ALZHEIMER'S ASSOCIATION

September 2026
PUBLIC HEALTH NEWS

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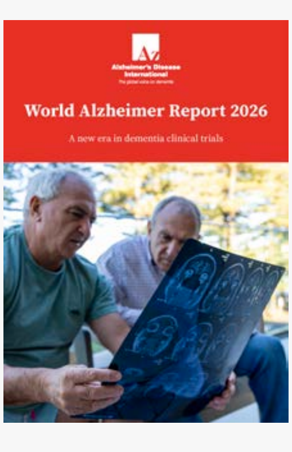
Recognizing World Alzheimer's Day and Hispanic and Latino Heritage Month

→ New World Alzheimer's Report released on World Alzheimer's Day
→ Explore resources for Hispanic and Latino communities
→ Spotlight on Practice: Partnerships to Promote Brain Health in Laredo, TX
→ Register for upcoming webinars and events

World Alzheimer's Day is September 21

Alzheimer's Disease International's *2026 World Alzheimer Report: A New Era in Dementia Clinical Trials* is now available. The report highlights recent clinical trials and the important role that early diagnosis plays in helping individuals access emerging treatments, take part in research and plan for future care needs.


Alzheimer's Disease International
World Alzheimer Report 2026
A new era in dementia clinical trials

Explore other resources for World Alzheimer's Month.

Read the report

Resources Available for Hispanic and Latino Communities

National Hispanic and Latino Heritage Month began on September 15. The following resources are available to support work with Hispanic and Latino communities:

"Memories of My Grandfather" Telenovela

"Memories of My Grandfather" ("Recuerdos de mi abuelo") is a mini telenovela created to spark conversations around Alzheimer's in Hispanic communities. Told through the lens of a multigenerational Hispanic family in the United States, the story follows their emotional journey after their grandfather's diagnosis. The series encourages families to have open discussions about memory loss, diagnosis and caregiving across generations.

The telenovela — along with a panel discussion with dementia experts — is available in both English and Spanish. To host a telenovela screening in collaboration with your local Alzheimer's Association chapter, click on the link below.

Learn more

Brain Health Resources in Spanish

10 HÁBITOS SALUDABLES PARA SU CEREBRO
TOME CONTROL DE SU SALUD CEREBRAL. ESTOS 10 HÁBITOS SALUDABLES PUEDEN BAJAR EL RIESGO DE DESARROLLAR DETERIORO COGNITIVO Y, POSIBLEMENTE, DEMENCIA. ESTO ES CIERTO AÚN PARA PERSONAS CON UN HISTORIAL DE DEMENCIA EN SUS FAMILIAS.
Desafíe su mente
Quédese en la escuela
Proteja la cabeza
Controle su presión arterial
Coma sano
Diga no al tabaquismo
Maneje la diabetes
Mantenga un peso saludable
Muévase
Duerma bien
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The 10 Healthy Habits for Your Brain infographic is available in 10 languages, including Spanish. Health departments can order these infographics as printed materials for community outreach. Contact publichealth@alz.org for more information.

Other brain health information available in Spanish includes the 10 Healthy Habits for Your Brain webpage and detailed information on exercise, diet and cognitive engagement. The Alzheimer's Association 10 Warning Signs of Alzheimer's is also available in Spanish.

Now Available: ALZBrainTrust Engagement Guide

ALZBRAINTRUST
ALZHEIMER'S ASSOCIATION
Let's close the dementia research gap, together.

The Community First: ALZBrainTrust Engagement Guide is now available, outlining a community-centered engagement model to increase representation of Black and Hispanic/Latino communities in dementia research. The model is based on pilots in Chicago, Houston and Los Angeles.

Overall, the ALZBrainTrust initiative is committed to providing guidance and resources to community leaders and partners to make dementia research more inclusive, accessible and trustworthy. To stay informed and be added to ALZBrainTrust email updates, email ALZBrainTrust@alz.org.

Learn more

SPOTLIGHT ON PRACTICE

Partnerships to Promote Brain Health

"Meaningful progress comes from seeing how existing resources connect, aligning them toward shared outcomes, and building sustainable systems that transform overlooked capacity into lasting, measurable community impact."

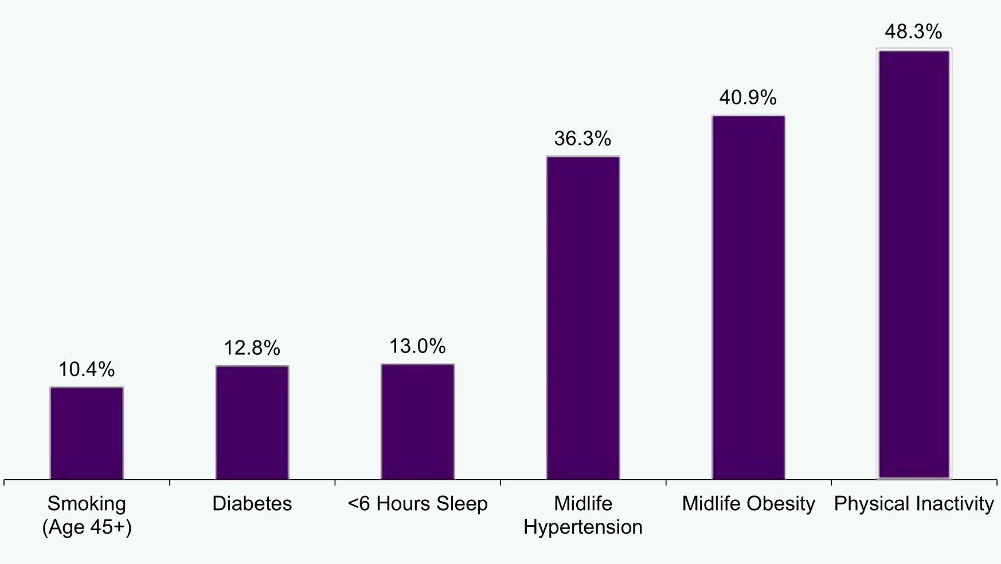
Angel J. Montes, DHCA
Community Health Administrator, City of Laredo Health Department, Texas

Dr. Angel J. Montes of the City of Laredo's Health Department in Texas is integrating dementia awareness into the public health systems that serve the predominantly Hispanic and Latino community. Through the Alzheimer's Association HBI Road Map Strategist Program, he and his team have added brain health messaging to city utility bills, built dementia education into Food Handler License training, and introduced dementia response training for new Laredo Police Department officers. Resources have been allocated to support the development of emergency preparedness kits for individuals living with dementia and their families, and the team is supporting an upcoming Spanish-language outreach session that uses culturally familiar telenovela storytelling to connect families with legal information, including estate planning, as well as resource navigation. By embedding brain health into established programs and partnerships, Angel's work is helping build a sustainable approach that strengthens awareness, preparedness and support for individuals living with dementia and their caregivers.

DATA INSIGHTS

Several risk factors for cognitive decline are common among Hispanic adults in the United States. Nearly half do not meet aerobic physical activity recommendations, and among those aged 45-59, 4 in 10 are obese, and more than a third have hypertension. Learn more about the impact of Alzheimer's on Hispanic Americans.

Prevalence of Risk Factors for Cognitive Decline Among Hispanic Adults



Source: Behavioral Risk Factor Surveillance System, 2023-2024, does not include KY and PA.

RESEARCH HIGHLIGHTS

Increase in Dementia Prevalence Across Latin America and the Caribbean

Over two decades, dementia prevalence increased nearly 60% in five Latin American and Caribbean areas, according to a study of nearly 17,000 adults age 65 and older. This trend is in contrast to several studies from the United States and Europe showing that the dementia prevalence rate has declined among predominantly White populations in higher-income countries.

State-Level Data Show Variation in Subjective Cognitive Decline and Dementia-Related Caregiving

Rates of subjective cognitive decline and dementia-related caregiving vary widely across the United States, and that variation persists even after adjusting for state-specific age and sex differences. The study from the Center to Accelerate Population Research in Alzheimer's (CAPRA) at the University of Michigan found the highest rates of subjective cognitive decline in Alabama, Arizona and Tennessee and the highest rates of dementia-related caregiving in Hawaii, Tennessee and Arkansas.

Prevalence of CTE and Dementia in Former NFL Players

Among former NFL players whose brains were studied after death, nearly all showed pathological signs of chronic traumatic encephalopathy (CTE) — meaning at least one-quarter of NFL players who died between 2016 and 2021 had CTE. In addition, nearly 60% of those with CTE had dementia. Longer exposure to repetitive head impacts was associated with more severe CTE, and CTE severity at death was significantly associated with dementia.

HEALTHY HABIT HIGHLIGHT

Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, wear a seatbelt, and do what you can to prevent falls, especially for older adults. During this fall sports season, make sure protecting your head is part of your game plan.

UPCOMING EVENTS & RESOURCES

Register today for these upcoming webinars:

Collaboration in Practice: Accelerating the Public Health Approach to Dementia
Sept. 24 | 3 p.m. ET

Over the past six years, the Healthy Brain Initiative (HBI) Collaborative has helped accelerate public health action on brain health, dementia and caregiving through partnerships with health departments, community-based organizations, governments and public agencies. Join the HBI Collaborative for a free webinar to hear from public health professionals about the work they have accomplished and how they have leveraged support from HBI Collaborative national partners.

Register

From Vision to Action: Celebrating Successes of the 2026 HBI Road Map Strategists and Champions
Oct. 13 | 3 p.m. ET

Join the Healthy Brain Initiative (HBI) for a special webinar celebrating the achievements of the participants in the 2026 HBI Road Map Strategist and Champion Programs. Over the past nine months, these leaders have worked to advance the public health approach to dementia in their communities. During this webinar, participants will learn about the HBI Road Map Strategist and Champion Programs, hear success stories and lessons learned from program alumni, and explore future opportunities to apply to become part of Strategist and Champion Programs themselves.

Register

Brain Health Training for Primary Care: Alzheimer's and Dementia Care ECHO Program
Every other Friday beginning Oct. 16 | 12 p.m. ET

Primary care providers are encouraged to join the Alzheimer's Association Project ECHO® interactive learning series on incorporating brain health into everyday practice. The program brings together primary care professionals, dementia experts and peers to explore practical, evidence-based approaches to promoting cognitive health and addressing modifiable risk factors for dementia. Through brief expert presentations and real-world, case-based discussions, participants will gain strategies they can put into practice right away, including how to talk with patients about brain health, identify opportunities for risk reduction and navigate common challenges in clinical care.

There is no cost to participate. Participants receive access to evidence-based resources, free continuing education opportunities and a certificate of completion. Fill out the information form to register for upcoming programs.

Learn more

Join the Alzheimer's Association Public Health Team at APHA
Nov. 1-4 | San Antonio, TX | Booth #1464

The Alzheimer's Association public health team will be at APHA 2026. Stop by our booth to explore strategies on brain health, early detection and diagnosis, and caregiver support. You can also find us at these presentations and posters:

Charting Public Health Progress Across the Lifespan for Brain Health, Dementia, and Caregiving
Nov. 1 | 3-4 p.m. CT | Exhibit Hall 3-4
This poster shares insights from the Healthy Brain Initiative (HBI) Road Map Implementation Evaluation Project, showcasing how health departments across the country are undertaking efforts to address brain health, dementia, and caregiving.

Black Brain Health Equity Discussion and Breakfast
Nov. 2 | 8:30-10 a.m. CT | Grand Hyatt San Antonio River Walk, Lone Star Salon E
This panel discussion, hosted by the Epilepsy Foundation of America in collaboration with the APHA Black Caucus of Health Workers, will highlight the impact of Alzheimer's in Black communities and the work to improve equitable access to brain health education, early detection, and care through community partnerships and culturally responsive outreach.

APHA Public Health Film Festival: Healthy Brain Initiative Road Map in Action
Nov. 2 | 10:30 a.m-12 p.m. CT | Hemisfair Ballroom 3
Healthy Brain Initiative (HBI) Road Map in Action is a seven-part video series documenting how public health departments and their communities are putting the HBI Road Map into practice. View featured films from this series in the Growing Older, Living Better: The Future of Healthy Aging session.

Bridging Research and Practice: A Public Health Roundtable Advancing Brain Health Action
Nov. 2 | 12:30-1:30 p.m. CT | Exhibit Hall 3-4
This poster will review a roundtable discussion about translating dementia prevention trials into public health practice.

Advancing Brain Health Through Community Health Worker Integration Across National, State and Local Public Health Systems
Nov. 3 | 2:30-4 p.m. CT | Room 212B
Community health workers (CHWs) are key players in addressing brain health and dementia across the care continuum. This symposium brings together national partners and state programs to highlight coordinated strategies embedding brain health into CHW training, practice, and chronic disease prevention.

Community-led Collaboration for Dementia Risk Reduction
Nov. 4 | 10:30 a.m-12 p.m. CT | Room 006D
This presentation, part of a larger session on Indigenous Lifecourse Wellness, Safety, and Community Care, will highlight community-driven strategies and partnerships that support dementia risk reduction in American Indian and Alaska Native communities.

HBI ROAD MAP
HBI ROAD MAP FOR AI/AN PEOPLES
STATE SPECIFIC RESOURCES & DATA
PUBLIC HEALTH & DEMENTIA CURRICULUM
BRAIN HEALTH RESOURCES
10 EARLY SIGNS OF ALZHEIMER'S

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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 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®.

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