

April 2026
Alzheimer's Disease
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Special Edition:

2026 Alzheimer's Disease Facts and Figures

- [Special Report: Brain Health in America](#)
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- [State Data: Key statistics detailing the impact of Alzheimer's in each state](#)

This week, the Alzheimer's Association® released the [2026 Alzheimer's Disease Facts and Figures](#), an annual report offering a comprehensive look at national and state-level trends in prevalence, mortality, cost of care and caregiving burden.

This year's report also includes a special section on the understanding of brain health among Americans.

OVER
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S.

Special Report: *Brain Health in America:**Understanding and Supporting Lifelong Cognitive Health*

The Facts and Figures special report, [Brain Health in America: Understanding and Supporting Lifelong Cognitive Health](#), highlights a national survey of more than 3,800 U.S. adults, ages 40 and older, examining how Americans understand, prioritize, and act on brain health across the lifespan.

Most adults age 40 and older believe lifestyle behaviors such as diet, physical activity and sleep play an important role in maintaining brain health, but fewer connect these behaviors with reducing dementia risk.

- Most adults age 40 and older want guidance about brain health from their doctors, but these conversations are uncommon.
- Nearly three-quarters of adults (73%) say they would be interested in participating in programs designed to support brain health.

[Read the Report](#)

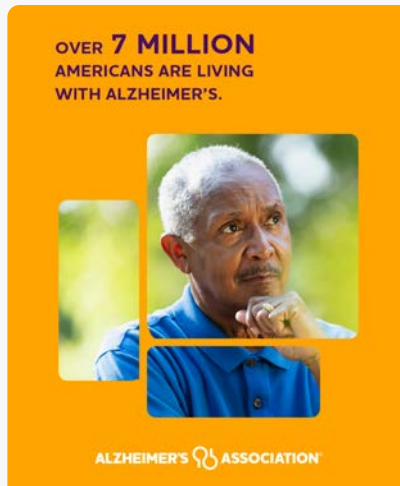
Nationwide, public health professionals play a vital role in bringing brain health to the communities they serve. Everyday habits — like staying physically active, eating well, staying socially connected and managing chronic health conditions — can reduce the risk of cognitive decline. The [Brain Health Public Awareness Campaigns Toolkit](#) gives public health agencies a ready-made framework to bring these messages to life locally.

- Explore risk reduction strategies: alz.org/riskreduction
- Share brain health resources with your community: alz.org/brainhealth

Key Findings: 2026 Alzheimer's Disease Facts and Figures

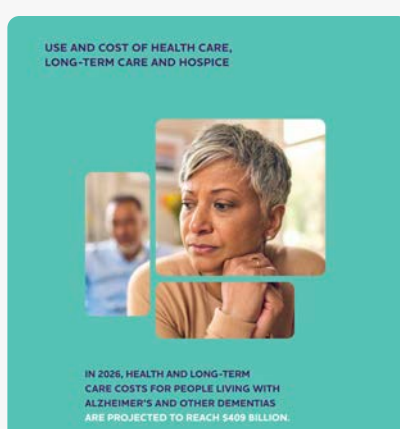
Rising Prevalence

- 7.4 million older Americans are living with Alzheimer's dementia.
- The number of individuals affected continues to grow as the U.S. population ages, placing greater demand on health systems, caregivers, and public health infrastructure.



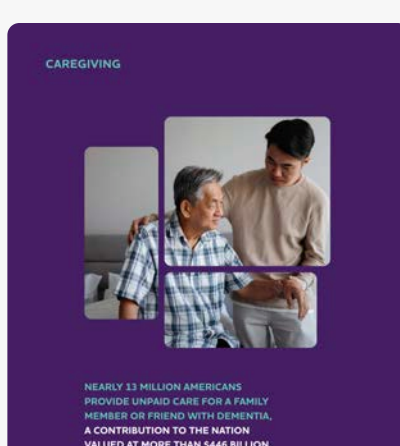
Increasing Cost of Care

- The cost of caring for people with Alzheimer's in the United States is projected to total \$409 billion in 2026, up \$25 billion from last year. Unless something changes, costs are projected to reach nearly \$1 trillion in 2050



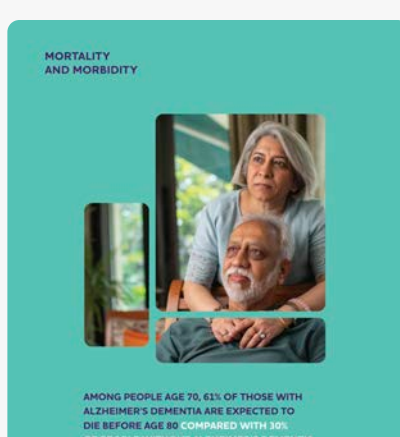
Growing Burden on Caregivers

- In 2025, nearly 12.7 million caregivers provided more than 19 billion hours of unpaid care to people with dementia, a contribution to the nation valued at \$446.3.
- The total lifetime cost of caring for someone with dementia is estimated at more than \$405,262 with 70% of these costs borne by family caregivers in the form of unpaid caregiving and out-of-pocket expenses.



Alzheimer's Mortality Continues to Rise

- Between 2000 and 2024, the number of deaths from Alzheimer's disease in the United States more than doubled, increasing 134%, while deaths from the number-one cause of death heart disease decreased 3.8%.
- Alzheimer's disease was the fifth-leading cause of death among individuals age 65 and older in 2024.



Growing Impact on States

Updated state fact sheets from the 2026 Alzheimer's Disease Facts and Figures report highlight the impact of Alzheimer's in states across the nation. Find the latest state-level statistics on Alzheimer's prevalence, dementia caregiving and costs to state Medicaid programs. These data help states better understand the impact of dementia on communities and can guide planning, resource allocation and setting of public health priorities.

[Find Your State's Data](#)

In addition to state data from Facts and Figures, the BOLD Public Health Center of Excellence on Dementia Risk Reduction is committed to assisting public health departments take action based on available local data. The Center offers customized state heat maps (by county) and county heat maps (by Census Tract) on the prevalence of six risk factors for cognitive decline and dementia: hypertension, obesity, diabetes, smoking, physical inactivity and poor sleep.

These maps help public health professionals identify geographic disparities and prioritize areas of greatest need. To request heat maps by state or county for one or more of these risk factors, email CenterOfExcellence@alz.org.



HBI ROAD MAP

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RESOURCES & DATAPUBLIC HEALTH &
DEMENTIA CURRICULUMBRAIN HEALTH
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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 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 dementias®.

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