

January 2025

New Year Is New Opportunity for Brain Health

Take proactive steps for brain health with 10 Healthy Habits for Your Brain, a resource from the Alzheimer's Association®. This initiative highlights simple, everyday actions to help maintain brain health and potentially reduce the risk of dementia.

The materials are now available in [Spanish](#), [Chinese](#) and [English](#). Share these resources to empower individuals of all ages to prioritize brain health.



For copies of these handouts to distribute in your community, contact publichealth@alz.org.

Poor Sleep May Affect Cognitive Decline and Increase Dementia Risk

Quality sleep plays a critical role in overall health, influencing cardiovascular outcomes, inflammation, and even longevity. Emerging evidence also suggests that poor sleep may affect cognitive decline and risk for dementia.

This video explores the connection between sleep and dementia, presenting key findings and implications for public health. Community leaders can leverage this resource to promote quality sleep and address dementia risk factors in their communities.

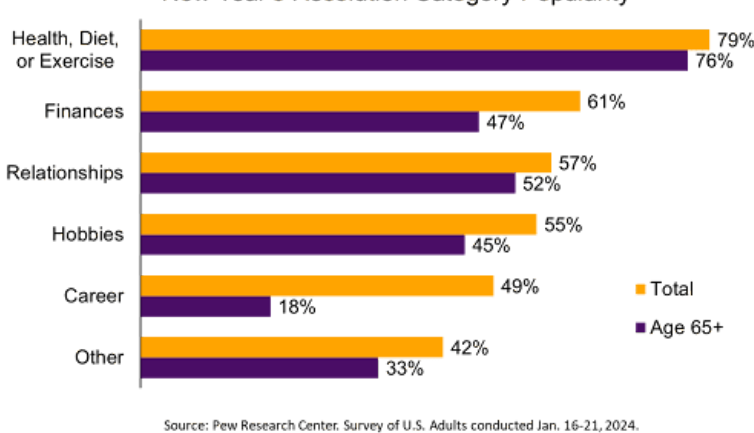


This video is part of a [series](#) examining modifiable risk factors and is accompanied by written [science summaries](#). Explore this suite of resources at alz.org/riskreduction.



Data Spotlight

The start of a new year is an opportunity to start new healthy habits – and for public health to promote brain-healthy habits. According to a 2024 Pew Research Center [survey](#), 3 in 10 Americans made at least one resolution for the new year. Among those who made at least one resolution, 79% set a goal related to health, diet, or exercise. Several weeks into the new year, 87% of those who made resolutions were still keeping at least one of them.



Tomorrow: Honoring Traditions and Uplifting Strengths to Promote Brain Health: The HBI Road Map for AI/AN Peoples


January 22 | 2:30 p.m. ET


To celebrate the release of the second edition of the [Healthy Brain Initiative \(HBI\): Road Map for American Indian and Alaska Native Peoples](#), join the webinar, *Honoring Traditions and Uplifting Strengths to Promote Brain Health: The HBI Road Map for AI/AN Peoples*.


During the webinar, you will learn how to integrate the Road Map guidance into public health and community-based initiatives serving AI/AN peoples and will hear from Road Map Leadership Committee members on how they worked to include culturally-centered actions in the Road Map.

Webinar

Honoring Traditions and Uplifting Strengths to Promote Brain Health: The HBI Road Map for American Indian and Alaska Native Peoples







Register Today!

Funding Opportunity for Tribal Organizations to Implement the New Road Map

With the release of the new *Road Map for AI/AN Peoples*, the Healthy Brain Initiative at the Alzheimer's Association is launching the Healthy Brain Initiative (HBI) Road Map Champions Program. This funding opportunity for tribally-led health programs and urban Indian organizations will support implementation of the public health strategies in the Road Map.

Ten HBI Road Map Champions will be awarded in spring 2025. Applications for the nine-month funding opportunity are now being accepted. **The deadline for submission is February 21, 2025 at 11:59 p.m. ET.** View the application to learn more, and reach out to publichealth@alz.org with questions.

View Application

Advance Your Career and the Future of Dementia Research

The [Alzheimer's Association® Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) is an immersive, no-cost opportunity for early career researchers in public health and psychosocial care to further a career in dementia science and accelerate breakthroughs in the field.



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 group sessions and individual mentoring.

Applications are due March 9, 2025. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit alz.org/summerinstitute.



Research Roundup

Intensive Hypertension Control Shows Long-Term Cognitive Improvement

Intensive control of blood pressure continues to show a reduction in the risk of mild cognitive impairment or dementia among adults with hypertension and high cardiovascular risk even after treatment stops, according to a [study](#) just published in *Neurology*. The latest findings from the SPRINT-MIND study show that at least seven years after an initial 3.3 years of intensive blood pressure control – to a systolic blood pressure level of less than 120mmHG – the previously observed reduction in rates of cognitive impairment continued. In a [press release](#) issued by Wake Forest University School of Medicine, Dr. Jeff Williamson noted, “Our study shows that intensive blood pressure control is an important strategy in the prevention of cognitive impairment.”



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.



Webinars and Recordings

Upcoming Opportunities from the National Alzheimer's and Dementia Resource Center

The [National Alzheimer's and Dementia Resource Center](#) is hosting two webinars to advance knowledge and practice in dementia care and support:

Life Experience Informing Careers in Dementia Services and Supports: Panel Discussion

January 28, 2025 | 2-3 p.m. ET

This panel discussion will feature professionals whose personal experiences have shaped their careers in dementia services and supports. Learn how life experiences influence their work and gain insights into the importance of personal connection in the field. Register [here](#).

Creating a Dementia-Capable Workforce of First Responder

February 20, 2025 | 3-4 p.m. ET

Learn how the North Central Texas Council of Governments and Dementia Friendly Fort Worth partnered to develop a comprehensive dementia training program for first responders. This webinar will highlight the impact of training over 800 police cadets, detailing how the curriculum fosters understanding, empathy and practical skills for interacting with people living with dementia. Register [here](#).

GUIDE Model Webinar Now Available

A webinar [recording](#) from the [Public Health Center of Excellence on Dementia Caregiving](#) reviews the Centers for Medicare & Medicaid Services [GUIDE Model](#), designed to improve dementia care. Learn about practical resources and actionable ideas for public health agencies to collaborate with GUIDE pilot program participants.

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 \$14,229,665 with 100% funded by CDC/HHS.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, research and advocacy. 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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