Contact Us

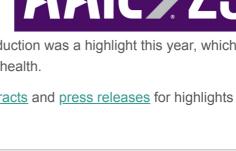
August 2025 ✓ U.S. POINTER study shows lifestyle changes improve cognition in older adults

- ✓ Register for August 21 webinar on public health implications of the U.S. POINTER trial ✓ AAIC highlights included studies on SNAP benefits and cognitive decline, blood
- biomarker guidelines, and lead exposure and memory loss
- ✓ 10 Healthy Habits for Your Brain infographic now available in Arabic ✓ New implementation resources available for the HBI Road Map for Al/AN Peoples
- ✓ Register for Sept. 24 webinar launching two new learning modules on dementia risk reduction and early detection
- The Alzheimer's Association International Conference® 2025 (AAIC®) convened

Public Health Insights from AAIC 2025

ALZHEIMER'S PL ASSOCIATION nearly 11,700 researchers and public health professionals in Toronto and online to hear the latest findings on risk, diagnosis and treatment of Alzheimer's and

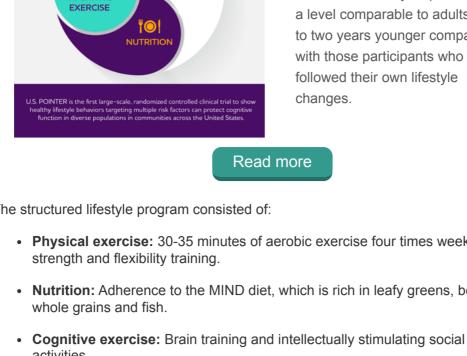
AAIC 2025.



cognition in older adults at risk for

Top-line findings from the **©U.S.**POINTER Alzheimer's Association-led U.S.

decline. Participants who followed a structured lifestyle program featuring greater support, intensity HEALTH MONITORING and accountability — performed at COGNITIVE a level comparable to adults one



to two years younger compared with those participants who followed their own lifestyle changes.

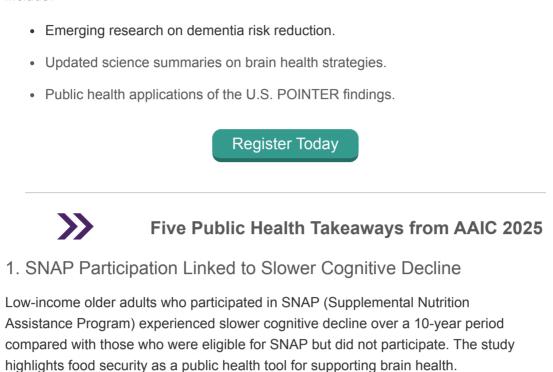
these new findings, starting with implementation science. Turning clinical trials on

POINTER Study

Reduction.

- brain health interventions, such as U.S. POINTER, into lasting public health solutions requires implementation research to translate this evidence into actionable practice. The Alzheimer's Association is committed to advancing this translation to
- four years. View and share the U.S. POINTER infographic with partners: alz.org/uspointer.

Public Health Implications of the U.S. POINTER Study PUBLIC HEALTH CENTER OF **EXCELLENCE**



Read More

Read More

3. Physical Activity May Help APOE4 Carriers Protect Cognitive Health When Genes Raise

walking, was the most beneficial healthy habit for slowing cognitive decline among APOE4 carriers. 4. Clinical Guidelines for Blood Biomarkers Released The Alzheimer's Association

People with the APOE4 gene variant

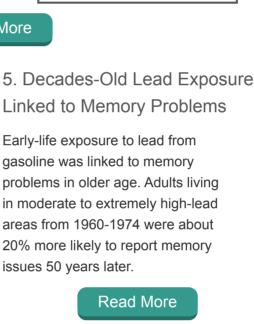
- a known genetic risk factor for

Alzheimer's — may benefit most from healthy lifestyle interventions

training. Researchers found that

such as exercise, diet and cognitive

sustained physical activity, especially



Could Your Daily Meds **Help Protect Your Brain?**

Risk, Lifestyle

Could Lower It

ALZHEIMER'S (ASSOCIATIO

Research shows walking and other

lifestyle choices could be especially beneficial in helping to reduce

cognitive decline for people with the

APOE-e4 Alzheimer's risk gene variant.



STRENGTHENING COMMUNITY-CLINICAL LINKAGES Implementation Guide: Eight questions to guide public health professionals and

community leaders to choose and implement Road Map actions. This guide was developed in partnership with the International Association for Indigenous Aging (IA²).

Issue Maps: Short guidance documents on specific topics – including background, data and actions - from the Road Map. Each issue map features "Community in Action" case

• Embracing Culture as Health Promoting Brain Health and Risk Reduction These resources are ready-to-use and can be tailored to the unique needs and strengths of your community.

studies from AI/AN communities and partners.

Advancing Early Detection and

Diagnosis

• Strengthening Community-Clinical

Supporting Dementia Caregivers

<u>Linkages</u>

on Aging hosts the largest conference focused on American Indian and Alaska Native Elders. Session: Alzheimer's, Dementia, and the HBI Road Map for American Indian and Alaska Native Peoples

Lightning Talk: The Future of Public Health Action on Brain Health Tuesday, Nov. 4 | 10:40-10:45 a.m. A rapid-fire session spotlighting emerging research and collaboration opportunities. Symposium: Convening Communities to Integrate Brain Health Tuesday, Nov. 4 | 2:30-4 p.m.

bring the intervention to communities by investing at least \$15 million over the next To learn more, read the the <u>full findings</u> published in *JAMA*.

signs of Alzheimer's-related brain Researchers found taking a combination of medications to treat blood pressure, changes at autopsy. cholesterol levels and diabetes may give individuals the cognition of someon 3 years younger and reduce dementia risk.

2. Heart-Health Drugs May Protect the Brain

Older adults taking a combination of

drugs for blood pressure, cholesterol

Read More

Get moving Engage in regular exercise. This includes activities that raise your whatever works for you! 10 Healthy Habits Now Available in Arabic The 10 Healthy Habits for Your Brain infographic is now available in Arabic, in addition to English, Spanish, Vietnamese, Korean and Chinese.

heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening —

SALZHEIMER'S

"The AA-ISRI taught me how within my field. It also with today."

American Public Health Association Annual Meeting 2025 November 2-5 | Washington, DC | Booth 1400 Session: Alzheimer's, Dementia, and the HBI Road Map for American Indian

Learn how health departments are using Community Convenings to mobilize community stakeholders to address dementia risk factors, including by embedding brain health in chronic disease programs and health equity initiatives.

Get Started at alz.org/PublicHealth

and Alaska Native Peoples Hawaiian peoples.

T **HBI** Road Map State Resources and Data 10 Healthy Habits for Your Brain HBI Road Map For Indian Public Health and Dementia 10 Early Signs of Alzheimer's and 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.

other dementia. Research on dementia risk reduction was a highlight this year, which supports public health efforts to promote brain health. Missed the conference? View conference abstracts and press releases for highlights from Structured Lifestyle Intervention Supports Cognitive Health in Older Adults POINTER clinical trial show that **U.S. POINTER Shows Healthy Behaviors** healthy lifestyle changes improve Have a Powerful Impact on Brain Health

The structured lifestyle program consisted of:

Physical exercise: 30-35 minutes of aerobic exercise four times weekly, plus • Nutrition: Adherence to the MIND diet, which is rich in leafy greens, berries,

activities. • Health monitoring: Regular tracking of blood pressure, weight and lab results. An article in Alzheimer's & Dementia explores the public health implications of

Read more

Upcoming Webinar — Public Health Implications of the U.S. August 21 | 3-4 p.m. ET Hosted by the BOLD Public Health Center of Excellence on Dementia Risk

Learn more about the study's findings and what they mean for public health. Topics include:

and diabetes showed cognitive test scores similar to people three years younger. Participants on all three medications had the greatest cognitive benefits and showed fewer

released the first clinical practice guidelines on blood-based biomarkers for Alzheimer's

diagnosis. These recommendations

incorporating blood-based biomarker

testing into the diagnostic workup of

Read More

provide specialist clinicians with

evidence-based direction on

Alzheimer's disease.

Health departments can order these infographics as printed materials for community outreach. Contact publichealth@alz.org for more information. New Implementation Resources — HBI Road Map for AI/AN Peoples New resources are available to help tribal leaders, public health professionals and their partners implement the Healthy Brain Initiative (HBI) Road Map for American Indian and Alaska Native (Al/AN) Peoples:

ADVANCING EARLY DETECTION

AND DIAGNOSIS

SUPPORTING DEMENTIA **CAREGIVERS** PROMOTING BRAIN HEALTH AND **RISK REDUCTION** A HEALTHY BRAIN INITIATIVE ISSUE MAP **EMBRACING CULTURE AS HEALTH**

Spotlight on Practice AA-ISRI Alumnus Advances Research An alumnus of the Alzheimer's Association Interdisciplinary Summer

public health action. This session will highlight the HBI Road Map for American Indian and Alaska Native Peoples and share how tribal organizations are implementing strategies through community-led initiatives. Attendees will explore available resources, learn about the work of the Alzheimer's Association and hear examples of local leadership in action.

and learn about ongoing partnerships with tribal organizations. The National Indian Council

Learn how tribal communities are addressing Alzheimer's and dementia through

Tribal leaders and partners will highlight culturally grounded efforts and resources supporting the HBI Road Map for American Indian, Alaska Native and Native

Country Curriculum 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®.

to effectively communicate my Research Institute (AA-ISRI), Sadaf research to a broad range of Milani, PhD, MPH investigates how life stakeholders, not just those course factors shape cognitive aging connected me with a network outcomes. Her current work examines of like-minded scholars, many of whom I remain in contact pain as a potential risk factor for cognitive decline, finding that older Mexicans, Mexican Americans and Dr. Sadaf Milani Puerto Ricans who report chronic pain Alzheimer's Association are more likely to experience cognitive Interdisciplinary Summer impairment over time than those Research Institute Participant without chronic pain. Other areas of Dr. Milani's research include exploring sex and gender differences in dementia and whether existing dementia medications can be repurposed to treat chronic pain, which may offer new avenues of clinical intervention. The AA-ISRI is an immersive, no-cost opportunity for early career researchers in psychosocial care and public health to launch a career in dementia science and accelerate breakthroughs in the field. Learn about this year's program, occurring this week in Chicago. Upcoming Webinar — Two New Public Health Modules: Advancing Dementia Risk Reduction and Early Detection September 24 | 3-4 p.m. ET This webinar will launch two new, free, interactive public health learning modules exploring the importance of primary and New Public Health Modules on Dementia Risk Reduction secondary prevention of dementia. & Early Detection Register today and visit alz.org/publichealthcurriculum to learn more about existing curriculum modules and see the new modules upon launch. Register Today ALZPro: Empowering Professionals in the Fight Against Dementia ALZPro is the Alzheimer's Association hub for professional resources. It unites care resources, research, data platforms, clinical guidelines, continuing education and implementation tools — all on a single platform. ALZPro empowers professionals to reduce risk, advance early detection, improve care and expand equitable access. Public health practitioners can ensure clinicians, researchers and dementia care providers know about this new hub to stay current with breakthroughs in dementia care, treatment and science. Learn more at alz.org/ALZPro. **ALZHEIMER'S**® ΔI 7Pro **Upcoming Events** Meet the Alzheimer's Association public health team at these upcoming conferences. Connect with us at sessions or stop by our booth to explore public health strategies on dementia and brain health. National Tribal Health Conference September 7-12 | Phoenix, AZ This national conference, hosted by the National Indian Health Board, focuses on the health of American Indian and Alaska Native peoples. Session: Strengthening Public Health Infrastructure for Brain Health With the **HBI Road Map for Al/AN Peoples** Explore how the <u>HBI Road Map for American Indian and Alaska Native Peoples</u> is guiding tribal communities in advancing brain health across the life course. This session will feature the work of tribal organizations, highlight strategies rooted in community strengths and offer tools to support implementation through discussion and action planning. American Indian Elders Conference September 29 - October 3 | Durant, OK Visit our booth and attend our session to explore culturally-relevant brain health resources