer's (or to screen asymptomatic individuals), it offers a less invasive and more accessible option to help clinicians make an accurate diagnosis and determine whether individuals are eligible for approved drug treatments.

[Long Emergency Room Waits Increase Delirium Risk for People with Dementia](#): Boarding in emergency departments (ED) – when patients are held in the ED while waiting for an inpatient bed – is associated with higher incidence of delirium. Those with dementia are particularly at risk. A 2024 study found that compared with a 50-year old who is boarded for two hours, a 75-year-old with dementia who is boarded for eight hours is more than seven times as likely to develop delirium or agitation during hospitalization.

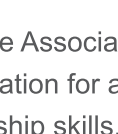
[Hypertension and Dementia](#): Managing high blood pressure can reduce dementia risk by 15%, according to a new study among individuals in rural China. Over four years, those who received regular monitoring, lifestyle coaching, and medication support from health workers saw greater blood pressure control and fewer dementia diagnoses than those receiving standard care.

[Traumatic Brain Injury \(TBI\) Increases Risk for Dementia More Than for Other Conditions](#): Individuals with a mild TBI are four times as likely to develop dementia than individuals who do not experience a TBI, according to a study published in JAMA Network Open. That is the highest elevated risk associated with a mild TBI among all 22 comorbidities examined in the study.



Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Upcoming Events

Boundary Spanning Leadership Training for State Officials

June 16-17 | Online

Join the Association for State and Territorial Health Officials (ASTHO) and the Alzheimer's Association for a two-day boundary spanning training program designed to strengthen leadership skills, build cross-sector partnerships, and foster innovation on Alzheimer's and dementia. Identify your team of two state officials and complete this [interest form](#) by June 6. For questions, contact tbethune@astho.org.

Visit Us at NACCHO360

July 14-18 | Anaheim, CA | Booth #226

Meet the Alzheimer's Association public health team and explore public health strategies on dementia and brain health.

NACCHO Session: Looking Inward: Action on Dementia Within and Across Local Health Departments

July 15 | 3:30-4:30 p.m. PT

Learn how local health departments are embedding dementia into core public health functions. This session features practical strategies for aligning dementia efforts with existing initiatives and includes an interactive activity to help participants identify opportunities within their own departments.

NACCHO Session: Addressing Social Determinants of Health and Modifiable Risk Factors for Dementia

July 15 | 5:30-6:30 p.m. PT

Learn how public health professionals can use the *Community Convenings for Dementia Risk Reduction Toolkit*, developed from a multi-site pilot project, to address dementia risk factors in their communities. This session will feature insights and strategies from pilot communities that participated in the development process, offering real-world examples of how local partnerships can address modifiable dementia risk factors through community-based action.

AAIC For All

July 31 | 9 a.m.-1 p.m. ET | Toronto, Canada & Online

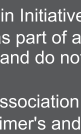
This free half-day event provides a recap of the latest dementia science released at the 2025 Alzheimer's Association International Conference (AAIC).



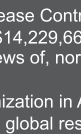
AAIC for All provides an opportunity for individuals who would not otherwise attend AAIC to learn about the latest research findings and key takeaways from the world's largest conference on dementia science.

[Learn more](#)

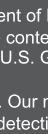
[Get Started at \[alz.org/PublicHealth\]\(https://alz.org/PublicHealth\)](#)



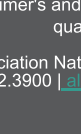
HBI Road Map



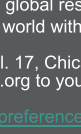
State Resources and Data



10 Healthy Habits for Your Brain



HBI Road Map for AI/AN Peoples



Public Health and Dementia Curriculum



10 Early Signs of Alzheimer's