

Make Dementia a Public Health Imperative this January

- [The Gerontologist supplement: Dementia as a public health imperative](#)
- [Interdisciplinary Summer Research Institute: Alumni webinar and application](#)
- [ECHO model: Building health department confidence on dementia risk reduction](#)
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20 Years of Public Health Progress on Dementia Featured in New Supplement of The Gerontologist

[Healthy Brain Initiative and Building Our Largest Dementia Infrastructure: Dementia as a Public Health Imperative](#), a new supplemental edition of *The Gerontologist*, highlights how members of the [Healthy Brain Initiative \(HBI\)](#), [Collaborative](#), and their partners are accelerating public health progress in dementia risk reduction, early detection and caregiving. It features real-world implementation examples and reflects the power of collective action made possible through HBI and the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act.



Explore the [press release](#) and articles below to learn more about the impact of this work.

Read the Supplement

- [Healthy Brain Initiative and Building Our Largest Dementia Infrastructure initiatives: 20 years of building a strong public health infrastructure](#)
- [Promoting risk reduction: increasing public health capacity to address dementia](#)
- [Building a public health infrastructure to support family caregivers of people with dementia](#)
- [Culturally responsive approaches to brain health and dementia education for American Indian, Alaska Native, and Native Hawaiian communities](#)
- [Effectively engaging African American and Latino communities on brain health and Alzheimer's disease prevention](#)
- [The Healthy Brain Initiative—expanding public health capacity to address dementia](#)
- [Advancing early and equitable detection of dementia: key learnings/challenges, recent innovations, and future directions](#)
- [Building states' capacity to address dementia](#)
- [Advancing inclusive brain health and dementia care for people with intellectual and developmental disabilities: a public health framework](#)
- [Placing public health onto the Alzheimer's disease and related dementias public policy platform](#)

Alzheimer's Association® Interdisciplinary Summer Research Institute (AA-ISRI)

Applications due March 9, 2026

The Alzheimer's Association AA-ISRI is an immersive, no-cost opportunity for early career researchers in population health and care interventions to advance a career in dementia science and accelerate breakthroughs in the field. The weeklong program will take place in Chicago, Aug. 3-7, 2026, and features group sessions and individual mentoring with experts who bring diverse perspectives on dementia research. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit [alz.org/summerinstitute](http://alz.org/summerinstitute).

Webinar: Accelerating Dementia Research

Feb. 4 | 1 p.m. ET

Learn how AA-ISRI alumni are advancing their research and building their careers in dementia science. Speakers will share research updates and discuss how the institute supported their career development. This webinar is geared toward early career researchers, trainees, postdocs, and faculty interested in dementia research.

Others who want to learn more about AA-ISRI and recent research developments are encouraged to join.

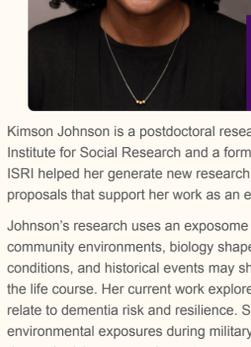
Register



Accelerating Dementia Research and Early Career Development: The Alzheimer's Association Interdisciplinary Summer Research Institute

SPOTLIGHT ON PRACTICE

AA-ISRI Alum Studies How Environments Shape Dementia Risk



"AA-ISRI was a transformative experience that sparked new ideas, fostered meaningful collaborations, and supported the development of research proposals central to my work as an early career researcher"

Kimson Johnson, Ph.D., M.A., M.S.W  
AA-ISRI alum

Kimson Johnson is a postdoctoral research fellow at the University of Michigan Institute for Social Research and a former participant in the AA-ISRI. She said AA-ISRI helped her generate new research ideas, build collaborations, and develop proposals that support her work as an emerging investigator.

Johnson's research uses an exposome approach to examine how personal and community environments, biology shaped by lived experiences, broader social conditions, and historical events may shape brain health and dementia risk across the life course. Her current work explores how K-12 educational environments relate to dementia risk and resilience. She also studies how service-related and environmental exposures during military service may affect cognitive reserve and dementia risk among aging veterans.

ECHO Series Builds Public Health Knowledge on Dementia Risk Reduction

A new article in *Frontiers in Public Health*, [Assessing the ECHO® Model's Role in Strengthening Health Department Responses to Dementia Risk](#), highlights the evaluation results of the Alzheimer's and Dementia Care ECHO® Program for public health professionals. Piloted with state and local health department staff in Tennessee, participants joined six virtual sessions that paired a brief presentation with a case-based discussion focused on applying dementia risk reduction strategies in public health practice. The evaluation results show statistically significant gains in knowledge about dementia risk reduction and increases in confidence to implement risk reduction strategies in the community.

To learn how your public health team can participate in the ECHO program, contact [publichealth@alz.org](mailto:publichealth@alz.org).

Read Article

Primary Care Opportunity: Alzheimer's and Dementia Care ECHO Program

In addition to the series for public health officials, the Alzheimer's Association Project ECHO program offers an educational series for primary care teams to receive best-practice guidance for dementia detection, diagnosis and management. The Alzheimer's and Dementia Care ECHO Program is a virtual, interactive learning experience that 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. There is no cost to join and participants gain access to resources, free continuing education units (CME/CNE/CEUs) and a certificate of completion.



Learn More

RESEARCH HIGHLIGHTS

[Continuous Glucose Monitoring Associated With Fewer Hospitalizations and Lower Mortality in Older Adults With Diabetes and Dementia](#)

Compared with traditional finger-stick blood glucose monitoring, use of continuous glucose monitoring — a medical device that checks blood sugar constantly — was associated with reduced hospitalizations and lower all-cause mortality among older adults with insulin-treated diabetes and Alzheimer's disease and related dementias. In an analysis of Medicare claims data, researchers found a 14% lower risk of hospitalization and a 43% lower risk of death among people using continuous glucose monitoring compared with those using finger-stick blood glucose monitoring. The study was published in *JAMA Network Open* and highlights the potential role of technology to support safer diabetes management for people living with cognitive impairment.

[Midlife Heart Injury Marker Linked With Higher Dementia Risk](#)

Protecting heart health in midlife may support long-term brain health. Higher midlife levels of cardiac troponin I, a blood marker linked with heart muscle injury, were associated with a higher risk of dementia later in life, according to a study in the *European Heart Journal*. Researchers followed nearly 6,000 adults ages 45 to 69 in the United Kingdom for about 25 years. Participants with troponin I levels above 5.2 ng/L in their mid-50s were 38% more likely to develop dementia — and showed faster declines on thinking and memory tests over time — than those with levels below 2.5 ng/L.

[Dementia Featured as JAMA's Research of the Year](#)

The U.S. POINTER clinical trial was one of nine JAMA-published studies named as JAMA's 2025 Research of the Year, which identified that a multidomain lifestyle intervention — addressing physical activity, nutrition, cognitive engagement and cardiovascular risk factors — improved cognition among older adults at increased risk for dementia, reinforcing the role of prevention-focused public health strategies.

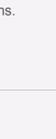
The list of Research of the Year also included a [large observational study](#) that found adults who received the shingles vaccine had a lower risk of developing dementia, adding to growing evidence that preventing infections may have long-term cognitive benefits.

HEALTHY HABIT HIGHLIGHT

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Manage Diabetes

Make your own plan at [alz.org/habitbuilder](http://alz.org/habitbuilder).



UPCOMING EVENTS & RESOURCES

Successful Public Health Approaches in Dementia Caregiving: Virtual Roundtable Series

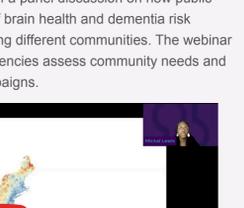
January 21 | 3 p.m. ET

Join the BOLD Public Health Center of Excellence on Dementia Caregiving for the return of its virtual roundtable series highlighting statewide public health approaches that support people living with dementia and caregivers. This free session features Hawaii and will focus on strategies, lessons learned, and practical ideas that agencies can adopt to strengthen caregiver support in their jurisdictions.

Register

ALZ Talks: Take Charge of Your Brain Health

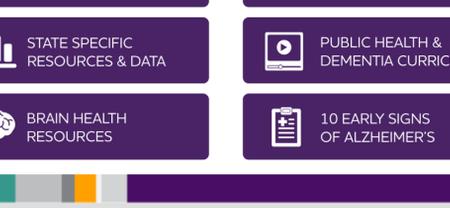
This webinar will highlight health behaviors and conditions that can influence brain health and offer tips on how to build brain-healthy habits at any age. Learn how individuals are using the new [Brain Health Habit Builder](#) to set goals, create action plans and support behavior change. This webinar is intended for the general public, and public health practitioners are encouraged to attend and share it within their communities.



Register

Webinar recording — Messaging Brain Health: Public Health Strategies for Risk Reduction

Missed the webinar? Watch the recording of a panel discussion on how public health agencies can increase awareness of brain health and dementia risk reduction, including practical tips for reaching different communities. The webinar also highlights a toolkit designed to help agencies assess community needs and build culturally responsive messaging campaigns.



New year, new look for Alzheimer's Public Health News

Alzheimer's Public Health News has a refreshed design to make each issue easier to scan on mobile and desktop.

Help shape what comes next: Reply to this email and tell us what topics and information you would like to see in future issues.



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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 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.

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