Previous Editions

June 2025

Can Take Now

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June marks Alzheimer's & Brain Awareness Month and this month's edition highlights advancements in the public health approach to dementia:

✓ <u>Implementation report of the HBI Road Map series</u>

- ✓ Cognitive decline risk factors among dementia caregivers ✓ Introduction of the My ALZ Journey mobile app
- ✓ U.S. POINTER results presentation during AAIC for All
- ✓ <u>Spotlight on HBI Road Map Strategist Meghan Mermal's community-based work in</u> Wisconsin
- Alzheimer's & Brain Awareness Month: Three Actions Public Health

health practitioners can take to promote brain health.

June is Alzheimer's & Brain Awareness Month (ABAM). Here are three actions public

1. Promote 10 Healthy Habits for Your Brain: Share evidence-based ways to reduce the risk of cognitive decline. Learn More

2. Explore the Public Health Approach to Dementia Curriculum: Parts 1 and 2 of

- the free, interactive curriculum from the Alzheimer's Association® provide foundational public health knowledge about dementia and guidance on implementing the HBI Road Map. View Curriculum
- 3. Address elder abuse and dementia: World Elder Abuse Awareness Day was June 15. View these <u>resources</u> from the USC Center for Elder Justice to help prevent abuse of individuals living with dementia.
- Take charge of your brain health today Research shows that adopting **healthy habits** may reduce the risk of cognitive decline. Whatever your age or stage of life, now is the time to take charge of your brain health. awareness month

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH



Among the 32 health departments included in the report, a majority are implementing

and provides data on the reach of those actions over the last two years.

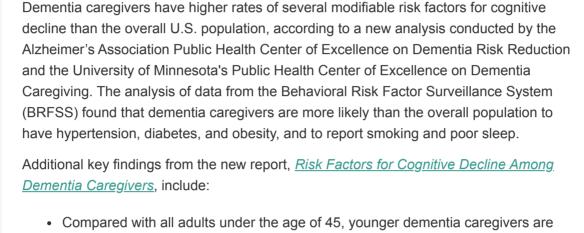
actions across all four domains of the HBI Road Map (see graphic below) — a necessary step for a robust public health response to dementia. STRENGTHEN MEASURE, BUILD A DIVERSE EDUCATE THE AND SKILLED PARTNERSHIPS EVALUATE AND AND POLICIES USE DATA WORKFORCE

Read report Webinar — Charting Progress: HBI Road Map Implementation Across 32 Public Health Departments

CHARTING PROGRESS: HBI ROAD MAP IMPLEMENTATION ACROSS **32 PUBLIC HEALTH DEPARTMENTS**

Data Spotlight: Caregiver Health is Important

Register



86% more likely to smoke, 46% more likely to have hypertension, and 29% more

American Indian/Alaska Native and Black dementia caregivers were more likely to

21.5% 23.7%

Percent of Dementia Caregivers vs. All Adults with Risk Factors for Cognitive

12.8%

likely to get fewer than 6 hours of sleep per night.

have dementia risk factors than others.

14.3% __ 11.9%

Now Available: My ALZ Journey Mobile App

The Alzheimer's Association has launched My ALZ

Journey, a free app to assist individuals in the early

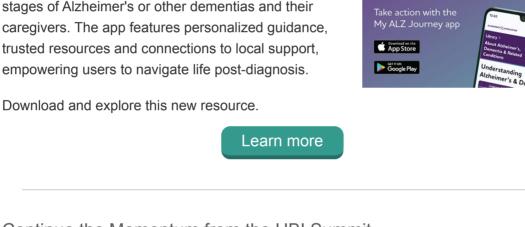
■ Dementia Caregivers

All Adults

13.3% 11.9%

Decline

Obesity Hypertension Diabetes <6 Hours Sleep Smoking Physical Inactivity Source: Risk Factors For Cognitive Decline Among Dementia Caregivers



The Essential Role of Public Health At the HBI Summit, Dr. Wayne Giles, Dean of the School of Public Health at the University of Illinois Chicago, emphasized the essential role public health plays in addressing

focused on enhancing public health responses to brain health, dementia, and caregiving. Key

identified during the Summit, and participants left with a reinvigorated commitment to address

priorities and innovative strategies were

dementia in their communities.

Summit session.

cognitive function.

A 2023 HBI Road Map Strategist with the

Greendale Public Health Department in

Wisconsin, Meghan led an initiative that

health education into the Community Health Improvement Plan, ensuring brain health was included as a part of the health

department's documented priorities.

be beneficial to brain health.

Visit Us at NACCHO360

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

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

Dementia Risk Reduction Toolkit

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

a recap of the latest dementia science released throughout the 2025 AAIC.

conference on dementia science.

integrated dementia awareness and brain

partnerships and collaborative decision-making.

Understanding Exercise's Impact on Alzheimer's

Exercise Reverses Alzheimer's-Related Brain Changes in Mice

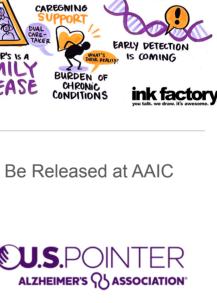
details about an informal meetup, contact <u>publichealth@alz.org</u>.

identify opportunities within their own departments.

Even Low-Intensity Exercise May Be Beneficial in Older Adults with MCI

ET.

KEEP YOUR WE ARE IN



CUNICAL

OPPORTUNITIES

PLACES HIGH DATA BURDEN AREAS

WORKFORCE

Spotlight on Practice

Meghan's project included a micro-funding program that engaged local organizations, enhanced public health infrastructure and built community capacity through strategic

Older adults with mild cognitive impairment (MCI) saw no decline in cognitive function after one year of supervised exercise in the latest findings from the EXERT study. The effect was seen in both those who undertook moderate-high aerobic exercise and those engaging in low-intensity stretching/balance/range of motion. The study, published in Alzheimer's & Dementia, suggests that even lower levels of structured exercise could

Physical activity restores gene expression disrupted by Alzheimer's in mice, according

Research Roundup

U.S. POINTER is a large-scale randomized controlled trial on lifestyle interventions for

simultaneously addressing multiple lifestyle factors — physical activity, a healthy diet, cognitive and social stimulation, and improved heart health management — can protect

cognitive decline among at-risk older adults. The study is evaluating whether

to research published in Nature Neuroscience. Further study in humans is needed, but if confirmed, this means that exercise might reverse some disease-related brain changes and potentially slow progression. **Upcoming Events**

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

NACCHO Session: Looking Inward: Action on Dementia Within and Across

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

NACCHO Session: Addressing Social Determinants of Health and Modifiable

Risk Factors for Dementia by Utilizing the Community Convenings for

Learn how public health professionals can use the Community Convenings for Dementia Risk Reduction Toolkit, developed from a multi-site pilot project, to



real-world data to address health disparities in dementia research. Register through your AAIC

AAIC Events for Health Services Researchers

related to health services research of interest.

101 Health Disparities Research **Using Real World Data** y, July 25, 8 a.m. – 12 p.:

Learn more

Register now at aaic.alz.org. OPEN TO ALL AAIC ATTENDEES!

PRE-REGISTRATION REQUIRED!

SALZHEIMER'S AAIC 25 JULY 27-31

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 and social determinants of health through community-based 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 Public health practitioners attending AAIC in person in Toronto may find two sessions

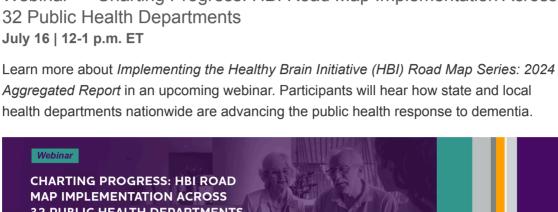
Contact Us

91% 100% Access the full report to explore how health departments are addressing Alzheimer's and advancing population health outcomes in their communities.









42.2%

Get empowered in your

Alzheimer's journey

33.3%

37.0% ___ 34.2%

For insights into the report's findings and public health strategies to support the health of dementia caregivers, read the press release and view the recording of the June 12 webinar, Risk Factors for Cognitive Decline Among Dementia Caregivers.

Continue the Momentum from the HBI Summit Earlier this spring, 28 state and local public health leaders convened in Chicago for the first-ever Healthy Brain Initiative Summit for Public Health Action (HBI Summit). Discussions

Each month this summer, Alzheimer's Public Health News will spotlight a specific HBI

Alzheimer's and other dementia. The session highlighted public health's unique position in bridging community needs, providing targeted resources, and fostering resilience among caregivers and communities facing dementia challenges. Attendees discussed leveraging

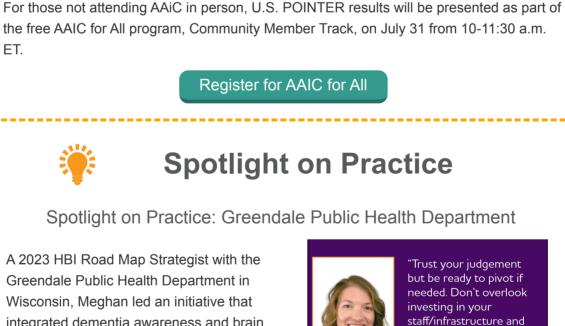
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data effectively, advocating equity-driven strategies, and prioritizing prevention to

YOUR ROLE MA

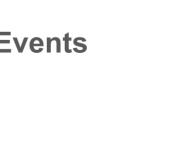
maximize the impact on community health.

SELF CARE IS ALZHEIMER'S IS A TALK ABOUT DISEASE ALZHEIMER'S ASSOCIATION U.S. POINTER Prevention Trial Results to Be Released at AAIC July 31 | 10-11:30 a.m. ET Topline results from the U.S. POINTER prevention trial will be presented at the Alzheimer's Association International Conference (AAIC) in Toronto in late July.



helping build their

Meghan Mermal HBI Road Map Strategist





Health Services Researchers In ADRD: Networking Session July 28, 12:15-2 p.r pronto Convention C

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 dementia®. Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601 ©2021 Alzheimer's Association. All rights reserved. 800.272.3900 | alz.org ® Please add publichealth@alz.org to your address book to ensure you receive all future emails.

101 Health Disparities Research Using Real World Data July 25 | 8 a.m.-12 p.m Participate in a preconference workshop focusing on the use of registration at alz.org/aaic. **Health Services Researchers in ADRD Networking Session** July 28 | 12:15-2 p.m Join health services researchers at AAIC to network and discuss

current challenges and opportunities in the field. Get Started at alz.org/PublicHealth 10 Healthy Habits **HBI** Road Map State Resources and Data for Your Brain **HBI Road Map** Public Health and 10 Early Signs for AI/AN Peoples Dementia Curriculum 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 \$14,229,665 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.