

September 2025

- ✓ [Updated science summaries on dementia risk factors](#)
- ✓ [State and county heat maps showing local prevalence of dementia risk factors](#)
- ✓ [Continuing education opportunities: new curriculum modules and microlearning series](#)
- ✓ [Resources for Hispanic and Latino communities](#)
- ✓ [Data insights on dementia risk factors among Hispanic adults](#)
- ✓ [Preparedness tips for first responders](#)
- ✓ [Research highlights on hypertension awareness](#)

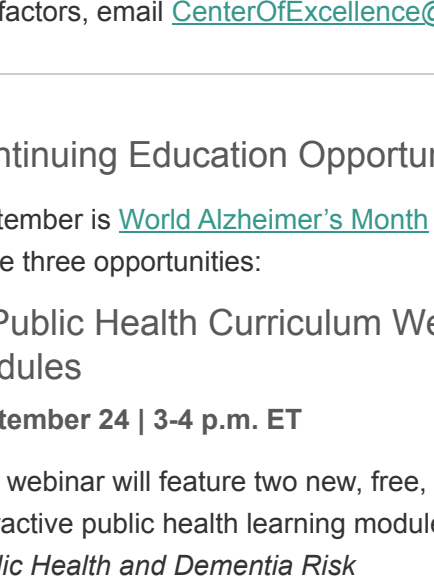
Updated Risk Factor Science Summaries Released

Updated science summaries reflecting the latest research on risk factors for cognitive decline and dementia are now available from the BOLD Public Health Center of Excellence on Dementia Risk Reduction. Each summary assesses the current state of evidence linking potential risk factors to future brain health outcomes, explores the implications of that evidence for public health, and discusses the role social determinants of health play. The summaries are intended to support public health agencies in implementing evidence-informed actions tailored to the diverse communities they serve — and to best position individuals in those communities for successful cognitive aging.



Read updated summaries on [education](#), [traumatic brain injury](#), [hypertension](#), [diabetes and obesity](#), [exercise](#), [smoking](#), [sleep](#), [diet and nutrition](#), [social engagement](#), [depression](#), [sensory impairment](#) and [alcohol](#). Download them all by visiting alz.org/riskreduction.

Heat Maps Available: Access Local Data on Risk Factors for Cognitive Decline



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.

Continuing Education Opportunities for Professionals

September is [World Alzheimer's Month](#) — continue your education on brain health with these three opportunities:

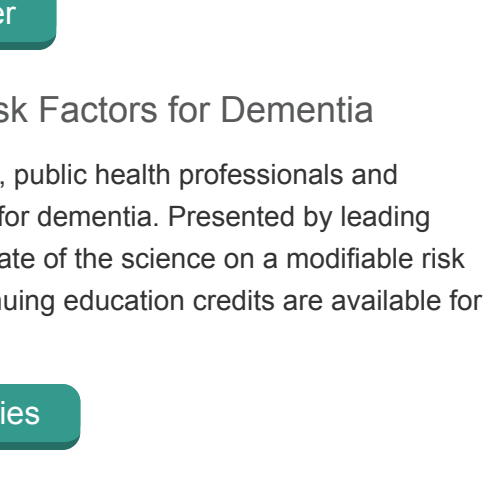
1. Public Health Curriculum Webinar: Launch of Two New Dementia Modules

September 24 | 3-4 p.m. ET

This webinar will feature two new, free, interactive public health learning modules:

Public Health and Dementia Risk Reduction and Public Health and Early Detection of Dementia. The modules explore the importance of primary and secondary prevention of dementia and provide strategies for public health professionals to integrate into practice.

Participants who complete the modules are eligible to earn free CHES® continuing education credits.



Learn more about existing curriculum modules and view the new modules upon launch at alz.org/publichealthcurriculum

Register

2. Microlearning Series: Modifiable Risk Factors for Dementia

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

View Series

3. Primary Care Training: Alzheimer's and Dementia Care ECHO® Program

Every other Thursday beginning October 9 | 1-2 p.m. ET

The Alzheimer's Association Project ECHO® offers an educational series for primary care teams to receive best-practice guidance for dementia detection, diagnosis and management. This virtual, interactive learning experience combines brief lectures on current evidence and best practices with guided case-based group discussions, where participants discuss real-life scenarios, dissect challenges and find solutions. Participants will also gain access to resources, free continuing education units (CME/CNE/CEUs), and a certificate of completion. There is no cost to join.

The Alzheimer's Association also offers a Dementia Care ECHO Program specifically for public health professionals. For more information, contact publichealth@alz.org.

Learn More

Resources for Hispanic and Latino Communities

Public health professionals can share the following resources to support Spanish-language communities.

Memories of My Grandfather Telenovela

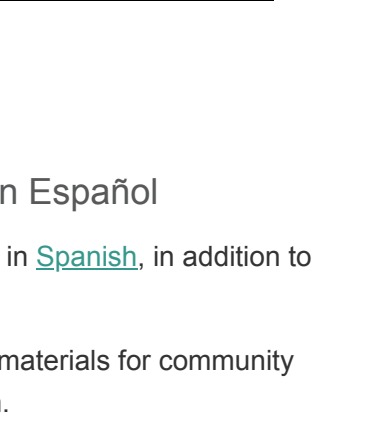
English-language: September 30 | 2-3 p.m. ET

Spanish-language: October 7 | 2-3 p.m. ET

Memories of My Grandfather (Recuerdos de mi abuelo)

is a mini telenovela designed to spark conversations about Alzheimer's in Hispanic and Latino communities.

Through the story of a multigenerational family facing a grandfather's Alzheimer's diagnosis, the series encourages open discussions about memory loss, diagnosis and caregiving. Each webinar will screen the telenovela, followed by a live panel discussion with the Alzheimer's Association and partners. This dynamic family drama is a collaboration between the Alzheimer's Association and the University of Houston Engaging Communities of Hispanics/Latinos for Aging Research (ECHAR) Network. The series highlights the role of family support in reducing stigma, isolation and cognitive decline.



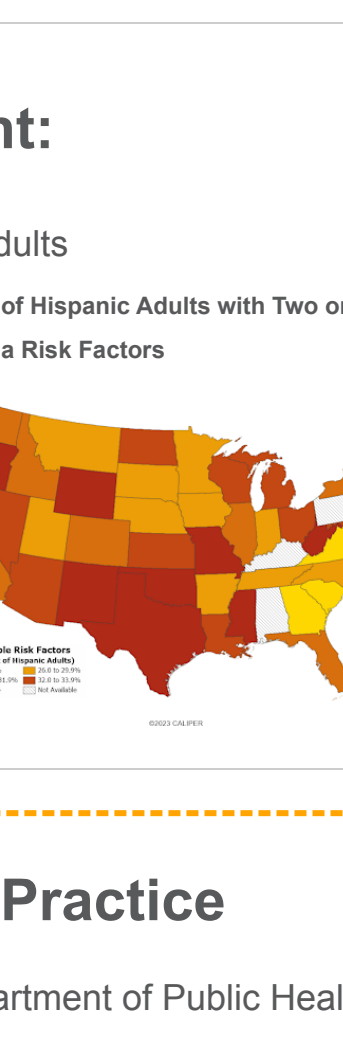
Learn More

ALZ Talks: Tome control de su salud cerebral

December 18 | 11 a.m.-12 p.m. ET

The next ALZ talk program focusing on brain health will be offered in Spanish. Participants will hear how everyday actions can influence brain health and discover positive steps that can help protect memory and thinking at any age. It's never too early — or too late — to build healthy habits for your brain.

This webinar is open to everyone, and public health practitioners are encouraged to share it within Spanish-speaking communities.

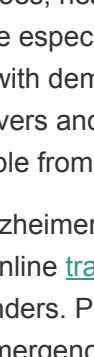


Register

10 Healthy Habits for Your Brain — Available en Español

The 10 Healthy Habits for Your Brain infographic is available in [Spanish](#), in addition to [Arabic](#), [Chinese](#), [English](#), [Korean](#) and [Vietnamese](#).

Health departments can order these infographics as printed materials for community outreach. Contact publichealth@alz.org for more information.

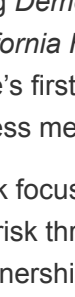
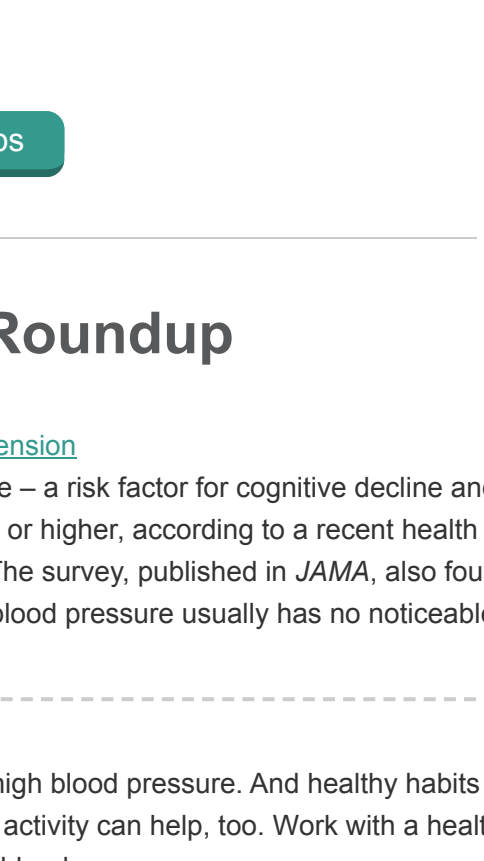


Data Spotlight:

Dementia Risk Factors Among Hispanic Adults

More than 70% of Hispanic adults have at least one of five major risk factors for cognitive decline (hypertension, diabetes, obesity, smoking and physical inactivity), and about 32% have two or more. But, as data from the Behavioral Risk Factor Surveillance System (BRFSS) show — illustrated on the map — the share of Hispanic adults with multiple risk factors varies widely by state.

Percent of Hispanic Adults with Two or More Dementia Risk Factors



Spotlight on Practice

Spotlight on Practice: California Department of Public Health

Lisa Gonzales leads brain health and dementia risk reduction initiatives at the California Alzheimer's Disease Program, including *Dementia Friendly Communities*, the *California Healthy Brain Initiative* and the state's first Alzheimer's disease public awareness media campaign.

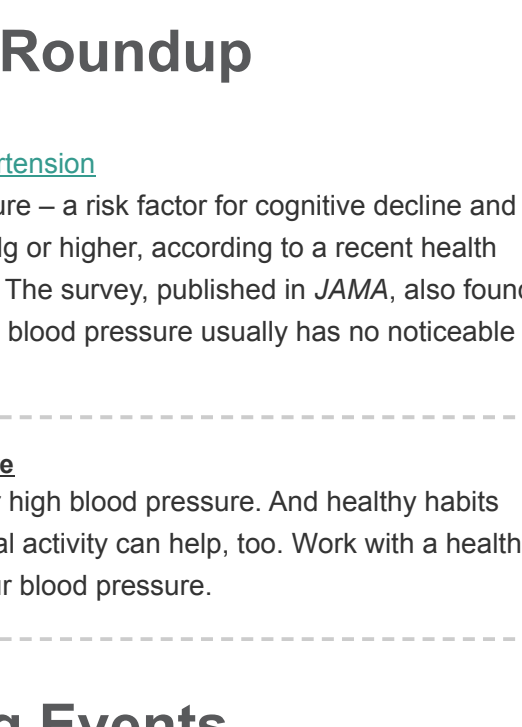
Her work focuses on communities at highest risk through tailored interventions and partnerships. Gonzales emphasizes the importance of involving priority populations in developing health messages and events, noting that co-creation builds trust, ensures relevance, and strengthens long-term engagement.



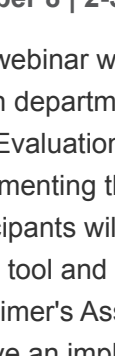
September is National Preparedness Month

Emergencies such as hurricanes, tornadoes, heat waves, blizzards and fires may be especially challenging for people living with dementia. [Tips](#) to help caregivers and families prepare are available from the Alzheimer's Association.

The Alzheimer's Association also has a free, online [training program](#) for first responders. Public health, public safety and emergency response professionals can promote the training with [this downloadable flyer](#).



View Tips



Research Roundup

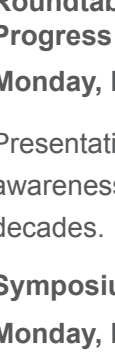
Many U.S. Adults Lack Knowledge About Hypertension

Only 13% of adults know that high blood pressure — a risk factor for cognitive decline and possibly dementia — is defined as 130/80 mm Hg or higher, according to a recent health survey by the Annenberg Public Policy Center. The survey, published in *JAMA*, also found that only 39% of adults correctly knew that high blood pressure usually has no noticeable symptoms.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.

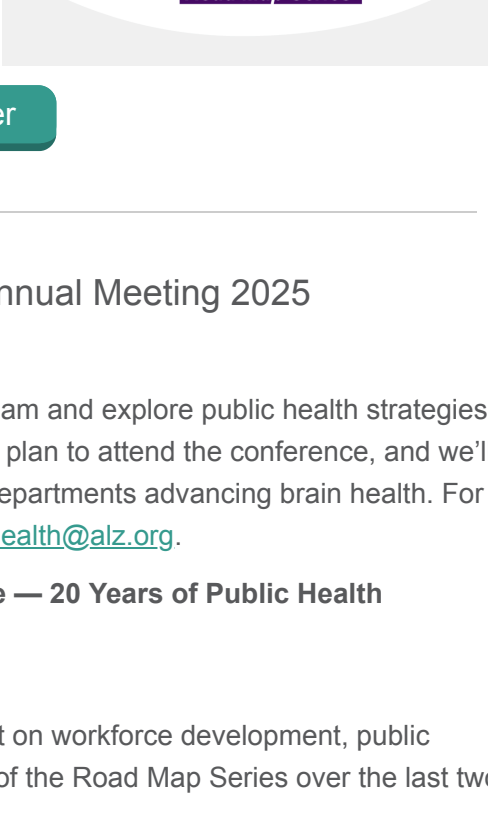


Upcoming Events

Tracking HBI Road Map Implementation Progress

October 8 | 2-3 p.m. ET

This webinar will guide state and local health departments on using the HBI Road Map Evaluation Tool to track progress on implementing the HBI Road Map. Participants will learn about recent updates to the tool and how to partner with the Alzheimer's Association to share data, receive an implementation report and contribute to the nationwide evaluation of the HBI Road Map series.



Register

American Public Health Association Annual Meeting 2025

November 2-5 | Washington, DC | Booth 1400

Meet the Alzheimer's Association public health team and explore public health strategies on dementia and brain health. Let us know if you plan to attend the conference, and we'll share an invitation to connect with other health departments advancing brain health. For details about an informal meetup, contact publichealth@alz.org.

Roundtable: The Healthy Brain Initiative — 20 Years of Public Health Progress

Monday, November 3 | 8:30-10 a.m. ET

Presentations will explore the HBI's impact on workforce development, public awareness, data use and implementation of the Road Map Series over the last two decades.

Symposium: Road Map for Brain Health for AI/AN/NH Peoples

Monday, November 3 | 10:30 a.m.-12 p.m. ET

Tribal leaders and partners will highlight culturally-grounded efforts and resources supporting implementation of the HBI Road Maps among American Indian, Alaska Native and Native Hawaiian peoples.

Lightning Talk: The Future of Public Health Action on Brain Health

Tuesday, November 4 | 10:40-10:45 a.m. ET

A rapid-fire session spotlighting public health strategies to reduce dementia risk, advance equitable care, and support healthy aging through policy, research and innovative practice.

Symposium: Convening Communities to Integrate Brain Health

Tuesday, November 4 | 2:30-4 p.m. ET

Learn how health departments are using Community Convenings to mobilize community stakeholders to address dementia risk factors, including by embedding brain health in chronic disease programs and health equity initiatives.

In Case You Missed it: Two Webinar Recordings Now Available

- **Public Health Implications of the U.S. POINTER Study:** Learn about the findings from the U.S. POINTER lifestyle intervention trial and the implications for public health in this [webinar recording](#).
- **Using Data for Action in Brain Health and Caregiving:** Learn how health departments are leveraging population-level data on cognitive decline and caregiving to inform public health planning in this [webinar recording](#).

Watch these recordings and explore other past webinars on our YouTube [playlist](#).


New Training for Community Health Workers on Dementia


A new, no cost e-learning module from the Association of State and Territorial Health Officials (ASTHO) is designed to help community health workers (CHWs) address Alzheimer's disease and related dementias and support caregivers in their communities. The module covers dementia risk reduction, early detection and caregiving — and features examples of the impact CHWs can have. You can [enroll](#) in the module on ASTHO's website.


Early Detection of Dementia Implementation and Sustainment Decision Tree

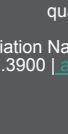
A new interactive [decision tree](#) is now available from the BOLD Public Health Center of Excellence on Early Detection of Dementia. This tool guides public health agencies and partners through key phases of early detection projects — explore, prepare, implement and sustain. The tool supports the adoption and long-term success of early detection efforts and can also be used for program evaluation and quality improvement.

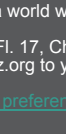
Get Started at alz.org/PublicHealth


 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

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 \$14,229,686 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 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.

Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601 ©2021 Alzheimer's Association. All rights reserved. 800.272.3800 | www.alz.org | publichealth@alz.org | Please add publichealth@alz.org to your address book to ensure you receive all future emails.

<https://www.alz.org/publichealth>