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February 2025

Local Brain Health Leadership, Funding Opportunity & New Research

This edition covers local and state efforts in brain health, and new research on dementia risk factors. Highlights include: ✓ HBI Road Map Strategists leading local public health action

- ✓ New research on dementia risk; risk factors ✓ <u>Webinar recordings on latest HBI Road Map; hypertension management</u>

Local Health Departments: Growing Leaders on Brain Health

Road Map Strategist 2022-2025 The Healthy Brain Initiative Road Map Strategist program selected the fourth cohort

of participants, bringing the total number of local health departments (LHD) involved since 2022 to 36. Across the country, these local leaders are implementing public health strategies from the HBI Road Map and creatively tailoring

them to their communities. For example, several LHDs partnered with health systems to train clinicians on early detection and diagnosis.

track key community measures on dementia, while all HBI Road Map Strategists equip the public health workforce with information and training on dementia, inspiring action both

Other LHDs integrated information on brain health into their clinical services and health promotion campaigns for people of all ages. Some LHDs developed data dashboards to

within and beyond their jurisdictions. 2025 Cohort of HBI Road Map Strategist Adams County Health Department - Garrett County Health Department -Colorado Maryland Central Health District - Idaho Goshen County Public Health -

· Missoula Public Health - Montana Farmington Valley Health District -Rhode Island Department of Health -

Connecticut Fort Bend County Health and Human

Cuyahoga County Board of Health - Ohio

- Services Texas
- Three Ways to Advance Local Public Health Action on Dementia

CenterOfExcellence@alz.org.

Webinar

- Access and Share Data New Fact Sheets and Heat Map Available State fact sheets on the prevalence of risk factors have now been updated with the latest
- Rhode Island Riverside County Department of Public Health - California
- data on dementia risk factors including hypertension, obesity, diabetes, smoking,

Also explore other <u>state-specific fact sheets</u> for additional insights into the prevalence, cost, and impact of Alzheimer's.

state heat maps at the county level or county heat maps by Census tract, contact

physical inactivity, and sleep — are available at the state and county levels. To request

Risk Factor Data

2. Integrate Brain Health into Health Improvement Planning

and MAPP 2.0 (Mobilizing for Action through Planning and Partnerships).

3. Educate Public Health Professionals Use the free, online, interactive curriculum — A Public Health Approach to Dementia — to educate your staff or students about dementia and build their base of knowledge on key topics such as dementia caregiving.

Educate Public Health Professionals

New Curriculum Module to be Released – Register Today for Launch

and Dementia – Part 2: Implementing Public Health Strategies for Dementia, is scheduled

focuses on how the <u>Healthy Brain Initiative Road Map</u> can be used to implement actions to address dementia in the community. The new module will be accessible on March 20 at

for release on March 20. The newest module is the second overview module, and it

Integrate brain health into community health improvement plans using the HBI Road Map

Integrate Brain Health

March 20 | 12 p.m. ET The latest module in the free, online public health and dementia curriculum, Public Health

alz.org/publichealthcurriculum. The webinar will provide an overview of the module on how public health can take action on dementia, and it will discuss how the curriculum can be integrated into workforce

training, public health initiatives, and student coursework.

Register Applications Closing 3/9: Training Opportunity for Early Career Researchers

opportunity for early career researchers in public health and psychosocial care to further a career in dementia science and accelerate breakthroughs in the field.

Applications are due March 9, 2025. To learn more and submit an application, visit

Selected applicants will gather in Chicago from August 11-15, 2025 to learn from a diverse array of experts on ground-breaking research and to develop a research proposal through

American Heart Month: Heart-Healthy Habits are Brain-Healthy Habits Some of the strongest evidence about reducing risk for cognitive decline involves managing blood pressure. What's good for the heart is good for the brain. **HEALTHY HABITS** ALZHEIMER'S ASSOCIATION FOR YOUR BRAIN

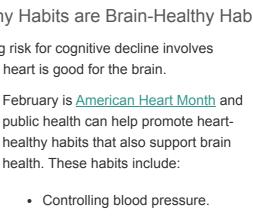
group sessions and individual mentoring.

alz.org/summerinstitute.

The Alzheimer's Association

Interdisciplinary Summer Research

Institute (AA-ISRI) is an immersive, no-cost

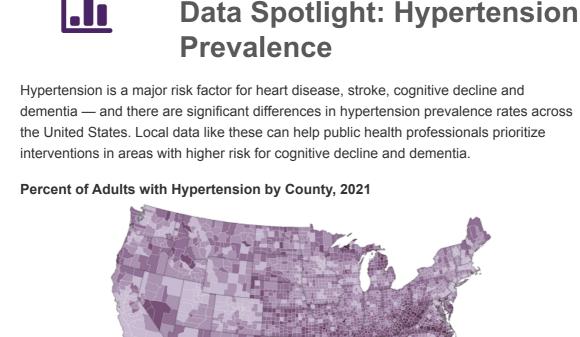


Managing diabetes.

Eating a healthy diet.

Control your blood pressure · Maintaining a healthy weight. Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too.

Support this heart-brain connection by sharing 10 Healthy Habits for Your Brain. The materials are now available in English, Spanish, Chinese, Vietnamese, and Korean.



Source: CDC PLACES County Estimates, 2021

Dementia

dementia.

Their Lifetimes

Research Roundup

The lifetime risk — or probability — of developing dementia after age 55 is 42%, according to new findings published in Nature Medicine. This is significantly higher than previouslyreported data, which was based on older studies, included mostly White individuals, and focused only on dementia caused by Alzheimer's disease. But, consistent with previous data, most of the risk occurs after the age of 85. Also consistent with previous findings, women have a greater probability of developing dementia than men, primarily due to living longer. Black individuals have a slightly higher probability than White individuals of developing dementia. The study also projected that, given these probabilities, about one million U.S. adults will develop dementia in the year 2060 alone. Wildfire Smoke Exposure and Dementia Risk Recent large-scale wildfires in southern California have brought renewed public health focus on the long-term impacts of

pollution — a possible risk factor for

wildfire smoke. In a study first reported at

International Conference®, wildfire smoke

may be hazardous to brain health. The 10-

the 2024 Alzheimer's Association

MAKE YOUR FIRST RESPONSE THE RIGHT RESPONSE. Learn More Dr. Fayron Epps is working to address dementia in Black

communities. More than a decade ago, she partnered with the Alzheimer's Association to expand dementia awareness and resources. She later founded Alter™, a faithand faith leaders with culturally tailored dementia education and support. Alter has partnered with

based initiative that equips churches

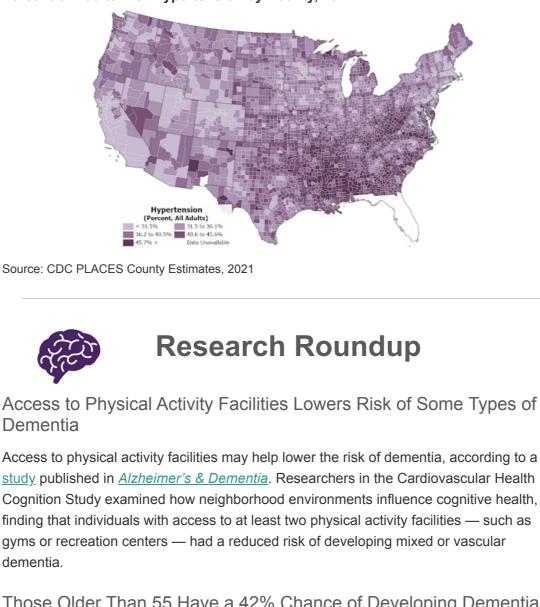
health departments to expand the

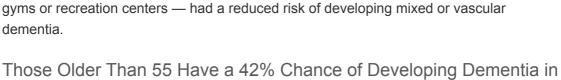
support.

initiative, helping faith communities promote brain health and caregiving

Committee members share insights on the importance of incorporating culturally centered actions to promote brain health in AI/AN communities.

HBI Road Map





Exposure to wildfire

year study of more than 1.2 million smoke is an increasing southern Californians found that the risk of threat to brain health. exposure to fine particulate matter air dementia — is much more pronounced when the source is wildfire smoke than when it comes from other sources, such as motor vehicles and factories. Training and Resources on Alzheimer's and Dementia Available for First Responders

First responders play a vital role in ensuring the safety of individuals living with

and other emergency response personnel recognize dementia-related behaviors,

first responders in understanding the unique challenges of dementia and improving

interactions with individuals and caregivers in their communities.

Alzheimer's and other dementias. The Alzheimer's Association® provides free training and resources to help law enforcement, firefighters, emergency medical technicians (EMTs)

communicate effectively and respond safely in crisis situations. These resources support

APPROACHING ALZHEIMER'S

First Responder Training

Spotlight on Practice Expanding Dementia Awareness in Faith Communities

> "The Black community is often overlooked, residing in underserved and

under-resourced areas. My work is my way of ensuring no one is left behind in

the fight against this disease.

Dr. Fayron Epps, Alter Founder &

Professor, UT Health San Antonio

BLACK HISTORY MONTH

Honoring Traditions and Uplifting Strengths to Promote Brain Health The recording of Honoring Traditions and Uplifting Strengths to Promote Brain Health: The Healthy Brain Initiative (HBI) Road Map for American Indian and Alaska Native (AI/AN) Peoples is now available. This webinar explores how to integrate the new HBI Road Map into public health and community-based initiatives. Also, HBI Road Map Leadership

Webinar Recordings

The Value of Team-Based Care for Hypertension Management A new webinar recording, The Value of Team-Based Care for Hypertension Management, highlights how team-based care strengthens hypertension control and improves health outcomes. Hosted by the National Hypertension Control Roundtable, the discussion features physicians, community health workers, pharmacists and public health leaders sharing best practices.

State Resources

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.





of Alzheimer's

Get Started at alz.org/PublicHealth

and Data

HBI Road Map Public Health and 10 Early Signs Dementia Curriculum for AI/AN Peoples 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. 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®.