

Advancing Local Public Health Leadership

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Maine Health Departments Build Dementia Risk Reduction Capacity through ECHO® Program

The BOLD Public Health Center of Excellence on Dementia Risk Reduction and the Alzheimer's Association Project ECHO® team partnered with the Maine Center for Disease Control and Prevention to bring together 23 public health leaders from 10 health departments for [The Alzheimer's and Dementia Care ECHO® Program for Public Health Professionals](#).

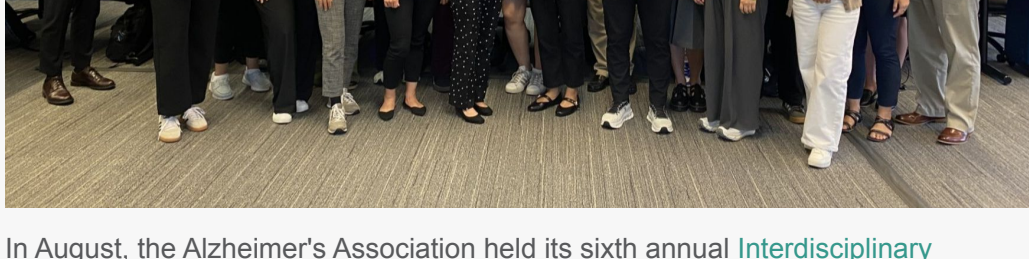
This program connects national experts in dementia with public health professionals through a series of interactive, case-based video conferencing sessions designed to build knowledge and confidence in promoting dementia risk reduction strategies at the state and local level.

Learn more

"The Action Planning session allowed us to pull all of the information from the prior five sessions and think about ways of bringing the information to the community and different audiences."

— Maine ECHO Participant

Summer Research Institute Cultivates Next Generation of Dementia Researchers



In August, the Alzheimer's Association held its sixth annual [Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) for early career researchers in population health and care interventions related to dementia. The 24 participants gathered in Chicago to hear from leading experts, refine their research proposals and build new connections with peers. The AA-ISRI program strengthens the pipeline of researchers advancing population health and dementia care science, fostering mentorship and collaboration among the next generation of scholars in the field.

"AA-ISRI strengthened my independent research skills by providing valuable feedback on my research proposal, exposing me to diverse research perspectives, and helping me think more critically about developing a clear and impactful research agenda."

— Summer Research Institute Participant

Learn more

Implementing the HBI Road Map in Kentucky

With support from the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's program award from the Centers for Disease Control and Prevention (CDC), the Kentucky Cabinet for Health and Family Services brought together partners across state agencies, health systems and community organizations to strengthen the state's Alzheimer's plan.

This video highlights how Kentucky used the [HBI Road Map](#) to build a statewide dementia coalition and develop a coordinated strategy that supports people living with dementia, caregivers and communities across the state.



SPOTLIGHT
ON PRACTICE

Building Brain Health Momentum through Community Convenings



"Passion for what we do and genuine relationships are stronger than dollars, and implementing the toolkit has helped us build both."

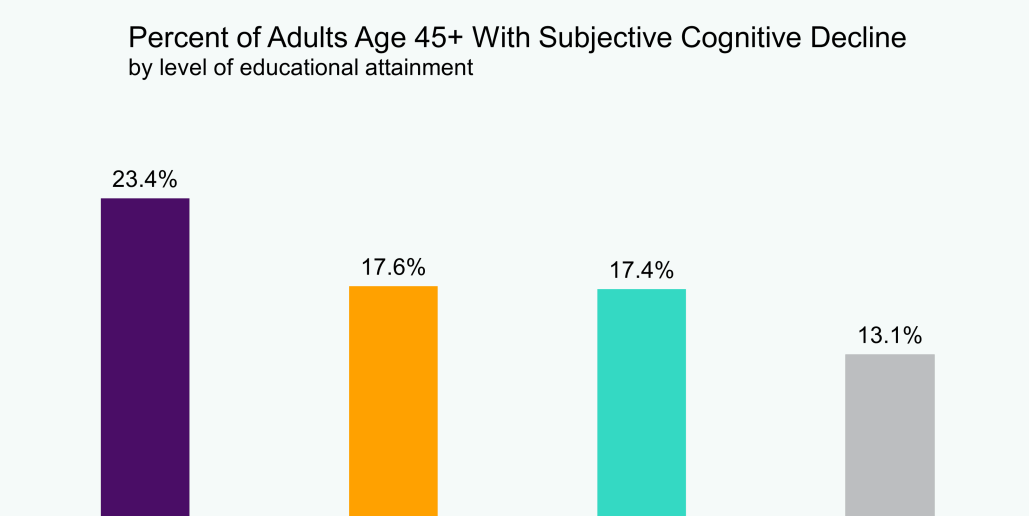
Melissa Smith
Senior Community Health Promotion Specialist,
Arapahoe County Public Health

Melissa Smith is advancing dementia risk reduction in Arapahoe County, Colorado. Her department used the [Hosting a Community Convening for Dementia Risk Reduction: A Toolkit for Public Health Agencies](#) to build long-term support for brain health and healthy aging in her community. The toolkit gave her team a structured path to engage the local community and to collaborate with others in the larger movement for brain health. Ongoing connection to national expertise and peer learning also keeps her focused on new opportunities for growth. To Melissa, the most valued outcome from this process has been the authentic relationships built with community members and new partners. This work is about building awareness, understanding and change over time — which means every small step makes a difference.

DATA
INSIGHTS

Adults age 45 and older with less than a high school education are nearly 80% more likely to report subjective cognitive decline compared with college graduates, according to data from the Behavioral Risk Factor Surveillance System (BRFSS). This is consistent with the [large body of research](#) showing that more years of education reduce the risk of cognitive decline and dementia.

Percent of Adults Age 45+ With Subjective Cognitive Decline by level of educational attainment



Level of Educational Attainment	Percent of Adults Age 45+ With Subjective Cognitive Decline
Less than High School	23.4%
High School Degree or Equivalent	17.6%
Some College	17.4%
College Graduate	13.1%

Source: 2023 BRFSS.

HEALTHY HABIT
HIGHLIGHT

Education reduces the risk of cognitive decline and dementia. Encourage younger people to stay in school and pursue the highest level of education possible. As students head back to school this fall, consider joining them in learning something new. Continue your own education by taking a class at a local library or college, or online.

Stay in School



RESEARCH
HIGHLIGHTS

[CPAP Therapy May Slow Cognitive Decline in Older Adults with Sleep Apnea](#)

Treating obstructive sleep apnea with continuous positive airway pressure (CPAP) may help protect cognitive function over time, according to a study published in *Alzheimer's & Dementia*. Researchers followed older adults with sleep apnea for up to 10 years and found that while cognitive performance declined over time, those who received CPAP treatment experienced slower decline than those whose sleep apnea went untreated. The results reinforce the importance of healthy sleep as a key component of brain health and healthy aging.

[Air Pollution Linked to Alzheimer's Risk](#)

Higher long-term exposure to fine particulate air pollution (PM2.5) was associated with increased risk of Alzheimer's disease, according to a national study of nearly 28 million Medicare beneficiaries published earlier this year. Individuals with high exposure who had also suffered a stroke were at even greater risk. However, that was not the case for those who had hypertension or depression, implying that exposure to PM2.5 may be directly correlated to higher risk for dementia regardless of the presence of some other potential risk factors.

UPCOMING EVENTS
& RESOURCES

Register for Nothing About Us, Without Us: Lived Experience in Public Health & Dementia

Sept. 17 | 11 a.m. CT | Online

Integrating the voices of individuals living with dementia and their care partners ensures public health strategies truly address community needs. Join the BOLD Public Health Center of Excellence on Dementia Caregiving for a webinar to launch a new toolkit, *Engaging People with Lived Experience in Public Health Response to Dementia: A Practical Guide for Public Health Agencies*. Hear real-world experiences and actionable strategies to help you meaningfully embed lived experience across every stage of public health practice.

Register today

Register for AAIC® Advancements: Reducing Disparities in Brain Health

Oct. 30-31 | Charlotte, NC and Online

This conference will convene leaders from academia, community organizations, government and philanthropy to advance brain health for all. Brain health disparities are shaped by complex, intersecting factors, and no single discipline or sector can address them alone. Over two days, this meeting will examine brain health disparities from biological, clinical, behavioral, sociocultural, environmental, community and lifecourse perspectives, with sessions designed around shared priorities and actionable next steps.

Register today

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. If you will be at the conference, meet us at the booth or at one of these presentations:

Charting Public Health Progress Across the Lifespan for Brain Health, Dementia, and Caregiving

Nov. 1 | 3-4 p.m. CT | Poster

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.

APHA Public Health Film Festival: Healthy Brain Initiative Road Map in Action

Nov. 2 | 11:15-11:30 a.m. CT

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 | Poster

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 | Symposium

Community health workers (CHWs) can play a significant role 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 | 11:15-11:30 a.m. CT

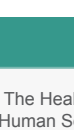
This session will highlight community-driven strategies and partnerships that support dementia risk reduction in American Indian and Alaska Native communities.

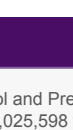
HBI ROAD MAP

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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